

NON ACCREDITED-SHORT COURSE

'YOGA IN DAILY LIFE'

This Classical Yoga Text is comprised of One Unit (approx.70 pages).

Entry requirements

Yoga Qualification. *Evidence required at the time of enrolment.

Course level

Not applicable.

Qualification

No Qualification (Not Accredited).

Completion Time:

Reading only, approx. 8/10 hours.

Exam Requirements

No.

Religious References

Yes (often). **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

Basis of Yoga.
Bhakti Yoga.
Karma Yoga.
Raja Yoga.
Jnana Yoga.
Hatha Yoga.
Mind and Meditation.
Brahmacharya.
Yoga in a Nutshell.
Stories of Saints

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

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