

## Methodology

Written by ADMMHSE

Monday, 16 November 2009 16:45 -

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### Training Language

Our calls conducted using simple / primary language in English. Explanation in Malay language will be done base on group and participants need / requirements. All related Indian words associate to the original terms in Yoga will be taught too.

### Training Environment

All of our training environment, rooms, photo's, yoga studio interior design, material given, are non-religious which suite to be learn by every individual in this earth.

### Training Material

All yoga course packages come with synopsis / brief notes for participant reference.

### Training Ethics

Significant Code of Ethics drawn by founders and practice by our management, yoga trainer, yoga master is all words should be translated in right manner in exact meaning. Eliminate the words which come with conflict like Shiva and in proper replacement with the word God or in Malay called Tuhan. Other wise it's not imparting the science of yoga but giving belief system which is not required for any participants. We will only focus on ancient yoga training and its close scientific theory and not praying or religious matter.

### Training Methodology

We use modern Light/Visual Therapy, Essence Therapy. All theory and practical of yoga postures is directly well associated with Universal, Sun Solar System, Natural family of plants, tree, animals, biological part of human body with proven scientific fact & figure.

### Training Assessment Questionnaire

Assessment Questionnaire is optional with additional cost to undertake the test and calculation which specially designed formula by experienced analyzer. We suggest to take test for every 6 months once to overview the reality improvement of your self by practicing yoga. While doing continues research on assessment. More then 500 over short and simple yet shape questions designed. It's easy to answer truth as it is. Currently we will cover the following area:

No.

CATEGORY OF ASSESSMENT	TOTAL SECTION
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1

EMOTION QUESTIONNAIRES	5 GROUPS
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2

ENGAGEMENT QUESTIONNAIRES	8 GROUPS
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3

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MEANING QUESTIONNAIRES 2 GROUPS

4

LIFE SATISFACTION QUESTIONNAIRES 2 GROUPS

5

ASSESSMENT FOR KIDS 1 LEVEL

6

ASSESSMENT FOR YOGA CLUB SCHOOL STUDENTS 3 LEVEL

7

ASSESSMENT FOR CORPORATE YOGA PARTICIPANTS 9 GROUPS