

HATHA & YIN YOGA TTC 150 - Syllabus

The Shala programme 2020

In Ancient India, the experience of Yoga goes from physical to mental, from concrete and muscular to subtle and spiritual. We would like to share with you this special and comprehensive programme to discover all that Yoga can give you and add to your life.

This programme has been specially designed for practitioners of all levels, creating a journey of self discovery. These tools, coming from a system that roamed the world for millennia, are made accessible in a very clear language and with a science base approach.

This syllabus will let you discover what yoga is, as a system, and let you integrate all the aspects of yourself in a powerful approach.

GATHASTHA YOGA (The Physical Yoga - 50 hours)

- Yogic Philosophy I: Hatha Yoga Pradipika
- The Yogic Journey: Hatha as a path of discovery
- Asana: posture and virtue
- Movement & Biomechanical Anatomy: the body and the breath
- Adjustments: from the focus to the shape
- Sequencing: creating roads of exploration
- The Rishikesh Series: the master series
- Yoga Therapy I: Introduction to Ayurveda and Yoga as a Physical Therapy

HATHA-KRIYA YOGA (The Energetic Yoga - 50 hours)

- Yogic Philosophy II: Gheranda Samhita
- Chakras: the energetical map of the body and the mind
- Pranayamas: move energy through breath
- Mudras: psychic gestures to direct the mind
- Bandhas: the energy keys
- Yoga Nidra: reprogram your mind through the conscious dreaming
- Yin Yoga: introduction to the daoist practice
- Yogic Philosophy III: Bhagavad Gita

RAJA YOGA (The Mental Yoga - 50 hours)

- Yogic Philosophy IV: Patanjali Yoga Sutras
- Contemplation: calming and healing the mind
- Mindfulness: the Western approach to Buddhism
- Antar Mouna: the practice of Inner Silence
- The Kriyas: the cleansing of the mind and body
- Naad Yoga: the use of sound as a healing and meditation practice
- Yoga Therapy II: coping with anxiety, depression and addictions
- Prana Vidya: the advanced healing meditations

GATHASTHA YOGA (The Physical Yoga - 50 hours)

In classical Yoga, the body is seen as a "clay vessel" that can be molded and purified. Inside, our spirit navigates life through this very special instrument, which protects our essence and allows us to connect with the world.

In these courses, we want to offer you the ancient wisdom of Yoga in an accessible way, a powerful and physical Yoga that allows you to discover everything you are capable of.

Every course, including theory and practice, is around six hours long, plus reading material to deepen your knowledge and recommended books to become an expert in the field.

- **Yogic Philosophy I: Hatha Yoga Pradipika**

Known as "The Light on Yoga" it is perhaps the oldest surviving text on Yoga to this day. A true manual of the practices that comprise Hatha as we know it.

The basic asanas and the pranayamas, mudras, bandhas, and even the chakras ... everything was beautifully reflected in the 394 verses of the Pradipika,

Discover the true essence of Yoga in a theoretical-practical tour of what Yoga is and what it is not.

Pre-recorded lectures:

Live discussion:

Reading material:

Yoga practice:

Recommended reading: Swami Muktibhodanandai "Hatha Yoga Pradipika"

- **The Yogic Journey: Hatha as a path of discovery**

Most of the Courses on Yoga tend to emphasise the more tangible, physical potentialities of applied yoga, such as asana and pranayama. However the vast potential of psycho-physiological therapy: it's unlimited scope on the spiritual path: it's unequalled utility as a way of life which leads to happiness in the trying circumstances of the fast changing modern world: and it's bright future as the culture of tomorrow-these aspects of yoga have not yet been explained in detail. This course is small token of the dedication to the cause of yoga and an attempt to explain yoga and yogic techniques in a clear and unambiguous language. It is a humble attempt to tear asunder the veil of mystery surrounding yoga.

Pre-recorded lectures:

Live discussion:

Reading material:

Yoga practice:

Recommended reading: Swami Satyananda Saraswati "Dynamics of Yoga"

- **Asana: posture and virtue**

Learn the important aspects of basic asanas (postures) and their purpose.
What types of asanas are there and what are they for?
What should we take into account to guarantee the correct performance of an asana? How does it fit a student or practice partner?
What is a Vinyasa or a Vinyasa Krama?
What are the preparatory positions for?
What do the ancient scriptures say about the asana execution?

Pre-recorded lectures:

Live discussion:

Reading material:

Yoga practice:

Recommended reading: Swami Satyananda Saraswati "Asana Pranayama Mudra Bandha"

- **Movement & Biomechanical Anatomy: the body and the breath**

Learn the fundamental notions of yogic anatomy. Each joint or muscle group is modified by conscious breathing to achieve greater flexibility, elongation and physical (and mental) fluidity.

We all have a different body, and we won't necessarily achieve the same results through the same method on the mat. From the revolutionary approach of Bernie Clark (author of "Your Body, Your Yoga" among others), we see how we approach and recognize our body and others.

How can you extend the range of motion of your joints to deepen an asana?
What do you do to increase lung capacity to help in your practice?
What types of breaths help achieve greater flexibility?
How do you work with blocked joints or shortened connective tissue?
What happens to hypermobile or extremely flexible people?
How can I relax more deeply?

Pre-recorded lectures:

Live discussion:

Reading material:

Yoga practice:

Recommended reading: Bernie Clark and Paul Grilley "Your Body, Your Yoga"

- **Adjustments: from the focus to the shape**

Adjusting and correcting is one of the most important guidelines for Yoga teachers who want to endow their classes with quality and make their students progress in a safe manner.

In this course you will learn to adjust and correct a wide range of postures, and you will be able to assess through observation, touch, listening and pressure what is the personal degree of adjustment in each student.

What is the purpose of adjusting a posture?
What is appropriate and what is not in adjusting?
How can I adjust safely and effectively?

Pre-recorded lectures:

Live discussion:

Reading material:

Yoga practice:

Recommended reading: Mark Stephens "Yoga Adjustments"

- **Sequencing: creating roads of exploration**

Learn how to build series of asanas to achieve different results in your practice or those of your students. Through group practice, you will discover how to use each asana as a letter of the "word" or "phrase" that you will build into your practice or classes.

What is the difference between series and Vinyasa?
What must a sequence contain to generate the result I am looking for?
How are series practiced and taught?
When can I or should I change a series?
What are the foundations of therapeutic Yoga?

Work as a team creating sequences, analyzing cases and learning from what your body and mind receive from the practice of Hatha Yoga.

Pre-recorded lectures:

Live discussion:

Reading material:

Yoga practice:

Recommended reading: Mark Stephens "Yoga Sequences"

- **The Rishikesh Series: the master series**

Learn the series that Swami Sivananda, disciple of Krishnamacharya, bequeathed to us to charge the body of prana and transform our lives.

What does this series of twelve positions consist of?

How do you adapt it to different life moments or physical and emotional situations?

How can it be varied or made more complex?

How is the process of "solarization of the body" and what can we do with that prana that attracts the series to the physical body?

This challenging series brings hundreds of benefits materialized into our physical health. And that's just the beginning! Through it, we can transform our Consciousness.

Pre-recorded lectures:

Live discussion:

Reading material:

Yoga practice:

Recommended reading: Swami Vishnudevananda "The Complete Illustrated Book of Yoga"

- **Yoga Therapy I: Introduction to Ayurveda and Yoga as a Physical Therapy**

Learn how Yoga transforms Matter into Consciousness, how it gets into the mind through the body.

Ayurveda is the name of the "traditional medicine" of India that pursues the unification of body-mind and spirit, proclaiming that disease and health are the result of the confluence of three main aspects of existence or doshas.

Ayur-veda (or truth about health) is the categorical basis of Therapeutic Yoga. Through this course, we will learn what it is, how it sees us and how to use its wisdom to connect with our capacity of healing through Yoga.

From the teachings of classical Yoga, to the great contemporary Masters such as Timothy McCall and Muktananda, learn how can we bring Ayurveda into our contemporary life and health.

In traditional Hatha Yoga, we talk about Shiva and Shakti, about the masculine energy of Consciousness and about the feminine energy of creative Matter... in this paradigm, we can see how biology is affected by our biography, how yoga generates profound changes and how we can direct them to heal our physical, emotional and mental bodies.

Pre-recorded lectures:

Live discussion:

Reading material:

Yoga practice:

Recommended reading: Timothy McCall "Yoga as Medicine"

HATHA-KRIYA YOGA (The Energetic Yoga - 50 hours)

Discover the Yoga that goes beyond postures, the one that works on your central nervous system and that transforms your emotions. This module is filled with tools to help you deepen your practice and embrace the subtle aspect of the Hatha Yoga.

Every course, including theory and practice, is around six hours long, plus reading material to deepen your knowledge and recommended books to become an expert in the field.

- **Yogic Philosophy II: Gheranda Samhita**

One of the most powerful teachings of Yoga, was compiled in a sacred book that went unnoticed for centuries.

Get to know the practices that this great Master taught his disciples in a simple and profound way.

Gheranda mixed not only asana, but also mudras, pranayama, yantras, mantras, mandalas, bandhas and the "tattwa charrana" (meditation on the elements).

What makes asanas transform the body and our mind?

What does the ancient yogic philosophy of physical yoga say?

What other ways does Yoga offer to calm the mind and illuminate the spirit?

Pre-recorded lectures:

Live discussion:

Reading material:

Yoga practice:

Recommended reading: Swami Niranjanananda Saraswati "Gheranda Samhita"

- **Chakras: the energetical map of the body and the mind**

A topic that has generated much confusion in the West, seen from the integrative perspective of Cognitive Behavioral Psychology and the Yogic Psychology of the East.

The Chakras are true bands of energy where Consciousness expresses itself in different ways, much more than the colors that define them or symbols that illustrate them (Yantras). The Chakras are deep maps of the body-mind and a navigation chart to understand us, heal us and awaken our full potential.

How do those bands of consciousness work?

Is there such thing as a Chakra activation or alignment?

How do you work to enhance energy in each area of our body-mind?
What relationship do our Chakras have with personality and behavior?
How does our energy map affect interpersonal relationships?

A different way of seeing the integration of all aspects of your Being through Yoga.

Pre-recorded lectures:

Live discussion:

Reading material:

Yoga practice:

Recommended reading: Anodea Judith “Wheels of Life”

- **Pranayamas: move energy through breath**

“Prana-Ayama” means to intentionally move your energy, with a specific direction or purpose. These breathing exercises, a bridge between the body and the mind, allowing to evoke emotional states from breathing such as calm, peace, balance and even cold or heat ... One of the most powerful Yoga tools to combat anxiety, panic, trauma and anguish.

What are the basic pranayamas?

How can I incorporate them into my daily life?

How does breathing emotionally transform us?

What is four-step breathing?

Why is exhalation vital in these times?

How do these exercises improve my quality of life?

In ancient India it was said that "the life of a man is not counted in years but in breaths". Learning to breathe and its transforming power is as powerful than many of the anxiolytics and antidepressants that contemporary medicine has.

Pre-recorded lectures:

Live discussion:

Reading material:

Yoga practice:

Recommended reading: Swami Saradananda “The Power of Breath”

- **Mudras: psychic gestures to direct the mind**

Like a true acupuncture system that fits in the palm of your hand and reaches your entire body and psyche, mudras generate direct stimulation of the nervous system through pressure and contact points that awaken sleeping connections in your mind. Learn through this course to activate them, add them to your practice and achieve that potential that sleeps in you today.

What are the basic mudras?

What mudras can help me locate my consciousness in the different energy centers of my body-mind?

How can I incorporate them into my practice of asanas, pranayama or contemplation?

How do I teach mudras to new practitioners?

Pre-recorded lectures:

Live discussion:

Reading material:

Yoga practice:

Recommended reading: Swami Saradananda "Mudras for Modern Life"

- **Bandhas: the energy keys**

One of the most powerful and neglected techniques of Hatha Yoga practice, to re-energize, increase your concentration and stay alert.

A practice that, that has been taught for decades without anatomical and physiological foundations, has been relegated out of habitual practice. Now, with the advances in contemporary medicine, we can know the true effects of this ancient resources to expand our consciousness.

How do bandhas affect my spine and nervous system?

How can I incorporate them into the practice of asanas?

What discomforts or diseases can they help to resolve?

What contraindications do they have?

How is the best way to teach new practitioners?

Pre-recorded lectures:

Live discussion:

Reading material:

Yoga practice:

Recommended reading: Swami Satyananda Saraswati "Asana Pranayama Mudra Bandha"

- **Yoga Nidra: reprogram your mind through the conscious dreaming**

One of the most anticipated courses of the year, on how to create vital purposes and sow profound changes in your mind, with the ancient techniques recovered by Swami Satyananda Saraswati.

Many times we want to change behaviors and our own internal mechanisms prevent us and hold us back from doing so. Those filters of the deep mind can be transformed through the work of Yoga Nidra easily and safely.

How does Nidra transform my consciousness?

How do I create my Sankalpa (purpose)?

What is the depth and duration of these changes that Yoga Nidra generates in my personality?

Pre-recorded lectures:

Live discussion:

Reading material:

Yoga practice:

Recommended reading: Swami Satyananda Saraswati "Yoga Nidra"

- **Yin Yoga: introduction to the daoist practice**

Yin Yoga can be considered a kind of meditation in the asana (posture). It is a variant of Hatha Yoga that works mainly with the FASCIA or connective tissue and joints.

The postures are held for longer periods, expanding the range of motion of the joints, giving more flexibility and UNLOCKING YOUR ENERGY (Chakras and Energy Meridians).

- The origin of Yin Yoga.
- The difference between Yin Yoga and Restorative Yoga.
- The Yoga of eternal youth.
- How Yin Yoga is practiced.
- The 20 basic positions of Yin.
- How Yin is sequenced.
- How Yin is taught.
- Joint pathologies.
- Rheumatism, arthritis and arthrosis in Yin Yoga.
- Post-surgery in Yin Yoga.
- The Samskaras (Blockages) in the physical and emotional body.

A variant of Hatha Yoga made from the oldest traditions, Taoism and Buddhism. With elements of Traditional Chinese Medicine, this Yoga works with your energy (Prana or Chi) from the first session. Learn to practice and to teach it safely.

Pre-recorded lectures:

Live discussion:

Reading material:

Yoga practice:

Recommended reading: Bernie Clark "The Complete Guide to Yin Yoga"

- **Yogic Philosophy III: Bhagavad Gita**

The Bhagavad Gita is one of those unparalleled works in the history of the world that has something for everyone. Any perspective that one wishes to see life from, this book of seven hundred verses written over five thousand years ago, has the answers pertinent to that perspective.

This course delves into Sri Krishna's discourse to Arjuna from the psychological point of view, to find solutions to the dilemmas and mental struggles one faces in everyday life.

Through the Gita's anecdotes you will see how Arjuna was facing a panic attack in battle and how Krishna taught him the wisdom of Yoga to calm his mind.

Taught in an easy style full of humor, his course will take you one step closer to understanding one's mind and one's place in the world.

Pre-recorded lectures:

Live discussion:

Reading material:

Yoga practice:

Recommended reading: Swami Vivekananda "Thoughts on the Gita"

RAJA YOGA (The Mental Yoga - 50 hours)

The very essence of the Yoga quest is to get to the realm of the mind through all the tools that you achieved in the first two modules: create a state of awareness, calmness and balance. In the Raja Yoga, you will go from the most physical to the most subtle practices, achieving personal transformation. Your physical well-being will simply be a side effect of a deeper journey.

Every course, including theory and practice, is around six hours long, plus reading material to deepen your knowledge and recommended books to become an expert in the field.

- **Yogic Philosophy IV: Patanjali Yoga Sutras**

One of the oldest views of the world on the human mind. How to control the mind and learn to calm it through Yogic Psychology.

Everything we know about Yoga today is based on the teachings of this sage from India who wrote the 197 verses known as the "Four Chapters on Freedom". As always, from a simple and secular perspective, so that you can easily integrate this into your daily life.

What is the true purpose of Yoga?

How can we free ourselves from suffering or reduce mental activity through practice?

How can we free ourselves from toxic patterns and regain inner peace?

Pre-recorded lectures:

Live discussion:

Reading material:

Yoga practice:

Recommended reading: Swami Satyananda Saraswati "Four Chapters on Freedom - Commentaries on the Yoga Sutras of Patanjali"

- **Contemplation: calming and healing the mind**

The true objective of Yoga is to be able to enter a contemplative state, where we can observe what it is, without being carried away by our emotions or our expectations.

In this course, I learn to meditate on the tradition of Hatha Yoga and Buddhism, or to create a practice to suit your own style.

The effects of contemplation on the body and mind.

The creation of the habit of contemplating.

The history of contemplation in all the world's religions and in all cultures.

How can we prepare the body for this practice.

The Yoga Sutras and the Bhagavad Gita regarding contemplation.

Different contemplative practices of different styles (you will take them in audio to practice at home).

Learn to dissolve anxiety, stress, and depression through contemplation.

Pre-recorded lectures:

Live discussion:

Reading material:

Yoga practice:

Recommended reading: Swami Satyananda Saraswati "Meditations from the Tantras"

- **Mindfulness: the Western approach to Buddhism**

It is everywhere around us. Even worse, it gets inside us - sapping our energy, undermining our health, and making us more vulnerable to anxiety, depression, and disease. Using what Jon Kabat-Zinn learnt from the Vietnamese Buddhism and transformed into his renowned "mindfulness-based stress-reduction program", this course will show you how to use natural, medically proven methods to soothe and heal your body, mind, and spirit.

By using the practices described within, you can learn to manage chronic pain resulting from illness and/or stress-related disorders, discover the roles that anger and tension play in heart disease, reduce anxiety and feelings of panic, and improve overall quality of life and relationships through mindfulness meditation and mindful yoga.

Pre-recorded lectures:

Live discussion:

Reading material:

Yoga practice:

Recommended reading: Jon Kabat-Zinn “Full Catastrophe Living”

- **Antar Mouna: the practice of Inner Silence**

Learn how to create your own space of mental peace, an excellent method of contemplation systematized by Swami Satyananda Saraswati that helps you free yourself from patterns and mental tensions and become your own healing tool.

The steps or stages of Antar Mouna.

The relationship it has with the Vipassana tradition and with other Buddhist or Hindu forms of contemplation.

Areas or places where it can be practiced.

The progressive phases.

Learn to create or dissolve thoughts at will.

The mental anchors and the tricks to observe it.

Psychic symbols.

Transform your way of meditating (contemplate) and apply it to daily life.

Pre-recorded lectures:

Live discussion:

Reading material:

Yoga practice:

Recommended reading: Swami Satyananda Saraswati “Meditations from the Tantras”

- **The Kriyas: the cleansing of the mind and body**

Classic Yoga offers you physical, emotional and spiritual purification techniques, both to obtain more energy, clarity, vitality as a focus and a greater sense of connection with the people around you.

Find out how leading a lifestyle closer to Yoga and practicing different cleansing techniques, you can eliminate tension, physical impurities and energy blockages that can inhibit your ability to enjoy and good health.

Discover postures, visualizations, mudras, mantras, meditations and other special exercises, explained step by step, to expand the five senses and the mind in its entirety:

Clarifying your vision
Expanding your communication
Breathing more deeply
Nourishing yourself better
Strengthening communication with others
Simplifying your life

Pre-recorded lectures:

Live discussion:

Reading material:

Yoga practice:

Recommended reading: Swami Saradananda "The Cleansing Power of Yoga"

- **Naad Yoga: the use of sound as a healing and meditation practice**

We are made to emit sound, we have built a culture around it: words, music, emotional expression in all its forms ... Sound expresses the soul and what nests in it.

The oldest Yoga includes Naad (Yoga of Sound) and the use of mantras as sound keys the hidden potentials of the mind. Learn to heal body and mind, release tension, enhance what you want to grow in you.

The voice as a tool for healing.

Mantras in Sanskrit and other languages.

Silence and sound.

The choice of personal mantra.

The transformation of the physical body and the emotional system.

The benefits of group singing.

The practice of singing "in silence".

Different practices from other cultures.

Learn to let your voice go and create your own vibration. It is not necessary to know how to sing, you will just be encouraged to follow the guides and merge your voice with the group. Tune into the energy of the Shanga (study and contention group).

Pre-recorded lectures:

Live discussion:
Reading material:
Yoga practice:

Recommended reading: Baird Hershey “The Practice of Naad Yoga”

- **Yoga Therapy II: coping with anxiety, depression and addictions**

Yoga is a powerful tool of consciousness and transformation. Its techniques work mainly from the body to reach the mind and spirit. It is there, in the depths of the mind, that most of the health disorders to which we are exposed throughout our lives originate.

The human mind can seem complex and disconnected from the physical body, generating blockages in the way we solve our daily problems.

We live in a world where mental health is an increasingly relevant topic.

Anxiety (excess of future and control) and depression (excess of past and loss of vital force) can be improved, helped and alleviated by the practice of Yoga.

A growing ailment is addiction and how we lose our independency to substances or behaviors.

What is anxiety and how can Yoga help control or dissipate it?

What is depression and how does Yoga help to recover the vital force?

What are the mechanisms of addiction and how yoga can help to cope with the underlining causes?

Practical techniques to apply directly and accompany the processes in which we find ourselves and the people in our environment.

Pre-recorded lectures:

Live discussion:

Reading material:

Yoga practice:

Recommended reading: Timothy McCall “Yoga as Medicine”

- **Prana Vidya: the advanced healing meditations**

The inner exploration and reprogramming proposed by Yoga Nidra taken to the next step, pranic healing. Learn to redirect prana to the areas of the body or the emotional world that need more energy, and to repair and overcome trauma or illness.

An exercise in deep conscious sleep that, through its combined practices, takes us on a journey of more than three hours. You will know areas of consciousness that perhaps you have not activated until now.

What is psychophysical energy or prana.

Prana and the "envelopes of the Self" (the Koshas).

What is the meaning of the "Samskaras" or physical and emotional trauma.

How and why we get sick.

How to use these combined Yoga Nidras to heal physical and emotional trauma.

Bring energy and healing where it is lacking.

The effects of this technique in the medium and long term.

The construction of the personal practice of Pranic Healing.

The power of the mind over the body and its transformation through the power of thought.

This session, in addition to the theory and being able to experience the practices, will allow you to have a personal work program that you can follow with us remotely.

Pre-recorded lectures:

Live discussion:

Reading material:

Yoga practice:

Recommended reading: Swami Satyananda Saraswati & Swami Niranjananandaji
"Prana Vidya"

Beyond the recommended readings for each course (that are not mandatory to complete this syllabus), we encourage you to get "Teaching Yoga" from Mark Stephens as a reference book for this course.

So, to transform this 150 TTC into a 200 TTC, the added content would be this:

TEACHING YOGA (Transform what you know into teaching others - 50 hours)

- How to create classes your students will love
- How to teach Yoga to your students
- How to adapt Yoga to different audiences
- How to understand Vedanta
- How Yoga got into the West
- How contemporary Yoga styles are classified
- How to create your Yoga business
- How to use Yoga as a therapeutic tool

On top of that, 40 hours of supervised practice underneath The Shala Yoga Teachers will be required, plus a written exam, to certify completion.

EXPAND YOUR KNOWLEDGE

Open to Yoga Teachers or enthusiasts that want to deepen their knowledge in the tools Yoga can bring, we would like to offer you four expansion modules for your Yoga Training:

- **YOGA THERAPEUTICS** (50 hours)

Through Ayurveda, Yoga became a way to treat the body. In this module, learn how to use its wisdom to help patient with common ailments with a special focus in the different systems of the body:

- Yoga for posture
- Yoga for chronic pain
- Yoga for the heart and hypertension
- Yoga for digestion
- Yoga for breathing better
- Yoga for hormonal regulation
- Yoga for better sleep
- Yoga for cancer

and much more! A safe way to help you and your students to go back to health.

- **YIN YOGA FOUNDATIONS** (25 hours)

Yin Yoga is a passive style of Hatha Yoga, composed of postures that are maintained in a relaxed way for 3 to 5 min. (more time in advanced practitioners). Holding the poses and reaching so deeply calms the central nervous system, stimulates the flow of vital energy (Prana in India, Chi in China, or Ki in Japan) and teaches you to relax at a deep level and to break energy blocks in the body physical and emotional.

It is based on traditional Yoga, nurtured by Traditional Chinese Medicine (TCM) in its passage through the Far East. It is not a new discipline, but a more meditative way of practicing it, with more focus on the subtle.

- **CHAKRA YOGA** (Yang & Yin) (30 hours)

It is a yoga practice that combines various aspects of other yogic traditions to activate the energy centers along the spine, also known as Chakras.

It is considered a type of Kundalini yoga because the activation of the lower chakras and the opening of the upper chakras awaken the kundalini (vital energy) and allow it to move more easily through the physical and energetic body.

It is a comprehensive practice that includes Vinyasas, Asana, Pranayama, Mudras, Bandhas and Contemplation applied to each of the Chakras in 90 minutes.

These series were specially designed in a complete and deep class structure, in order to explore different states of Consciousness.

- **YOGA AND MENTAL HEALTH** (50 hours)

In this in-depth training, learn how to use the techniques yoga provides to co-treat or soothen anxiety, depression, grief, trauma, addictions, alzheimer, dementia, disorders in the autistic spectrum and more.

Combining tools from Eastern Psychology, with contemporary medicine, a clear path of understanding the mind and how Yoga practice can improve life queality.