



# THE RADIANT HAND ACADEMY OF YOGA

## INTRODUCTION TO YOGA LEVEL II – FOUNDATION COURSE

### **About**

This progressive and **academic workshop** is a follow up to Introduction to Yoga Level I. To attend the Level II workshop you must have attended Introduction to Yoga level I as elements of Yoga I are developed further. This course is for everyone who wants to develop an interest in yoga, but is also part two of a five module Teacher Training Course. Yoga I & II correspond as a Foundation Course over three or four months.

### **Aims**

Progressive and self-empowering, this course develops the knowledge learned in Yoga I in a comprehensive and practical way, and furthers your journey in Yoga, physically and spiritually, and helps you to integrate aspects of yoga into your daily life.

This **academic workshop** will involve 3 hours of formal contact time a week for 5 consecutive weeks, at least 2 hours of optional contact time, daily self practice and self study using a variety of techniques that will be taught to you as part of the course. An Introduction to Yoga Level II incorporates:

- 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 meditation (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 is required for this.

### **Cost and booking details**

Please contact The Radiant Hand on 020 8682 5186 or email [info@theradianthand.co.uk](mailto:info@theradianthand.co.uk) for details of cost, course dates and booking details.

### **Requirements**

Requirements are that you have attended Yoga I, and that you have your own yoga mat, towel and blanket.