

Yoga Bharati



Detroit Chapter

www.yogabharati.org/detroit

Yoga Bharati in association with the prestigious Yoga University, SVYASA, is pleased to announce a comprehensive course in Yoga Philosophy by Shri N.V.Raghuram in October 2011.

Yoga Philosophy Course

OBJECTIVE

Yoga is becoming popular day by day. A wave of yoga is sweeping across the globe. To introduce yoga as a science of Holistic living and not merely as yoga postures, Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA - www.svyasa.org), a Yoga University in India has been offering courses over the last 2 decades all over the globe benefiting thousands of individuals. SVYASA has presence in 20 countries worldwide, with collaborative research projects in the U.S., U.K and Germany.

This course integrates the various aspects of Yoga, the essence of yogic literature and philosophy into a holistic composite, thus enabling one to understand and impart the knowledge of Yoga in its entirety. It is a truly insightful and empowering course designed to facilitate the learner to begin his/her own journey of self-awareness and development.

Yoga Bharati is conducting this course in the Detroit Area since 2003.

YOGA PHILOSOPHY COURSE (YPC)

This 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, participants will have a comprehensive understanding of the philosophy behind Yoga. This course also satisfies the theory requirements for Yoga Instructor Certification (YIC).

Yoga Philosophy Course – 30 hours

SYLLABUS

THEORY YPC

- ◆ Basis of Yoga
- ◆ Raja Yoga & Yama Niyamas
- ◆ Asana & Pranayama
- ◆ Dharana, Dhyana & Samadhi
- ◆ Asanas, Pranayama, Kriyas, Meditation
- ◆ Stress and medical applications of yoga
- ◆ Educational Applications
- ◆ Yoga and Diet
- ◆ Karma Yoga
- ◆ Bhakthi Yoga Indian Culture
- ◆ Jnana Yoga
- ◆ Indian Culture

YIC

- ◆ YPC
- ◆ Teaching Techniques and Introduction to Research
- ◆ Kriyas and Bandhas

PRACTICES YPC

- ◆ Breathing Practices
- ◆ Loosening Practices

- ◆ Yogasanas - basic set
- ◆ Pranayama

YIC

- ◆ Teaching Techniques
- ◆ Kriyas (practices)
- ◆ Bandhas (practices)

DATES & TIMINGS

Oct 8th, 9th, 15th, 16th (week-ends only)

VENUE

8.30 am – 5.30 pm
Hampton Inn, Novi.

COURSE FEES

YPC : \$350 (No prerequisites)

YIC: \$500 – Includes YPC, teaching techniques, Kriyas and Bandhas (Must have completed IAY level 1 & 2)

FACULTY

- Sri N. V. Raghuram (International coordinator , VYASA; Chairman, YogaBharati)
- YIC & Yoga Alliance Certified Volunteers (RYT & ERYT)

INFORMATION & REGISTRATION

If interested, email to detroit@yogabharati.org with name, phone number and email address or call (248) 788-0858 for more information.