

YOGA ALLIANCE ACADEMY®

YOGIC STUDIES YOGA SCHOLARSHIPS YOGA TEACHER TRAINING

NON-ACCREDITED SHORT COURSE

'YOGA ANATOMY'

This Classical Yoga Text is comprised of Four Units (approx.160 pages).

Entry requirements

Yes. Yoga, Pilates, Fitness Qualification or similar. *Evidence required at the time of enrolment.

Course level

Not applicable.

Qualification

No Qualification (Not Accredited). *Student Statement of Completion will be provided at the end of the course

Completion Time:

Reading and writing, approx.16 hours more or less (depending on the individual's personal and professional commitments).

Exam Requirements

Yes. * Mandatory to submit exams. Test consist of answer 10 True/False Questions, write a brief note of one on the subject covered, chose the correct answer quiz.* Student Statement of completion will be provided at the end of course.

Religious References

NO. **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

Unit 1- Subject: Introduction to Human Anatomy and Physiology.

Unit 2- Subject: Musculoskeletal System, Nervous System and Special Senses.

Unit 3- Subject: Digestive and Respiratory System and Endocrine System.

Unit 4- Subject: Cardio Vascular System, Blood and Lymphatic System.

FEE: Members \$ 212 / Non-Members \$ 250

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