

500 Hour Course Outline

Master Class

A scientifically designed class with a sequence of postures with Pranayama and Meditation to close the practice. This Master Class is designed to open and balance the 7 major chakras. The aim of the practice is to bring a detailed understanding of the application of Ashtanga Yoga (8 limb path) leading to the 4 stages of Samadhi or Transcendence.

Ashtanga Yoga Practice

A study of the Primary Series of the Ashtanga Practice- the goal of this style is not to learn the more difficult asanas but rather to learn to maintain internal focus throughout the practice. Some of the emphasis during the Ashtanga Primary series is on Bandhas (locks) and Dhrishtis (Gaze).

Restorative Yoga

This is a passive practice using bolsters, blocks and blankets to support the body. This practice is designed to hold postures for a length of time with the least amount of stress on the body. Restorative poses help relieve chronic stress, stimulate the organs and reduces blood pressure.

Yin Yoga

Yin Yoga has a foundation in ancient yogic practices and Taoist theory. You will find your deepest teachings and wisdom in this lovely quiet practice coming from our own body as well as guiding others. Yin yoga allows us to accept the teachings of others while encouraging us to seek our own truth.

Pranayama

Prana is the energy which enters the body through the breath. The science of controlling prana is called pranayama. This prana charges our bodies and minds with bioelectrical energy that brings vitality and health to the physical body. Pranayama is a method of refining the makeup of one's pranic body, physical body and mind. In this way it is possible for a practitioner to become aware of new dimensions of existence, by making the mind calm and still, consciousness is allowed to shine through without distortion.

Yoga Philosophy

- A comprehensive study of the **Patanjali Yoga Sutras**. The student undertakes a thorough study of the 196 sutras, which comprise of Samadhi Pada, Sadhana Pada, Vibhuti Pada and Kaivalya Pada, the paths to complete freedom.
- An in depth study of the ancient text of Yoga, the **Bhagwad Gita**. The Bhagwad Gita encapsulates the knowledge of The Yoga of Wisdom, Action, Devotion and Introspection.