

ADAPTIVE CHAIR YOGA 2022

INSTRUCTOR COURSE
(18 Hour Certificate Course)

**\$700
ONLY**



Scholarships available
for YC volunteers!



27 and 28 Aug 2022 (Sat & Sun)



9am - 4pm



SUNDAC (Upper Thomson)



SCAN ME

Limited slots only!
**Sign up by
14 Aug.**

TO REGISTER, VISIT

[HTTPS://BIT.LY/3LH2PL1](https://bit.ly/3LH2PL1)

or email Melody at volunteer@yogacircle.sg



YOUR TRAINERS



WENDY CHAN E-RYT 500, YACEP

Deeply committed to giving back to the community, Wendy is the founder and director of Yoga Circle SG and Yoga Seeds, teaching yoga and meditation in various settings in Singapore and Asia for more than a decade. She is the Lead trainer for Yoga Seeds 200hr / 300hr Teacher Training and also the Programme Director for Yoga Circle's adaptive and accessible yoga programmes. With her background in Classical Hatha, Ashtanga, Yin and Adaptive yoga, Wendy develops holistic and accessible yoga programmes to cater to all, making yoga truly inclusive.

GWEN TEO RYT 500, Diploma in Yoga Therapy

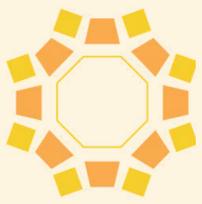
After more than ten years of practicing yoga as a way to complement her running and fitness regime, Gwen left the corporate world and embraced her new role as a yoga teacher. She has seen first-hand how proper conditioning through yoga is able to help people with common joint pains, and she hopes to do the same through teaching yoga. Trained in Hatha, Yin and Yoga Therapy, Gwen teaches a variety of yoga classes with emphasis on building strength and flexibility, cultivating calmness in body and mind, both on and off the mat.



MELODY TAN E-RYT 200

Trained in various styles of yoga including Hatha, Yin, Anatomy and Adaptive Chair yoga, Melody is a big advocate of karma yoga by being involved in charity activities and volunteerism. Yoga isn't only about flexibility and looking cool, it's about being yourself on your mat, connecting your breathing, letting go of ego, focusing on your practice and getting closer to experiencing your inner self. Melody believes that learning and practicing yoga is a lifelong journey.

@yogacirclesg



Q&A

What will be covered?

- **12 hours** of workshop training + **6 hours** of practicum
 - How to **adapt** yoga poses, stretches and other movements for a seated practice
 - Breath-work and relaxation **techniques**
- How to **plan** and **teach** an adaptive chair yoga class for **Seniors, PWDs** and **wheelchair-users**
 - Basic wheelchair handling
- **Safety and Ethical** guidelines for instructors

- Caregivers and therapists
- Volunteers
- Yoga teachers or practitioners
- **Anyone** who is keen and willing!

Who can join this course?

- The course is conducted in **English**, so proficiency in the English language is required
- Good physical condition to participate in general exercise
- We welcome wheelchair-users, seniors and PWDs

Are there any pre-requisites?

- **Full** (100%) and **partial** (50%) scholarship is available for those who are willing to **commit to volunteer hours** with Yoga Circle upon completing the course, especially those in financial hardship.
- Applicants will have to pass an **interview** to be selected, as there are limited spots available.

How can I apply for scholarship?

For more info, feel free to contact us at volunteer@yogacircle.sg