

# Ancient Yoga Consulting Malaysia

## Diploma in Yoga & Natural Living

[www.ancientyogaconsulting.com](http://www.ancientyogaconsulting.com)



Ancient Yoga Consulting, Malaysia founded by Mahaguru Elanggovan and it preserve the original Indian schools essences including Yoga Sutra as well Siddhar or Ayurveda related knowledge. Yoga the ancient art and sciences very pure and perfect originates from Tamil Nadu, India. Initially Yoga is very popular for spiritual upliftment. In this modern world its worlds most highest technique used as therapy for health, physiological as well psychological improvement and advanced purpose. In ancient time this art required time as long as ten or twenty years to master and evolve as yoga Guru or Master. Nevertheless with very systematic and modulate training a individual can become Yoga Teacher to teach yoga for kids, yoga for adults whom don't have much health complication, yoga therapy for minor health issues. From here on the yoga teacher can develop themselves with experience and grow towards Advance Yoga Diploma or Degree in Yoga & Natural Living.

As in other countries around the world Malaysia too reputedly in stage of demand for yoga teacher's in increase mode especially as our target to have every one school with one full time yoga teacher for kids. In this requirement it self we are talking about few thousands vacancies as immediate opportunity. As highly educated and knowledgeable edge we are with growth comes the demand for suitably qualified teachers to guide people safely and effectively. The Diploma of Yoga and Natural Living will provide the practical skills and related scientific and historical knowledge required to become a competent and effective teacher and health care adviser in the field of Yoga. Whilst firmly anchored in the classical heritage of Yoga, the course is based on a synthesis of the major paths and styles of Yoga, along with an integration of contemporary well-being practices. It is our aim to give participants a strong foundation on which to build their understanding, practice and teaching of Yoga.

The course provides the graduate with the knowledge and skills required to practice as a teacher of Yoga. This includes the ability to:

- Display a level of competency consistent with industry expectations, with regards to knowledge and application of Yoga principles.
- Display a satisfactory level of competency in the preparation and conducting of a wide variety of Yoga classes, including consideration of special requirements.
- Display a satisfactory level of competence as a health care provider and in the promotion of health promoting lifestyles and practices.
- Understand the requirements and protocols of being a Yoga teacher and demonstrate an ability to put these into practice. This includes a clear understanding of safety protocols, limits to application of skills relative to training as a Yoga teacher, and the protocols for referrals and working in conjunction with other professionals in the health care field.

The course learning environment will reflect best practice in adult education, with a blend of theory and practice appropriate to the teaching of Yoga. Learning outcomes will be integrated across modules, with practical skills being developed in simulated and actual teaching situations.

### STUDY TOUR TO INDIA

2<sup>nd</sup> year student will be offer to do 2 weeks study tour to India to experience the Yoga, Yogini, Yogi life experience.

Ancient Yoga Consulting (Nationwide Training Centre)

[www.ancientyogaconsulting.com](http://www.ancientyogaconsulting.com)

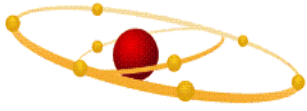
[selfinuniversal@gmail.com](mailto:selfinuniversal@gmail.com)

[enquiry@ancientyogaconsulting.com](mailto:enquiry@ancientyogaconsulting.com)

Tel/Fax: 03-31666568

Mobile: 0129228619 / 0196199100

*Subjects are to change at discretion of management for best training*



# Ancient Yoga Consulting Malaysia

## Diploma in Yoga & Natural Living

[www.ancientyogaconsulting.com](http://www.ancientyogaconsulting.com)

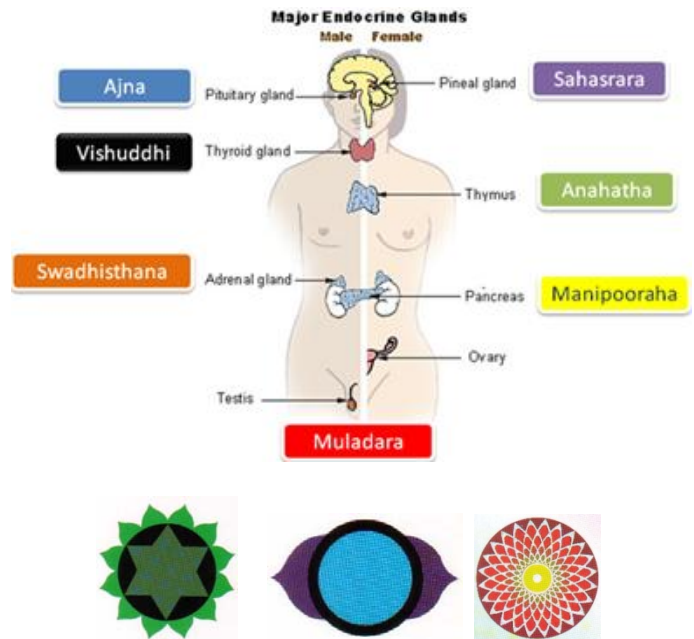
Assessment is based on assignments and exercises completed out of session times, written exams, and participation in session activities, practical demonstration of skills, teaching practice and a 100% attendance for each subject.

One year for full-time and Three year for part time students. Total contact training with trainer will be minimum 500 hours to qualify for Local & International Exam for Certification.

### COURSE CONTENT

Anatomy & Physiology 1A (Regional)  
Anatomy and Physiology 1B (Systematic)  
History and Philosophy of Yoga  
Yogic Physiology  
Asana (Postures) Level 1  
Asana (Postures) Level 2  
Asana (Postures) Level 3  
Pranayama (Breathing) Level 1  
Pranayama (Breathing) Level 2  
Pranayama (Breathing) Level 3  
Seven Major Chakra  
Kundalini Yoga Meditation  
Anahatha Chakra Meditation  
Major Bandhas  
Major Kriyas  
Yogic Overview of the Mind  
Relaxation and Meditation  
Relationship Building & Adjusting  
Functional Assessment  
Yogic Nutrition, Cleansing  
Styles of Hatha Yoga  
Yoga Classes for Special Needs  
Sequencing & Structure of Yoga Classes  
Yoga Teaching Methodology  
Introduction to Ayurvedic Medicine  
Introduction to Siddhar Natural Food  
The Professional Yoga Teacher  
Ethic – Safe, Moral & Legal Practices  
Group Class Teaching Practice  
External Yoga Classes (may be obtained externally)  
Apply First Aid Certificate

\* **Periodic visit of Lecture from India to AYC Malaysia**



### Job Placement

Within 1<sup>st</sup> year of graduating certificate in yoga teaching student will be place job placement while get paid. We have about **35 over high demand** for Malaysian Yoga Teacher for Schools, Fitness, Health Care, Corporate Sector.

Ancient Yoga Consulting (Nationwide Training Centre)

[www.ancientyogaconsulting.com](http://www.ancientyogaconsulting.com)

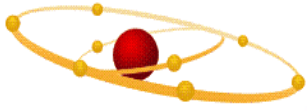
[selfinuniversal@gmail.com](mailto:selfinuniversal@gmail.com)

[enquiry@ancientyogaconsulting.com](mailto:enquiry@ancientyogaconsulting.com)

Tel/Fax: 03-31666568

Mobile: 0129228619 / 0196199100

*Subjects are to change at discretion of management for best training*



# Ancient Yoga Consulting Malaysia

## Diploma in Yoga & Natural Living

[www.ancientyogaconsulting.com](http://www.ancientyogaconsulting.com)

### Career Opportunities

Private practice, teaching in primary & secondary schools, in a yoga studio, gym, holiday resort, child or adult educational institutions and corporate offices.

### What is the minimum qualification to practice?

One can start to teach after graduating, however many students get trainee placements prior to completion of the course.

### Who recognizes this qualification?

All student's eligible to sit for YAI international certification exam to be certified yoga teacher.

### Study Options

Total of 550 contact hour training with our experience trainer as with Mahaguru him self.

Total of 250 industry training practical programme. In this students will be required to complete 120 hours of group class teaching practice. Throughout the course students will be required to participate in 100 hours of yoga classes

### What course upgrades are available?

- Ayurveda Certificates
- Further pursue Degree in Yoga & Natural Living locally or in abroad
- Specialist yoga therapy for very critical sickness recovering

### Assessment

All courses are assessed through a variety of assessments example practical and written examinations, assignments, class presentations, role plays etc. Individual subject outlines detailing the timing and assessment methods and weighting will be given out in your first week of class for each subject and are available prior to enrolment by contacting AYC.

### Teaching Methods

A range of teaching methods are incorporated for delivery of course content as relevant to the subject These include a combination of modified lectures utilizing visual aids, workbooks and handouts, class and group discussions, theory and practical exercises, demonstrations, role plays and presentations.

### Course Advisors

The College requires prospective students to make an appointment to discuss the program with a Course Advisor prior to enrolment. Course Advisors are also available (by appointment) during the program.

### International Diploma with option to pursue Degree in Yoga at 'A' Grade Prestige University in India

Yearly top 3 student will get Scholarship Awards from Ancient Yoga Consulting Malaysia to continue Degree in Yoga at India .

### Fees

Total fees RM8500.00 per year. Split payment will be approved on request and submission of parents/personal financial standing. **Full Scholarship and/or Loan Available for qualify students.**

Ancient Yoga Consulting (Nationwide Training Centre)

[www.ancientyogaconsulting.com](http://www.ancientyogaconsulting.com)

[selfinuniversal@gmail.com](mailto:selfinuniversal@gmail.com)

[enquiry@ancientyogaconsulting.com](mailto:enquiry@ancientyogaconsulting.com)

Tel/Fax: 03-31666568

Mobile: 0129228619 / 0196199100

*Subjects are to change at discretion of management for best training*