

Vivekananda Yoga – San Diego

Yoga for Advanced Practitioners.

“How deeply you touch another life, is how rich your life is.”

Introduction

In the last three years we have conducted six Yoga Instructors Courses four of them are from San Diego. We trained more than fifty instructors at San Diego. Some of them desire to deepen their learning and advance their practice. There are also some serious practitioners out of our regular adult classes who are mature and want to advance their practice. This course is designed to suit their aspirations and requirements.

Objectives of Advanced Yoga Classes:

1. To deepen the knowledge, skills and practices of traditional Yoga and Vedanta based on Scriptures.
2. To explore finer aspects of Asana and Pranayama practices. Learn advanced asana and Pranayama practices.
3. To understand therapeutic basis of yoga and develop skills and yogic practices for common ailments.
4. To develop and inculcate Yoga as a way of life and live consciously.

Topics which will be explored

1. Advanced asanas, Shat kriyas
2. Advanced practices of Pranayama, Mudras, Bandhas
3. Basis of Yoga Therapy
4. Yoga Therapy for Common Ailments and Yoga Therapy Techniques
5. Ancient Indian Scriptures and basic understanding of Sanskrit.

6. In depth study of Ashtanga Yoga and Hatha Yoga Yoga Texts (Patanjali yogasutras, Hatha Yoga Pradipika, Gheranda Samhita and Bhagavad Gita)
7. Basic knowledge of Tantra and Awareness of Chakras
8. Yogic way of Meditation
 - a. Developing awareness, Antar Mouna, Japa, Ajapa Japa, Chidakasa Dharana, Yoga nidra, Prana vidya
9. Chakra Location and Dhyana
10. Yoga Therapy for Common Ailments and Yoga Therapy Techniques
11. Use of Props and techniques for alignment and use of Props for abnormalities and disorders in musculoskeletal disorders.
12. Advanced Yoga Techniques
 - a. Cyclic Meditation-SMET,
 - b. PET,
 - c. MSRT

For Whom

1. Yoga practitioners with a desire to deepen their practice.
2. Yoga teachers.

Faculty

Lead trainers - Subba Rao Nemani and Paul Moore

The program is designed as a group learning (Satsanga and Swadhyaya) where all members are encouraged to participate in a group discussion and make presentations.

Timings -

Saturday and Sunday - 6. 00 to 7.30 am

Fee: \$75 per month / \$100 for 10 classes / \$15 drop ins.

For registration and further details at the website - www.vivekanandayoga.us