

2020

200/300-HOURS YOGA ALLIANCE TEACHERS TRAINING
JW WELLNESS YOGA & PILATES ACADEMY
-WEEKENDS & MODULES TRAINING SYSTEM-
MALAYSIA

Email: jwwellnesslifestylecenter@gmail.com/Whatsapp for Enquiries : +60124211979



JW
WELLNESS
YOGA & PILATES STUDIO



2020

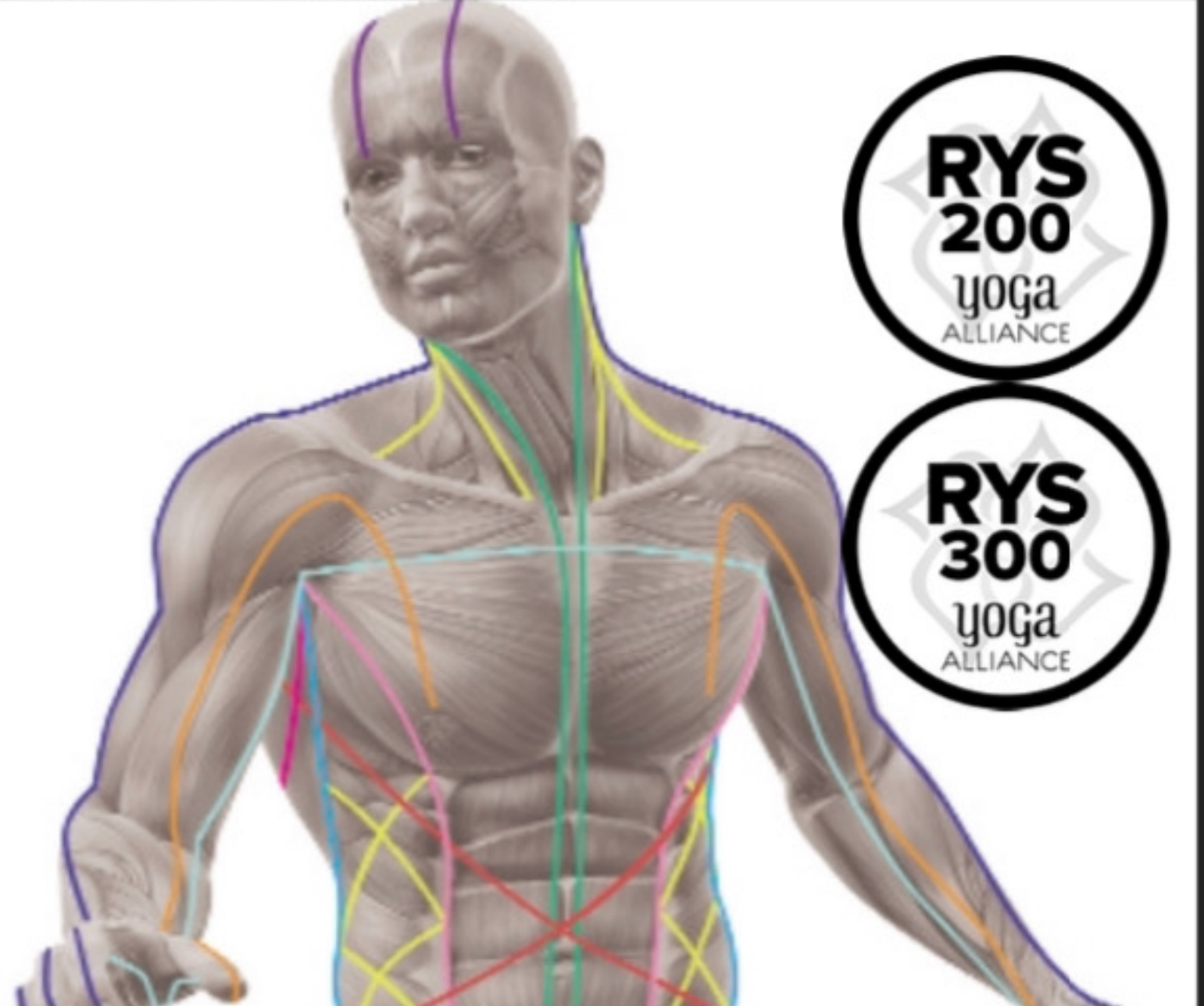
200-HOURS YOGA ALLIANCE TEACHERS TRAINING JW WELLNESS YOGA & PILATES ACADEMY INTENSIVE 3 WEEKS TRAINING PROGRAM 4th-23rd FEBRUARY 2020 MALAYSIA

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FUNCTIONAL YOGA & THE ARTE OF FASCIA CONNECTION SPINE & SHOULDER MODULE 2nd-5th January 2020

Prerequisite to both 200 & 300 Hours TTC



Lumbar Spine vs. Shoulder



INVESTMENT: RM2,500 (early bird sign up before END OF OCTOBER 2019; normal price RM3,000)

VENUE: TREFOIL @ SETIA ALAM

TIME: 8am-6pm

Vegetarian Lunch & Tea Breaks Included

For more information:

jamespilates@gmail.com or contact

James: +60124211979 (whatsapp).

Facebook: James' Wong

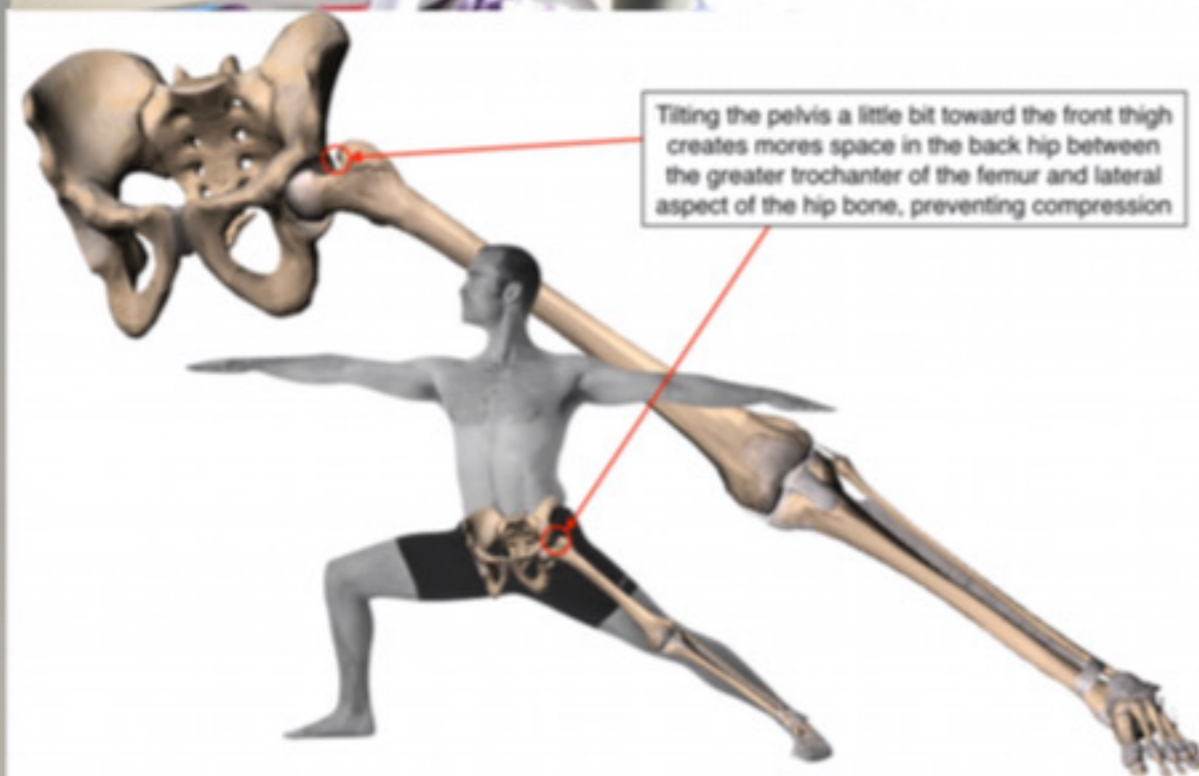
Instagram: jamesyogapilates

James' Wong is a renowned Yoga Anatomy Teacher in Asia; 200 & 300 Hours TTC Yoga Alliance Trainer & a ERYT500 Hours Certified Yoga Alliance Trainer; & a Certified Remedial Therapist in Fascia Trigger Point from Australia, Studied & Trained under the Grilley's method; Certified in Biomechanics and Manual Therapy & a Yoga Anatomist columnist for Yoga Life Asia on bi-monthly issue & IAYT Yoga Therapist.

He will be sharing a comprehensive understanding of the functionality of understanding our connective tissues in yoga movements & human skeletal variation. Much focus on **Scoliosis Management**; and covers a vast study on postural studies; fascia studies of the body & skeletal variation to bring a well-balanced yoga practice. **Main topics discussed - Fascia and Connective tissues in Mobilization Approach to Yoga movements & Scoliosis & Structural studies on the skeletal variation**, correction of spinal structural dysfunction through their Thoracic opening, reviving range of motion on shoulder girdle by studying both skeletal variations & fascia aspects. In this 4-Days, details on the Spine, Shoulder girdle will be covered along with practical case studies on yoga asanas. Come experience this life changing learning opportunity with us.

FUNCTIONAL YOGA & THE ARTE OF FASCIA CONNECTION HIPS & POSTURAL ANALYSIS 7th-9th FEBRUARY 2020

Prerequisite to both 200 & 300 Hours TTC



INVESTMENT: RM2,000 (early bird sign up before END OF OCTOBER 2019; normal price RM2,500)

VENUE: TREFOIL @ SETIA ALAM

TIME: 8am-6pm

Vegetarian Lunch & Tea Breaks Included

For more information:

jamespilates@gmail.com or contact

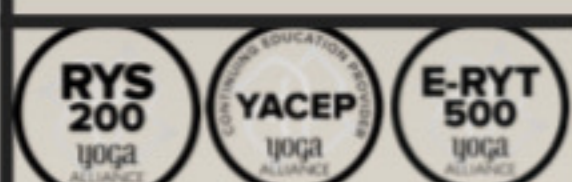
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He will be sharing a comprehensive understanding of the functionality of understanding our connective tissues in yoga movements & human skeletal variation. Much focus on **Scoliosis Management**; and covers a vast study on postural studies; fascia studies of the body & skeletal variation to bring a well-balanced yoga practice. **Main topics discussed - Fascia and Connective tissues in Mobilization Approach to Yoga movements & Scoliosis & Structural studies on the skeletal variation**, reviving range of motion on the hips by studying both skeletal variations & fascia aspects. In this 3-Days, details on the Hips will be covered along vastly with practical case studies on yoga asanas. You will also taught to assess postures and how to be aware of your yoga practices based on your postural misalignment.



FUNCTIONAL YOGA I

- SKELETAL VARIATIONS & FASCIA -

7-DAYS MODULE SYSTEM LEVEL 1

3rd-9th FEBRUARY / 8th-14th JUNE 2020

Prerequisite to both 200 Hours TTC



INVESTMENT: RM4500 (early bird sign up before **END OF NOVEMBER 2019**; normal price RM4,999)

VENUE: TREFOIL @ SETIA ALAM

TIME: 8am-6pm

Lunch & Tea Breaks Included

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In Functional I, you will have a comprehensive understanding of the functionality of the human skeletal variation & how our connective tissues (fascia) plays an important role in yoga movements. Partial focus will be on Scoliosis Management; and covers a vast study on postural studies; fascia studies of the body & skeletal variation to bring a well-balanced yoga practice. **Main topics discussed - *Fundamentals of Fascia in Structural Integration of the bones based on the understanding of skeletal variations***, correction of spinal structural dysfunction through their Thoracic opening, manual manipulation of the joints to revive better range of motion on shoulder girdle by studying both skeletal variations & fascia aspects. Details on the Spine, Shoulder girdle, Hips will be covered along with practical case studies & tests. Come experience this life changing learning opportunity with us.

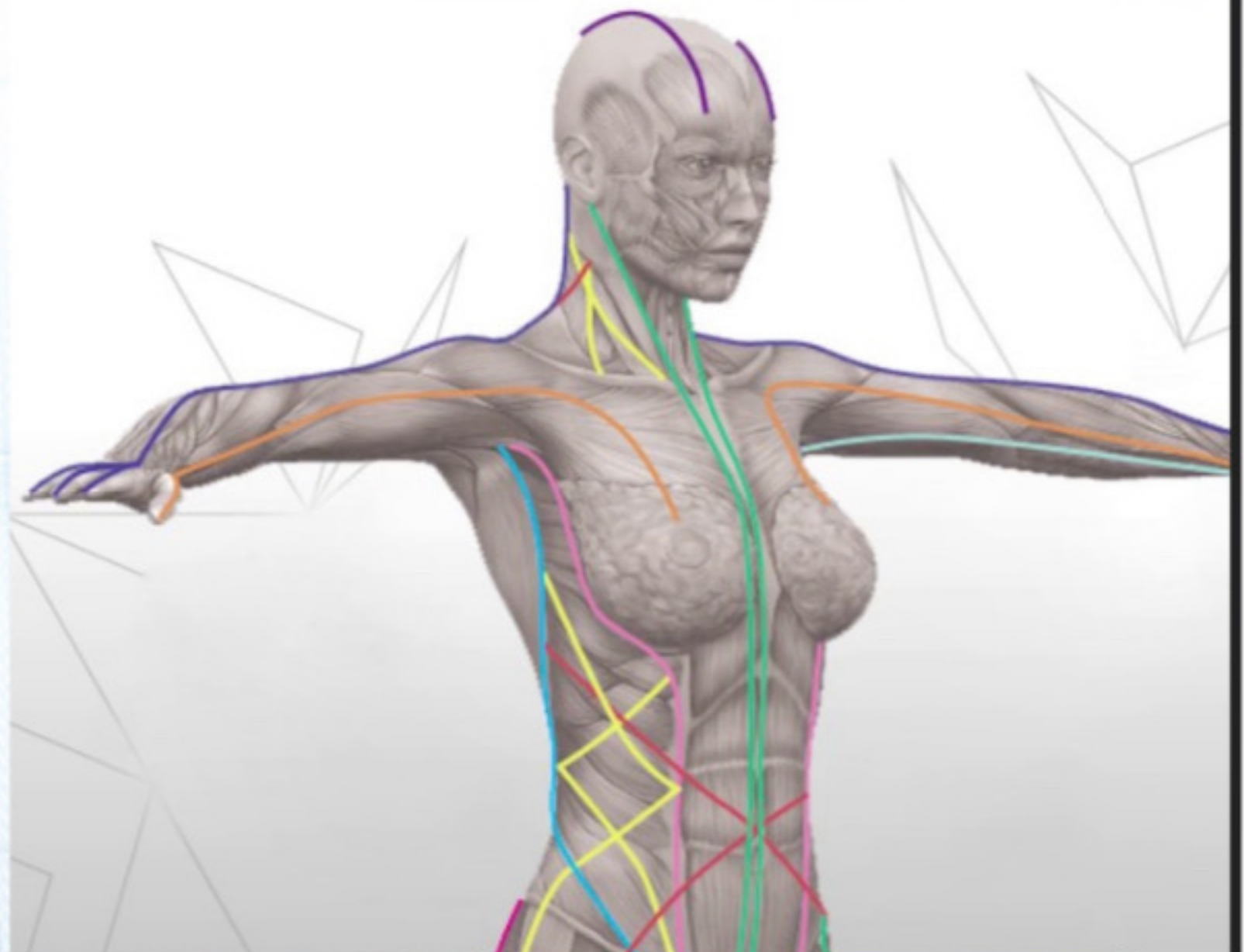
FUNCTIONAL YOGA II

-FASCIA MOTION & BODY FLOW-

6-DAYS MODULE SYSTEM LEVEL 2

7th-14th April / 23rd-28th June 2020

Prerequisite to both 200 Hours TTC



INVESTMENT: RM4500 (early bird pricing - sign up 3 months prior the course date; normal price RM4,999)

VENUE: TREFOIL @ SETIA ALAM

TIME: 8am-6pm

Lunch & Tea Breaks Included

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In Functional I, we have brought in a comprehensive understanding of the functionality of the human skeletal variation & how our connective tissues (fascia) plays an important role in yoga movements. In Functional 2, Main topics discussed - *Fascia gliding motions & techniques in practicing intermediate yoga poses & body flow; fundamentals of muscles biomechanics (strength, stretch and length concept), Injury prevention with safe techniques, gliding and recoil of the fascia, myofascia release, strength conditioning on intermediate yoga poses, sequencing & coaching skills.*

If you are seeking for more practical experience in yoga; this Functional 2 course will allow you to reach to your full potential in your yin yang practice and experience a total change in your physique & body control.

YEAR 2020 - TRAINING SCHEDULES **(TRAINING VENUES: TREFOIL/OASIS SQUARE STUDIO)**



WEEKEND 200 HOURS TTC COURSES

INTAKE 1 (FIRST HALF)

<u>WEEKENDS</u>	<u>COURSE SEGMENTS</u>	<u>TRAINERS</u>	<u>DATES</u>	<u>CONTACT HOURS</u>
WEEKEND 1	4 DAYS FUNCTIONAL ANATOMY - SPINE AND SHOULDERS & SCOLIOSIS MANAGEMENT. Asanas practice & Skeletal Variations & Fascia	JAMES (LEAD TRAINER)	2nd - 5th JANUARY 2020	40 hours
WEEKEND 2	3 DAYS FUNCTIONAL ANATOMY - HIPS AND POSTURAL ANALYSIS Asanas practice & Skeletal Variations & Fascia	JAMES (LEAD TRAINER)	7th-9th FEBRUARY 2020	30 hours
WEEKEND 3	GENTLE YOGA & TRIGGER POINT RELEASE (YJ)	YEEU JEN (ASS. TRAINER)	15th-16th FEBRUARY 2020	20 hours
WEEKEND 4	CORE & FUNDAMENTALS TO ARM BALANCE (SIOW BIN)	SIOW BIN (ASS. TRAINER)	22nd-23rd FEBRUARY 2020	20 hours
WEEKEND 5	FUNCTIONAL & FUNDAMENTALS OF BACKBEND (KRISTEN)	KRISTEN (ASS. TRAINER)	29th FEB & 1st MARCH 2020	20 hours
WEEKEND 6	INTERMEDIATE SERIES - ARM BALANCE & BACKBEND FLOW & FUNDAMENTALS TO INVERSION	JAMES (LEAD TRAINER)	7th & 8th MARCH 2020	20 hours
WEEKEND 7	SEQUENCING & COACHING CUES & PHILOSOPHY, YIN YOGA PRACTICE	JAMES (LEAD TRAINER)	14th & 15th MARCH 2020	20 hours
SPECIAL COURSE	FASCIA FUNDAMENTALS & MFR- NEW COURSE (RETREAT STYLE)	JAMES (LEAD TRAINER)	20th - 22nd MARCH 2020	30 hours
TRAINING HOURS				200 Hours (Contact Hours)

Non contact hours to fulfill - 20 hours (10 hours mentorship program & 10 hours teaching)

Practical & Written Test after fulfilling 200 hours of training & 20 hours of non-contact hours

WEEKEND 200 HOURS TTC COURSES

INTAKE 3 (SECOND HALF)



WEEKENDS	COURSE SEGMENTS	TRAINERS	DATES	CONTACT HOURS
WEEKEND 1	4 DAYS FUNCTIONAL ANATOMY - SPINE AND SHOULDERS & SCOLIOSIS MANAGEMENT - Asanas practice & Skeletal Variations & Fascia	JAMES (LEAD TRAINER)	15th-18th OCTOBER 2020	40 hours
WEEKEND 2	3 DAYS FUNCTIONAL ANATOMY - HIPS AND POSTURAL ANALYSIS Asanas practice & Skeletal Variations & Fascia	JAMES (LEAD TRAINER)	23rd-25th OCTOBER 2020	30 hours
WEEKEND 3	GENTLE YOGA & TRIGGER POINT RELEASE (YJ)	YEEU JEN (ASS. TRAINER)	31st OCT & 1st NOV 2020	20 hours
WEEKEND 4	CORE & FUNDAMENTALS TO ARM BALANCE (SIOW BIN)	SIOW BIN (ASS. TRAINER)	7th-8th NOVEMBER 2020	20 hours
WEEKEND 5	FUNCTIONAL & FUNDAMENTALS OF BACKBEND (KRISTEN)	KRISTEN (ASS. TRAINER)	14th-15th NOVEMBER 2020	20 hours
WEEKEND 6	INTERMEDIATE SERIES - ARM BALANCE & BACKBEND FLOW & FUNDAMENTALS TO INVERSION	JAMES (LEAD TRAINER)	21st-22nd NOVEMBER 2020	20 hours
WEEKEND 7	YIN YOGA PRACTICE; SEQUENCING & COACHING CUES & PHILOSOPHY	JAMES (LEAD TRAINER)	28th-29th NOVEMBER 2020	20 hours
SPECIAL COURSE	FASCIA FUNDAMENTALS & MFR- NEW COURSE	JAMES (LEAD TRAINER)	3rd-5th DECEMBER 2020	30 hours
TRAINING HOURS				200 Hours (Contact Hours)

Non contact hours to fulfill - 20 hours (10 hours mentorship program & 10 hours teaching)

Practical & Written Test after fulfilling 200 hours of training & 20 hours of non-contact hours



MODULE TRAINING SYSTEM - 200 HOURS TTC COURSES

INTAKE 2

COMBINATION A

200 HOURS TEACHERS TRAINING COURSE 2020	TRAINERS	DATES	CONTACT HOURS
FUNCTIONAL ANATOMY I (7 DAYS) (MODULE 1)	JAMES (LEAD TRAINER)	3rd-9th FEBRUARY 2020	70 hours
FUNCTIONAL ANATOMY II (6 DAYS) (MODULE 2) <i>- Functional Yoga Fundamentals; Techniques, Core & Vinyasa Flow Sequence, Coaching & Teaching, Philosophy</i>	JAMES (LEAD TRAINER)	7th-12th APRIL 2020	60 hours
AUSTRALIA (MODULE 3) <i>Intermediate Series- Arm balance, Backbend Flow Sequence, Fundamentals to Inversion, Philosophy, Meditation Retreat,</i>	JAMES (LEAD TRAINER)	30th APRIL - 7th MAY 2020	50 hours
FASCIA FUNDAMENTALS & MFR- NEW COURSE	JAMES (LEAD TRAINER)	20th - 22nd MARCH 2020	30 hours
TRAINING HOURS			210 Hours (Contact Hours)

COMBINATION B

200 HOURS TEACHERS TRAINING COURSE 2020	TRAINERS	DATES	CONTACT HOURS
FUNCTIONAL ANATOMY I (7 DAYS) (MODULE 1)	JAMES (LEAD TRAINER)	8th-14th JUNE 2020	70 hours
FUNCTIONAL ANATOMY II (6 DAYS) (MODULE 2)	JAMES (LEAD TRAINER)	23rd-28th JUNE 2020	60 hours
AIRFLOW YOGA - ANTIGRAVITY HAMMOCK YOGA	JAMES (LEAD TRAINER) / ASSISTED BY KRISTEN	4th-7th JUNE 2020	40 hours
AIRFLOW YIN YOGA	JAMES (LEAD TRAINER)	3rd-5th JULY 2020	30 hours
TRAINING HOURS			200 Hours (Contact Hours)

COMBINATION C (choose either the below package)

<u>200 HOURS TEACHERS TRAINING COURSE 2020</u>	<u>TRAINERS</u>	<u>DATES</u>	<u>CONTACT HOURS</u>
<u>PACKAGE A</u> FUNCTIONAL YOGA 1, FUNCTIONAL YOGA 2, 100 HOURS YIN YOGA TRAINING	JAMES (LEAD TRAINER)	8th-14th JUNE 2020- FUNCTIONAL 1 23rd-28th JUNE 2020- FUNCTIONAL 2 3rd-12th AUGUST 2020 - YIN YOGA TRAINING	230 hours
<u>PACKAGE B</u> FUNCTIONAL YOGA 1, FUNCTIONAL YOGA 2, 100 HOURS SCOLIOSIS YOGA TRAINING	JAMES (LEAD TRAINER)	8th-14th JUNE 2020- FUNCTIONAL 1 23rd-28th JUNE 2020- FUNCTIONAL 2 22nd-31st AUGUST 2020 - SCOLIOSIS YOGA TRAINING	230 hours
<u>PACKAGE C</u> FUNCTIONAL YOGA 1, FUNCTIONAL YOGA 2, 100 HOURS ADVANCED YOGA TRAINING	JAMES (LEAD TRAINER)	8th-14th JUNE 2020- FUNCTIONAL 1 23rd-28th JUNE 2020- FUNCTIONAL 2 10th-20th SEPTEMBER 2020 - ADVANCED YOGA TRAINING	230 hours
<u>TRAINING HOURS</u>			230 Hours (Contact Hours)

Non contact hours to fulfill - 20 hours (10 hours mentorship program & 10 hours teaching)
Practical & Written Test after fulfilling 200 hours of training & 20 hours of non-contact hours

