

# YOGA ALLIANCE ACADEMY®

YOGIC STUDIES YOGA SCHOLARSHIPS YOGA TEACHER TRAINING

## NON-ACCREDITED SHORT COURSE

### 'YOGA SYSTEM'

This Classical Yoga Text is comprised of One Unit (approx. 50 pages).

#### Entry requirements

None.

#### Course level

Not applicable.

#### Qualification

No Qualification (Not Accredited).

#### Completion Time:

Reading only, approx.10 hours.

#### Exam Requirements

Yes, Short Essay/s or Questions, only if statement of completion is required at the end of the course.

#### Religious References

Occasionally. **Note:** While Yoga may be in Religions, the many Yoga practices with body, breath and mind, along with their transcendent goal of direct experience, are generally neither characteristic of Religions, nor typically practiced by the adherents of Religions.

#### Yoga Teachers Continuing Education

Valid for 10 hours non-contact hours continuing education credits.

#### Subject Areas

**Unit 1- Subject:** The concepts of Panchamahabhutas, Panchatanmatras, Saptadhatus and concept of Sankhya yoga related to human body evolution.

**Unit 2- Subject:** Five Layers of Existence which discusses about Bhrgu Vaaruni Vidya, existence of five layers and products and disturbances of five sheaths.

**Unit 3- Subject:** The Psychic Centres which discusses about the basic chakra system and a briefing about mandalas which helps one to draw the focus of the eye (and the Inner Eye) into the centre, and many people comment that they feel a great peace when viewing one.

**Unit 4- Subject:** The Concept of Vayus, Nadis and Swara Yoga.

**FEE:** Members/Soci Yoga Alliance Italia € 80 / Non-Members/Non-Soci € 92

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