

**Certificate in Yoga Teacher Training 瑜伽導師訓練證書**

HS175A / 2235-2384AW

YTT15

No.	Date	Tuesday	Thursday	Saturday	
		7-10pm	7-10pm	3-8pm	
1	25/07/2024		3		
2	27/07/2024			5	
3	30/07/2024	3			
4	01/08/2024		3		
5	03/08/2024			5	
6	06/08/2024	3			
7	08/08/2024		3		
8	10/08/2024			5	
9	13/08/2024	3			
10	15/08/2024		3		
11	17/08/2024			5	
12	20/08/2024	3			
13	22/08/2024		3		
14	24/08/2024			5	
15	27/08/2024	3			
16	29/08/2024		3		
17	31/08/2024			5	
18	03/09/2024	3			
19	05/09/2024		3		
20	07/09/2024			5	
21	10/09/2024	3			
22	12/09/2024		3		
23	14/09/2024			5	
	17/09/2024				
24	19/09/2024		3		
25	21/09/2024			5	
26	24/09/2024	3			
27	26/09/2024		3		
28	28/09/2024			5	
	01/10/2024				
29	03/10/2024		3		
30	05/10/2024			5	
31	08/10/2024	3			
32	10/10/2024		3		
33	12/10/2024			5	
34	15/10/2024	3			
35	17/10/2024		3		
36	19/10/2024			5	
37	22/10/2024	3			
38	24/10/2024		3		
39	26/10/2024			5	
40	29/10/2024	3			
41	31/10/2024		3		
42	02/11/2024			5	
43	05/11/2024	3			
44	07/11/2024		3		
45	09/11/2024			5	
46	12/11/2024	3			
47	14/11/2024		3		Exam
48	16/11/2024			5	Exam
49	19/11/2024	3			Exam
50	21/11/2024		3		Exam
51	23/11/2024			5	Exam
52	26/11/2024	3			Exam
53	28/11/2024		3		Exam
54	30/11/2024			5	Exam
後備日	03/12/2024				
後備日	05/12/2024				
後備日	07/12/2024				
	Total hours:	200			

**Time:** 7pm-10pm (Tue), every Tuesday  
 7pm-10pm (Thur), every Thursday  
 3pm-8pm (Sat), every Saturday

**Venue:** 1101 Sports Lab, 11/F  
 Island East Campus  
 494 King's Road, North Point, Hong Kong