

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 2008

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