

ALICE KOH

Yoga instructor

March 2024



Introduction

- My journey into yoga began simply as a means to stay fit and connect with others while living in Hong Kong. Little did I anticipate that yoga would become the catalyst for transforming my lifestyle for the better. It's a reminder to always prioritize health and maintain a positive outlook, as true happiness stems from within and radiates outward.
- Yoga has afforded me the invaluable opportunity to remain a lifelong student, constantly learning and evolving. From learning to teach, to teaching to learn, the cycle continues.
- After graduating and receiving certification in Hong Kong, I **began teaching private groups in 2009**. Upon permanently returning to Singapore in August 2013, I have persistently pursued my passion for teaching. Presently, I conduct private sessions and lead classes in various Residents' Committees (RC) across Singapore. Since November 2013, I have been a registered trainer with the Singapore People's Association, actively engaged in teaching at multiple resident clubs and networks, with a focus on small class sizes. Additionally, I offer private classes either at clubs or one-on-one sessions.
- My dedication to learning remains unwavering, as I actively pursue various yoga-related courses to enhance my skills and attain further certifications.

Licenses & Certifications

- 2009 : Certificate Yoga Teacher : 250Hours level
- 2009 : Certificate in Yin Yoga : 12Hours
- 2006 : Diploma Foundation of Thai Massage (Level1 – 30Hours)
- 2010 : Certificate Sensitive Touch -Introduction to Craniosacral Work(32.5Hours)
- 2011 : Certificate Yoga Therapy Techniques (2Days)
- 2013 : Sports Science & Fitness Foundation Certification
- 2013 : Sports Massage Certification
- 2015 : Certificate Anatomy, Biomechanics and Posture Analysis (Pilates Workshop)
- 2015 : Hot Hula Fitness Instructor Certification
- 2016 : AFAA – Group Exercise Instructor Certification
- 2017 : NirvanaFitness Instructor Certification
- Ongoing : Standard First Aid + CPR-AED (renew every 2 years)
- 2024 : Certificate - Understanding Safe Sports as a Coach
- 2024 : Certificate - Understanding Safe Sports as a Sports Volunteer
- 2024 : *Certificate in Yoga Therapy (IYTA)* in progress*

Association & Organization

- Yoga Alliance International
- People Association Singapore
- National Registry of Coaches (NROC)
- National Registry of Exercise Professionals (NREP)



People's Association



NREP

Teaching Experiences

- more than 15 years

Both in Hong Kong & Singapore - Private groups and individual

Resident Network (RN/RC) – Woodlands East Zone 4, Bishan East Zone 4, Bishan East Zone 5, *Buona Vista Commonwealth, Geylang Serai*

Caregiver Asia Singapore

中华国际嘎档巴佛教協會 International Kadhampa Buddhist Association

Reference Check

- [Many Paths, One Yoga Alliance | Yoga Alliance](#)
- [www.onepa.gov.sg](#)
- [www.activesgcircle.gov.sg](#)
- [NROC \(sportsingapore.gov.sg\)](#)
- [www.sportsync.sg](#)
- [Nirvana Fitness Official Webpage](#)

- Yoga shows us the way to rediscover ourselves and become a better version of ourselves...
- Yoga is a light, which once lit, will never dim, the better your practice the brighter the flame.

Contact Informtion

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