



## An Introduction to Yoga Level II

### About

An introduction to Yoga Level II follows on from Yoga Level I and is suited to those who want to further their interest in yoga but it also completes the Foundation course of the five module Teacher Training course. To attend Yoga Level II you must have attended Yoga Level I. Progressive and self empowering, the course develops the knowledge in Yoga I in a comprehensive and practical way, furthering your Journey in Yoga, in all aspects, physically mentally and spiritually.

### Aims

- Looking at Patanjali's yoga sutras and looking in detail at the astangas or eight limbs of yoga, and applying the philosophy in a practical way to our daily lives.
- Exploring different styles of yoga developing asana work. Here we will be looking at the generic Hatha Style, but also at other styles. Developing self-practice and asanas.
- Developing understanding of prana and the subtle bodies, developing pranayama looking at different types of breath work, getting to know your energy centres or chakras, and how they relate to you and yoga.
- Developing meditation, looking at hand postures for mediation (mudras), developing vibration mantra, prayer and chanting work, looking at other aids to developing meditation like mandalas and music.
- Looking at food and the influence of the 3 primal qualities of food also known as 'gunas'. Examining different food types, the yogic diet and also the concept of fasting in relation with yoga.

Upon completion of the course you will receive a 'Certificate of Attendance', or you may wish to take the exam to gain a Diploma towards your Foundation Course, which in turn can take you onto our Teacher Training Course. Full attendance on all dates are required for this.