



Course Category	Wellness			
Course Title	IPTFA International Yoga (Level 2) Instructor Certificate Course			
Course Code	BH031			
Medium of Instruction	Cantonese			
Duration	50.0 hour(s)			
Pre-requisites	Holders of valid IPTFA International Yoga (Level 1) Instructor Qualification Certification			
Course Fee	Macao Resident: MOP8,870 Non-Macao Resident: MOP8,870			
Certificate	Students who have obtained an overall passing grade of the course and met the attendance requirement will be issued a course certificate by UTM and a certificate by International Personal Trainers and Fitness Academy (IPTFA). The passing grade of the course is 70.			
	Course Code	Sub Code	Course Start Date	Course End Date
	BH031	2301	2023/09/03	2023/10/29
Objective	The course is designed for people who would like to upgrade their yoga training techniques or for those who are interested in becoming a professional yoga instructor. The course focuses on both theories and training techniques practice.			
Outline	<p>Learning more about Yoga</p> <ul style="list-style-type: none">– History and spirit of Yoga– Sport therapy & Yoga diet– Theory and philosophy of Indian Yoga <p>Yoga Practice</p> <ul style="list-style-type: none">– Asanas (mastering 35 Level 3 - 4 postures)– Synthesis exercises and applications– Meditation exercises (application of Mudra & Sanskrit) <p>Teaching Skills</p> <ul style="list-style-type: none">– How to build up a professional image– How to make your students concentrate– Respiration/ deep relaxation and meditation teaching			
Teacher	Please refer to the schedule			
Remarks	Students should bring their own yoga mat			