

Satyananda Yoga Academy Europe

YOGIC STUDIES 1 2017



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.

COURSE DATES

4 MARCH – 9 SEPTEMBER 2017

Residential dates

Session 1: March 4 - 18

Session 2: June 17 – 24

Session 3: September 2 – 9

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 2017

Course structure

27-week course with one 14-day-residential and two 7-day-residentials
(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.org/ys117.html
Email address: ys117@syae.org