

Satyananda Yoga Academy Europe

YOGIC STUDIES 1

MODULE 1 2018

In Yogic Studies 1 students explore and experience key elements of the Satyananda Yoga system. The primary focus is to deepen awareness through personal experience and self-reflection. It is open to both beginners and longer-term practitioners who want to develop greater self-discipline and self-knowledge.

Components of the course

- Asana, Pranayama, Mudra and Shatkarma
- History, Philosophy, Psychology of Yoga
- Yoga Nidra and Meditation
- Anatomy and Physiology
- Mantra and Kirtan
- Yogic Lifestyle
- Karma Yoga

Closing date of application
31 January 2018



COURSE DATES

18 MARCH – 31 AUGUST

Residential dates

Session 1: 18–30 March 2018

Session 2: 25–31 August 2018

Course structure

6-months course with one 12-day-residential and one 6-day-residential (*between the residentials students commit to regular home practice and home study*)

Tutors

Experienced international Satyananda Yoga teachers will conduct, monitor and assess the course.

The venue

Hungarian Yoga Association in Szolad, a quiet village near the beautiful lake Balaton, a 90-minute drive from Budapest airport (Hungary)

Further Information and application via: www.syae.eu/ys118.html
Email address: ys118@syae.eu