

## **The Totality of Yoga Program 2025**

Journey Through the Field of Oneness (Yoga)

From the First Yogi to Millions

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### **Program Syllabus**

1. The Collective Self – The Discovery of 1st Yogi
2. Exploration of Our Multilevel Nature
3. The Self – Nothing to Experience
4. Rishis' Perennial Philosophy
5. Yoga by Upanishads
6. Yoga by Bhagavad Gita
7. Yoga by Buddha
8. Levels of Consciousness by Science of the Mind
9. Remarkable Impact of Buddhism on Practice of Yoga
10. 8-Fold Path by Buddha
11. 'The Totality' in Yoga Sutras of Patanjali
12. 8 Limbs of Yoga by Patanjali
13. Science of the Rishis
14. Yoga Asanas – Evolution Through Millenia
15. Deep Nature of Asanas – Beyond the Body
16. Multi-level Aspects of Asanas Practice
17. Acu-Yoga – Integration of Physical and Spiritual
18. Meridians – Spiritual Rivers
19. Energy fields – From Universe without to Universe Within
20. Inside Meditation – The Essence of Yoga
21. Mindfulness – Foundation of Meditation and Conscious Being
22. Yoga Nidra as Deepest Meditation
23. Principles of Emptiness and Impermanence
24. Peaceful Union: Equanimity – Compassion – Wisdom
25. Energy: Yin/Yang, Prana, Kundalini, Other
26. Chakras – Bridge to Higher Consciousness
27. Prana and Consciousness – Foundation of Life
28. Swara Yoga Principles
29. Mantras and Mudras
30. Koshas – Levels of Being and Obstructions
31. Quantum Physics and Yoga
32. Contemporary Society of Lost Connections
33. Yoga: Yin, Yang, Hatha, Restorative, Somatic, ...
34. Life is Yoga – Essence of Yogic Lifestyle
35. Practical exploration: Meditation and Nature of Asanas.

## *Wind of Prana School of Yoga Science – Educational Programs*

### **Textbooks and Suggested Readings:**

- 'Upanishads', translation by Eknath Easwaran
- 'Bhagavad Gita', translation by Eknath Easwaran
- 'The Yoga Sutras of Patanjali'
- 'The Science of the Rishis' by Vanamali
- 'Tao te Ching', translation by Red Pines
- 'Zen Mind, Beginners Mind', by Shunryu Suzuki
- 'The Universe in a Single Atom', by Dalai Lama
- 'Zen Keys', by Thich Nhat Hanh
- ... more

### **Activities:**

Totality of Yoga is one program but will be offered in separate segments/talks which can be used as CEUs or towards 200, 300, or 500H Yoga teacher certification.

### **Tuition:**

#### **Studio Members:**

All courses, programs and Yoga classes are included in studio membership:

Regular: \$775 if paid in full, or \$75 a month for 12 months

Wind of Prana 300H YTCP graduates: \$375

#### **Non-members:**

Each course/talk tuition ranges from \$25 to \$250

Why our tuition program is a fraction of what others charge?

Because we love sharing our light with you. But there is more. Please ask.