



# YOGA FOR HUMAN EXCELLENCE – FOUNDATION COURSE

## For Whom

This course is made for all aspirants who want to lead a balanced and healthy lifestyle.

## Entry Requirement

Minimum age requirement for participants who 14 years or older and Physically Fit

## Course Overview

Good health is one of the greatest blessings in Life. Simplified Physical Exercises and KayaKalpa Yoga (An Ancient Yogic practice) creates a strong foundation for a Healthy Life by regulating and streamlining the flow of Life Energy in the Body. An individual with healthy Physical body can progress well Spiritually through Meditation, which is one of the most important constituents of the Program. This course is a Unique combination which addresses both Physical and Mental Well-being.

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## Course Content

- Introduction
- Kaya Kalpa
- Agna Meditation
- Greatness of Guru
- Regular Food Habits
- Blessings and their Benefits
- Shanthi Yoga Stress Management
- Thuriya Meditation
- Thuriya Initiation
- Importance of Introspection

## Course Duration

24 Hrs (4hrs \* 6 Evenings / 3Hrs \* 8 Evenings)

## Medium of Instruction

English & Tamil

## Teaching Methodology:

Face to Face Training

## Class Size

Recommended Class Size – Classroom: 20

- Min – 10
- Max – 20

## Key Person In-charge

Mr. Monish V (General Manager – Corporate Support Division)

## Assessment Advice:

NA

## Funding & Claims:

NA

## Course Fee Inclusive of GST

S\$ 109.00

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## Certification

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

## 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
- 2, Joo Koon Road, Singapore-628966
- 2 Wan Lee Road, Singapore 627934

## Renewal Points for professionals

SDU Points: NA

## 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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