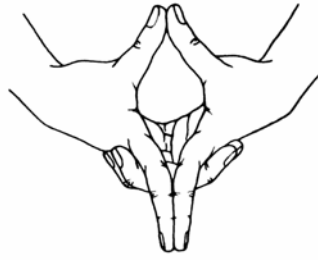


The Satyam Yoga School Class Descriptions



2009

Yoga Classes

An Overview of all classes available at the Satyam Yoga School



Class Descriptions

Overview: The tables below offer a brief introduction to the classes and courses available at the school. You may enquire by email for more detailed information or attend any class at the school where Swami Yogasagar will be able to assess and advise you on which class or course would be most suitable for you.

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| <p>The ITY</p> <p><i>(Introduction To Yoga)</i></p> | <p>This is a comprehensive beginner's course that explores the fundamental concepts and philosophies essential for new students to benefit most from their yoga practice. You will learn how to prepare the joints and body for practicing the traditional asanas (stretches) of hatha yoga, as well as the various techniques of pranayama (breathing) and meditation. Each student will receive individual attention.</p> <p>The full course begins in Feb and ends in Dec of each year with a new lesson introduced each month. During the course you will gain a deep insight into the practice and application of yoga.</p> <p>We highly recommend that you begin with the ITY course even if you have had previous experience.</p> <p>This course is an essential part of your interest in yoga for three reasons:</p> <ol style="list-style-type: none">1. This school teaches an integral yoga system that includes many aspects of yoga not practiced at many of the other schools. Our approach is to work slowly with a strong emphasis on internalizing the awareness and integrating the breath with all movements and static postures. We also introduce deep relaxation and meditation techniques into the class.2. The course lays the foundation for advanced practice and will ensure that you are able to master the various techniques of controlling the breath and holding the postures safely.3. If in the future you decide to train as a teacher, this course forms the basis of what you will learn to teach. <ul style="list-style-type: none">• Printed handouts are issued each month so that each student will have a complete manual by the end of the course.• At the beginning of each class Swami Yogasagar will discuss the current topic of study in the form of a short talk.• An optional weekend retreat is planned at the completion of the course. |
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Class Descriptions

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| <p>Sadhana Classes</p> | <p>Open to all students with the understanding that this class is not suitable for beginners and will include the stronger asanas, combined with pranayama techniques and meditations that may include mantra or some form of kriya yoga. Many of these techniques require training and experience. Students who do not have previous experience may not feel comfortable with some of the practices or even be able to practice them correctly.</p> |
| <p>SYIT <i>(Sadhana for Yoga Instructors and Teachers)</i></p> | <p>This is a practical course to provide a detailed study of each yoga technique. Students will aim at perfecting their own understanding and personal practice of yoga. On completion, students will be entitled to apply for and sit exams to obtain their teaching certificates and / or diplomas.</p> <p><i>Note: The new SYIT course is for students who want to take their yoga practice to the next level of sadhana and also for students who wish to train as yoga teachers. Some students may want to join this course simply to benefit from the in depth study of the yoga techniques.</i></p> |
| <p>YLS <i>(Yogic Life Skills)</i></p> | <p>This course studies the practical application of yoga philosophy combined with yoga techniques for personal growth and self enquiry. The course offers an in depth study of the practical aspects of yoga as well as the techniques of self enquiry and evolution of the spiritual personality. Please keep in mind that spiritual here refers to the physical, emotional and mental development of inner discipline.</p> |
| <p>Private Tuition</p> | <p>These classes are for students who have a health issue or prefer individual coaching. They can be arranged at a time to suit the client and Swami Yogasagars diary.</p> |