

Yoga Bharati



Detroit Chapter

www.yogabharati.org/detroit

Yoga Bharati in association with the prestigious Yoga University, SVYASA, is pleased to announce two comprehensive courses in the Detroit area during Spring 2007

1. Yoga Foundation Course

2. Yoga Instructor Course

YOGA FOUNDATION COURSE (YFC)

YFC is for anyone who would like to develop a better understanding of Yoga and would like to learn the holistic approach to Yoga for self improvement. At the conclusion of this course, the students will be able to practice yoga the holistic way and lead a healthy and stress free life.

Part 1: Complete Theory – Total of 30+ hours

Part 2: Practices – Total of 35 hours.

YOGA INSTRUCTOR COURSE (YIC)

YIC (www.yogabharati.org/detroit/html/YICC.html) is for anyone who would like to develop a better understanding of Yoga and/or who wants to become a Certified Yoga instructor. At the conclusion of this course, the students will be able to teach yoga to general public the holistic way, to prevent diseases, promote positive health and bring harmony and peace in the society.

Part 1: Complete Theory – Total of 30+ hours

Part 2: Practices – Total of 50 hours.

Part 3: Report – On any Yoga topic approved by the instructor

Part 4: Field Experience

SYLLABUS

THEORY

- ◆ Basis of Yoga
- ◆ Various streams of yoga
- ◆ Raja Yoga & Yama Niyamas
- ◆ Asana & Pranayama
- ◆ Dharana, Dhyana & Samadhi
- ◆ Theory behind Asanas, Pranayama, Kriyas, Meditation
- ◆ Stress and medical applications of yoga
- ◆ Educational Applications
- ◆ Yoga and Diet
- ◆ Karma Yoga
- ◆ Indian Culture
- ◆ Jnana Yoga
- ◆ Bhakthi Yoga
- ◆ Teaching Techniques and Introduction to Research

PRACTICES

- ◆ Breathing Practices
- ◆ Loosening Practices
- ◆ Yogasanas - basic set
- ◆ Pranayama
- ◆ Cyclic Meditation
- ◆ Kriyas
- ◆ Mudhras and Bandhas
- ◆ Teaching Techniques

DATES & TIMINGS

March 24th, 25th, 31st and April 1st, 7th, 8th
8.30 am – 5.30 pm (week-ends only)

COURSE FEES

YFC: \$550 – entire course

YIC: \$650 – entire course

\$350 – only Theory or only Practices

FACULTY

Sri N. V. Raghuram (International coordinator of VYASA)

Ms. Vasundhara Mahesh (MS in Yoga Therapy)

YIC Certified Volunteers

INAUGURAL SESSION

There will be an inaugural session with a brief introduction to the course by Mahesh Balike and a Question/Answer session with Sri N.V. Raghuram on Friday, March 23rd from 6:30 pm – 8:00 pm followed by dinner.

RSVP by contacting us at detroit@yogabharati.org so that it will help us plan better.

Please be sure to attend this session if you are taking part in the course or if you would just like to get more details.

VENUE

Village Oaks Clubhouse
22859 Brookforest, Novi, MI 48375

DIRECTIONS TO THE VENUE

From I-275

Take 8 Mile Road West exit
Turn (North) on Haggerty Road
Turn (West) on 9 Mile Road
Turn (North) on Brook Forest (if you reach Meadowbrook, means you've passed Brook Forest)
Pass HeatherBrook. The Club House is 4th house on the left.

From I-96

Take Novi Road South exit
Turn (East) on Grand River Avenue
Turn (South) on Meadowbrook
Turn (East) on Village Lake Road (if you reach 9 Mile Road, means you've passed Village Lake Rd)
Turn (South) on Heatherbrae
Turn (East) on Heather Brook
Turn (North) on Brook Forest. The Club House is 4th house on the left.

Parking: Club House parking is on Heatherbrae. If full, please park on streets and follow the no parking signs. On Brook Forest, park only on the club house side.