

Home Study

- Daily 1 hour practice - asana, pranayama, yoga nidra, meditation as per given schedules
- Writing a daily home practice diary and submitting it at regular prescribed intervals
- Additional Study time - approximately 5 - 7 hours per week including full participation in the online aspect of the course

Set Texts

Asana Pranayama Mudra Bandha by Swami Satyananda Saraswati
Meditations from the Tantras by Swami Satyananda Saraswati
Yoga Nidra by Swami Satyananda Saraswati
Sure Ways to Self Realization by Swami Satyananda Saraswati
Yoga Darshan by Swami Niranjanananda Saraswati
Anatomy and Physiology textbook

NB. Additionally, the texts '*Prana, Pranayama, Prana Vidya*' and '*Dharana Darshan*' by Swami Niranjanananda Saraswati would be useful to your study, but not essential.



Course Certification

1. Students are required to attend all the residential course components, participate in all aspects of the home study, submit home practice diaries and complete the written, verbal and practical assessment tasks 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: 1795€

This includes all practical and theoretical tuition, marking, use of onsite library, assessments, printed handouts, downloadable resources, accommodation, catering and some local transport.

How to apply

You may either download an enrolment form from www.syae.org or apply for one by contacting:

email: admin@syae.org



Satyananda Yoga Academy Europe

YOGIC STUDIES 1

DATES: 13 MARCH – 16 SEPTEMBER 2010

**VENUE: RED CROSS TRAINING CENTER,
LOZEN, BULGARIA**



Yogic Studies 1

Yogic Studies 1 (YS1) is dedicated to the study, exploration and experience of the key elements of the **SATYANANDA YOGA®** tradition. The course delivers systematic practical and theoretical teachings, which encourages participants to develop all aspects of their being and to witness the natural process of change that occurs as a consequence of regular yoga practice. The primary focus of the Satyananda system is to develop deeper awareness through a process of self reflection and personal experience. YS1 aims to provide an understanding of yogic concepts that can be refined and applied in daily life. The course is open to both beginners and longer-term practitioners who are looking for a structured course that leads to a higher degree of self discipline and self knowledge.



Components of the course include:

- Asana, Pranayama, Mudra and Shatkarmas
- History, Philosophy, Psychology of Yoga
- Yoga Nidra and Meditation
- Structured Home Practice
- Anatomy and Physiology
- Mantra and Kirtan
- Yogic Lifestyle
- Karma Yoga
- Mouna



Successful completion of the course will establish a firm 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 SYAE training courses.

Course Structure

Yogic Studies 1 begins with a fifteen day in depth residential program to establish the central concepts of hatha yoga, raja yoga, karma yoga and bhakti yoga, followed by two further residential sessions. Between the residential components, students are required to commit to a regular home practice, to maintain and submit a fortnightly home practice diary and complete a number of on-line quizzes. Assessment will be ongoing.

Residential Dates

March 13-27

June 19-26

Sept 10-16

Tutors

Experienced international Satyananda Yoga teachers will conduct, monitor and assess the course.

Pre Entry Requirements

Minimum age is 18 years, maximum age is 60 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

Basic proficiency in computer skills are essential for YS1. Skills required include knowledge of Microsoft Word, email, sending and receiving word document attachments, surfing the internet, creating and storing files in a systematic manner, etc. It is strongly recommended that participants gain access to a home computer in preference to using internet cafes.

The Venue

The course will be conducted in a simple, yogic style retreat centre set in a quiet and natural environment in Lozen, foothills of the mountains just 20 minutes from Sofia airport. Accommodation will be shared (two or three people to a comfortable room with en suite bathrooms). Diet will be vegetarian (no meat, fish or eggs). A pay phone and limited email facilities are available.

Discipline

Students will be expected to maintain yogic discipline, which includes remaining on campus, being punctual and adhering to mouna when prescribed. Drugs or alcohol will not be permitted. Smoking is restricted to designated areas only.

