

„The prerequisite for all spritual practice is kindness. Without such approach your practice is not real, then you have to practice more kryas”

TARTALOM

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COURSE DESCRIPTION

The course is designed to address all aspects of yoga, particularly emphasizing the classical yoga described in the Bhagavad Gita and the systematic eight principles of Ashtanga yoga addressed in the Yoga Sutra channeled by Patanjali 2000 years ago. With the primary emphasis on classical yoga, the course content includes study of Ayurveda, Philosophy, Pranayam, Asanas, Bandhas and also modern approaches as Women yoga, Spine yoga, Flow basics, Yoga therapy, Yin yoga basics, Fascia and more.

Yoga is a great form of healing from India at the physical, mental, emotional and spiritual levels. We are moving towards the direction of not only preparing qualified and certified yoga teachers but also preparing healing practitioners beyond yoga.

Our program is an integrated system of self-transformation that empowers you to realize your full potential. The journey begins as you revitalize the body through postures, breathing exercises, and relaxation techniques. It deepens as you learn to focus awareness, enabling you to enter meditative states that awaken compassion and clears the mind. Through the practice you discover how to nurture the roots of health, catalyze personal growth, live with greater skillfulness and joy, and transform your sense of what it means to be alive.