

YOGA ALLIANCE ACADEMY®

YOGIC STUDIES YOGA SCHOLARSHIPS YOGA TEACHER TRAINING

NON-ACCREDITED SHORT COURSE

‘CLASSICAL MEDITATION TECHNIQUES’

This Classical Meditation Text is comprised of four short Units (70 pages total).

Entry requirements

None.

Course level

Not applicable.

Qualification

No Qualification (Not Accredited).

Completion Time:

Reading only, approx.10 hours.

Exam Requirements

Yes, Short Essay/s and/or short Questions, only if the student statement of completion is required at the end of the course.

Religious References

Occasionally. **Note:** While Yoga may be in Religions, the many Yoga practices with body, breath and mind, along with their transcendent goal of direct experience, are generally neither characteristic of Religions, nor typically practiced by the adherents of Religions.

Yoga Teachers Continuing Education

Valid for 10 hours non-contact hours continuing education credits Please check the Short Courses page.

Units Subject:

Unit 1: Ancient Meditation Techniques.

Unit 2: Meditation from Different Schools.

Unit 3: Meditation Developed in the East.

Unit 4: Meditation Developed In West-Christianity.

Subject areas

FEE: Members \$ 42 / Non-Members \$ 50

Application Forms [click>>>Here](#)