

Satyananda Yoga Academy Europe

YOGIC STUDIES 2 MODULE 1 2018



In Yogic Studies 2 (YS2), students deepen their knowledge and experience of Satyananda Yoga. They consider the philosophical systems of yoga – Tantra, Samkhya and Vedanta – and how these are applied in the Satyananda Yoga system. They also explore concepts within yogic philosophy and yogic psychology, which includes studying Patanjali's Yoga Sutras and the Bhagavad Gita.

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

1 APRIL – 8 SEPTEMBER 2018

Residential dates

Session 1: 1 – 13 April 2018

Session 2: 2 – 8 September 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/ys218.html
Email address: ys218@syae.eu