

## Discipline

Students will be expected to participate fully in all aspects of the course and to maintain yogic discipline during the residential stays. Drugs or alcohol will not be permitted. Smoking is restricted to designated areas only.



## Home Study

- Daily 1 hour practice - asana, pranayama, mudra, bandha, yoga nidra, meditation as per given schedules.
- Writing a daily home practice diary and submitting it at regular prescribed intervals
- Additional Study time - Approximately 15-20 hours per month to include full participation in the online element of the course.

## Course Certification

1. Students are required to attend all the residential course components, participate in all aspects of the home study and submit home practice diaries, in order to be eligible for the certificate.
2. Certificates will only be awarded to students successfully completing all aspects of the course.

**Course Fee: 1750 €**

This includes all practical and theoretical tuition, marking, assessments, printed handouts, accommodation and catering.

## How to apply

To apply for an enrolment form please contact:

**admin@syae.org**



SATYANANDA YOGA

# SATYANANDA YOGA ACADEMY EUROPE

## YOGIC STUDIES 2



**Dates: May 7 – October 29, 2011**

**Venue: Bulgarian Red Cross Training Center, Lozen, Bulgaria**

## Yogic Studies 2

Yogic Studies 2 (YS2) is the continuation of Yogic Studies 1 conducted by Satyananda Yoga Academies in Europe, Australia, North or South America or the four month Certificate Course offered by Bihar Yoga Bharati, India.



YS2 is an intensive course which delves more deeply into both the theory and practice of Satyananda Yoga, with an emphasis on chakras and philosophy. Practically it aims to extend students' knowledge with both the introduction of new techniques (including mudras and bandhas) and by continuing to develop previously established practices.

At a theoretical level, the concepts within yogic psychology, yogic physiology and yogic philosophy are explored in more depth. YS2 includes the study of traditional texts such as the Yoga Sutras of Patanjali and the Bhagavad Gita. This theory is interwoven into yogic lifestyle within a retreat environment.

### Components of the course include:

- Asana, Pranayama, Mudra, Bandha and Shatkarmas
- Yoga Nidra and Meditation
- Philosophy and Psychology of Yoga
- Anatomy and Physiology
- Mantra and Kirtan
- Yogic Lifestyle
- Karma Yoga

The completion of the course will ensure a solid foundation of yogic experience and knowledge with which to continue home practice and personal development. It will also be the basis for students to progress to further training courses.

### Course Structure

YS2 is a 26 week course which includes two residential sessions. Between residential components, students are required to commit to daily home practice, to maintain and submit a home practice diary and complete a number of Home Study Assignments.

### Residential Dates

There will be two compulsory residential periods, one at the start of the course and one towards the end.

**7-21 May 2011**

**17-30 September 2011**

**Please note: the completion date of the course will be 29th October 2011, four weeks after the second residential.**

## Tutors

Experienced Satyananda Yoga teachers from Europe and Bihar Yoga Bharati (Institute for Advanced Yogic Sciences, India) will conduct, monitor and assess the course.

## Pre Entry Requirements

Successful completion of either any YS1 or the BYB 4 month Certificate Course (Proof of completion will need to be provided).

### Minimum age is 18 years

### Ability to meet the time commitments required

Those with extensive work and family (especially small children) commitments may find it too challenging to manage the demanding work load of this course. Students are recommended ideally not to undertake other significant courses during this year.

### English Language Competence

As all lectures, practical classes, home assignments, written and practical assessments, reviews and examinations will be conducted in English medium, a sufficient level of English competency is essential. Applicants whose first language is not English may be required to provide evidence of a proficient level of speaking, listening, reading and writing skills as agreed with SYAE, in order not to be disadvantaged.

### Computer Skills

Proficiency in computer skills are essential for YS2. Some IT support will be provided, however applicants will be expected to be proficient in word processing, email, sending and receiving attachments, the internet, etc. Participants are strongly advised to gain access to a home computer in preference to using internet cafes for study.

## The Venue

The course will be conducted in a simple, training centre set in a quiet and natural environment in Lozen, foothills of the mountains just 15 minutes from Sofia (Bulgaria) airport. Accommodation will be shared (two or three people to a room with en suite bathrooms). Diet will be simple, nutritious vegetarian meals (no meat, fish or eggs). Email facilities and use of mobile telephones will be limited.