



CERTIFICATE IN YOGA FOR HUMAN EXCELLENCE (CYHE)

For Whom

People tend to keep their physical and mental health in good in their whole life. Yoga incorporates breathing exercises, meditation and poses designed to encourage relaxation and reduce stress.

Entry Requirement

Learners must have a minimum of C5 in any 3 GCE 'O' Level subjects including English and Tamil or equivalent qualifications, (OR) WPLN Level 4

Course Overview

Yoga is not about being able to execute asanas perfectly or solely about the physical aspect – it is also about nurturing and strengthening your mind-body connection, gaining compassion for ourselves and others, and maintaining our well-being.

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A Certificate in yoga for human excellence is a short term course after which a certificate of completion is awarded to the successful yoga trainer. This Course includes many different aspects of yoga that are helpful in achieving well-being for humans and their health. It teaches all the exercises and aspects related to it.

The therapies and techniques explained in this course are the ones that are practically helpful for human excellence. They help a human to achieve greater peace levels and reach success too. There are many different subjects in yoga for human excellence. These include yoga therapies, yoga teaching methods, yoga psychology, yoga practices and effects on human body, yoga for the mind, yoga for mantras, etc

Course Module

- CYHE 01: Yogic Life (Physical body, Lifeforce and Mind)
- CYHE 02: Sublimation and Social Welfare
- CYHE 03: Yoga Practice – I

Course Duration

- Full Time: 189 Hours (6 Months) including 9 Hours assessments
- Part Time: 189 Hours (6 Months) including 9 Hours assessments

Medium of Instruction

English & Tamil

Teaching Methodology

Face to face classroom teaching / Online

Learning Environment

Our ergonomically designed classrooms are fully air-conditioned, equipped with whiteboards; audio/video equipment and free wi-fi

Qualification or experience of facilitators

A facilitator & assessor of this course will possess the following:

1. Advanced Diploma/ Bachelor Degree/ Master Degree in Yoga

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Key Person In-charge

Monish V (Administrative Manager)

Class Size

Maximum 25

Facilitator/Learner Ratio

1:25 for Theory Lesson & Assessment

Course Attendance Minimum

75% attendance

Assessment Advice

Passing Mark : Minimum 50 %

Course Fee Inclusive of GST

S\$545

Funding & Claims

NA

Miscellaneous Fee

PURPOSE OF FEE

• Course Application Fee	S\$54.5
• Late Payment Fee	S\$109
• Deferment Administration Fee	S\$109
• Course Transfer Administration Fee	S\$109
• Supplementary Class (Tuition) / Make up Class Fee (Per Hour)	S\$43.6
• Supplementary Examination Fee (Per Module)	S\$109
• Appeal Evaluation Fee	S\$21.8

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Awarded by

This academy is registered under PEI and awarded by Eversafe Academy Pte Ltd

Certification

- Based on the successful completion of the course and assessment, a certificate of achievement endorsed by Eversafe Academy Pte. Ltd., will be awarded to the trainee
- E-cert Available

The certificate of achievement will be issued to all the participants by the Eversafe Academy Pte. Ltd upon fulfilling the following graduation requirements:

- Passing the individual module by obtaining the minimum of 50% of marks for each module
- Passing all the modules in the course
- Course fee paid in full
- Minimum overall attendance of 75% for each module and the entire course

Course Venue

- 2 Kampong Kapur Road Little India Near, Jalan Besar, MRT Station Exit B, Singapore 208674
- 3 Soon Lee Street, #04-14/16&17, Pioneer Junction, Singapore-627606

Registration Venue

No. 2, Kampong Kapur Road, Little India, Near Jalan Besar, MRT Station Exit B, Singapore - 208674

No. 3, Soon Lee Street, #04-14/16 & 17, Pioneer Junction, Singapore - 627606.

No. 2, Joo Koon Road, Singapore - 628966.

No. 2, Wan Lee Road, Singapore - 627934.



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+65 6297 8417

training@eversafe.com.sg

+65 9381 3608

www.eversafe.edu.sg

SOP-17-F-09 (CYHE) Course Brochure, Ver 1.00 Rev 00, 01 July 2023



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