

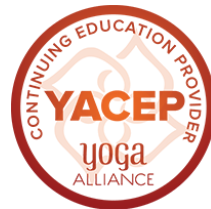


Peace Love Yoga

# BECOME A CERTIFIED YOGA TEACHER

200 HOURS YOGA TEACHER TRAINING

COURSE WITH JACLYN





# PEACE LOVE YOGA™

## TEACHER TRAINING COURSE

### This training will include:

- How to teach over 100 yoga poses including variations, modifications, use of props, and common misalignments.
- Introduction into Yoga Philosophy
- Basic breathing and meditation techniques
- Teaching Mindfulness
- Teaching Methodology
- The Art of Sequencing
- The Business of Yoga
- Practice teaching
- Self-care for teachers





# PEACE LOVE YOGA™

## TEACHER TRAINING COURSE

### Who is this course for?

This training is for anyone who wants to immerse themselves in the study and practice of yoga and for those who want to develop themselves as yoga teachers and transform lives through their authentic voice and passion for yoga.

### About the Training

The training begins with a 100-hour foundation and later expands to a 100-hour Teacher Certification by covering more advanced postures, and delving deeper into yogic breathing, meditation, anatomy and physiology, and practical application of Yoga.

### Course Pre-requisites

- We recommend at least 1 year of consistent yoga practice and students will be evaluated individually and selected by our principal, Jaclyn.
- Able to commit fully to the training schedule.
- Do understand that this training itself could be a life-changing experience. Once you begin the training you will also begin an inward journey, which could demonstrate to you some emotional and mental aspects you were not aware of. Be prepared to have your eyes opened and to the possibility that this yoga teacher training could transform you internally.





# PEACE LOVE YOGA™

## TRAINING SCHEDULE – LECTURES & CLASSROOM TRAININGS

Level	Weekends	Date/ Year 2020	Time
<b>Foundation</b>	Weekend 1	25 & 26 Apr	9.00am – 5.00pm
	Weekend 2	2 & 3 May	9.00am – 5.00pm
	Weekend 3	9 & 10 May	9.00am – 5.00pm
	Weekend 4	16 & 17 May	9.00am – 5.00pm
	Weekend 5	30 & 31 May	9.00am – 5.00pm
	Theory Exam	7 June	10.00am -12.30pm
	Assignment 1 & 2 Dateline	14 June	
<b>Teacher Certification</b>	Weekend 7	27 & 28 June	9.00am – 5.00pm
	Weekend 8	4 & 5 July	9.00am – 5.00pm
	Weekend 9	11 & 12 July	9.00am – 5.00pm
	Weekend 10	18 & 19 July	9.00am – 5.00pm
	Weekend 11	25 & 26 July	9.00am – 5.00pm
	Theory Exam	9 Aug	10.00am -12.30pm
	Assignment 3, 4 & 5 Dateline	15 Aug	



# PEACE LOVE YOGA™

## COURSE REQUIREMENTS & FEES

### Tuition

#### **OPTION 1: Early Bird Price RM5,000**

(Paid in full, 2 months before first day of training)  
Free 6 months Unlimited yoga class at Peace Love Yoga

#### **OPTION 2: RM5,600**

(Paid in full, 2 weeks before first day of training)  
Free 6 months Unlimited yoga classes at Peace Love Yoga

#### **OPTION 3: Installment plan**

- First Installment: RM2,500  
(Paid 2 weeks before first day of training)
- 2nd Installment: RM1,650  
(Paid by 1st of the 2nd training month)
- 3rd Installment: RM1,650  
(Paid by 1st of the 3rd training month)
- Free 3 months unlimited yoga classes at Peace Love Yoga.

### Course Requirements

To complete this program, you must:

- Attend all lectures and practice sessions
- Self-Practice at least twice a week
- Timely submission of written assignments and homework
- Completed and passed the theory exam (passing mark 80%)
- Teach three (3) 45 minutes to 1 hour beginner yoga class.



# PEACE LOVE YOGA™

## HEAR FROM OUR GRADUATES

"My training with Peace Love Yoga Teacher- Training Program was a wonderful experience, which has helped me in advancing my personal practice as well as learning so much more than I expected. I was grateful that I have taken this training program under Jaclyn's guidance as she is a very experienced teacher and I would recommend Peace Love Yoga to students who like to deepen their practice and knowledge about yoga"

– Kim Siew

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"Initially when I started practicing Yoga, I was very inspired by many teachers in town. Jaclyn was one of them. I would always find time to attend her classes to gain as much knowledge as I could and her class is very soothing.

After a few years, Jaclyn conducted A Seat of a Teacher workshop and I was thrill to join. And there was the start of my TTC with her. Jaclyn's knowledge for Yoga is very fluent. She has outlined her TTC very carefully and you could see her passion for teaching yoga is inborn. In the course, theory and practical was segregated evenly so that it didn't feel heavy and overwhelming. She's always sharing her knowledge and allow us to contemplate our answers during class. She never made us feel intimidated to ask all sorts of questions also makes me feel teaching is not intimidating by supporting us.

I am very grateful for this course with her and I hope all of you will find her course is delightful as I do!"

– Sharon Chin

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"Jaclyn 是一位有耐心和老师。她无私地教与分享她所懂的瑜珈知识。虽然上完TTC 后，我虽然没有正式开班教课，但我凭着上课所学到的正确瑜珈知识和体姿，我可以很安心地在家继续练习避免不正确方式导致受伤。上课后，如遇到什么问题Jaclyn 还是会有耐心地继续帮我解答所遇到的瑜珈问题”。

- Peh Yee