

YOGA ALLIANCE ACADEMY®

YOGIC STUDIES YOGA SCHOLARSHIPS YOGA TEACHER TRAINING

NON ACCREDITED-SHORT COURSE

'HATHA YOGA'

This Classical Yoga Text is comprised of Four Units (approx.150 pages).

Entry requirements

None. Yoga experience and practice be helpful although not necessary.

Course level

Not applicable.

Qualification

No Qualification (Not Accredited).

Completion Time:

Reading only approx.15 hours).

Exam Requirements

Yes. 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

Accepted for 10 hours non-contact hours continuing education credits.

Subject areas

Unit 1- Subject: Definition, aims and objectives, in Hatha Yoga. The origin of hatha yoga, important hatha yoga texts. Do's and Don'ts to be followed by the Hatha Yoga Practitioner, concept of Matha, concept of Mitahara, Pathya (conductive) and Apathya (non-conductive). Brief introduction to Great Hatha Yogis of Natha School. Relationship between Hatha Yoga and Raja Yoga.

Unit 2- Subject: Yogasana, its definition and salient features; Asanas in Hatha yoga Pradipika and Gherandha Samhitha, Bandhas in Yoga Sadhana. Fundamental Mudras in Hatha Yoga Pradepika and Gherandha Samhitha.

Unit 3- Subject: Understand the contribution of kriyas given only by Swatmarama, understand the concept of Prana and Pranayama, understand the different types of Pranayama, know the benefits of Kumbhaka practise.

Unit 4- Subject: Pratyahara, Nadanusandana in hatha Yoga Pradipika.

FEE: Members/Soci Yoga Alliance Italia € 120 / Non-Members/Non-Soci € 150

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