

YOGA ALLIANCE ACADEMY®

YOGIC STUDIES YOGA SCHOLARSHIPS YOGA TEACHER TRAINING

NON-ACCREDITED SHORT COURSE

'THE SCIENCE OF PRANAYAMA'

This Classical Pranayama Text is comprised of one Unit (approx.70 pages total).

Entry requirements

None

Course level

Not applicable.

Qualification

No Qualification (Not Accredited).

Completion Time:

Reading and Practice, approx.10 hours.

Exam Requirements

No.

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.

Subject areas:

Prana and Pranayama.

The Adhikari.

Types of Pranayama.

Yogic Diet.

FEE: Members \$ 68 / Non-Members \$ 80

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