

YOGIC STUDIES 1

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
7 APRIL 2019 – 3 APRIL 2020

Residential dates

1st residential: 7-19 April 2019
2nd residential: 10-22 September 2019
3rd residential: 29 March-3 April 2020

Course structure

12-months course with two 12-day-residential and one 5-day-residential (between the residentials students commit to regular home practice and home study)

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

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)

Closing date of application
15 February 2019

Further information
and application: www.syae.eu

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