

The Totality of Yoga Program

Journey Through the Field of Oneness (Yoga)

Program Syllabus

- 1) The Collective Self – The Discovery 1st Yogi
- 2) Exploration of Our Multilevel Nature
- 3) Rishis' Perennial Philosophy
- 4) Yoga by Upanishads
- 5) Yoga by Bhagavad Gita
- 6) Yoga by Buddha
- 7) Levels of Consciousness by Science of the Mind
- 8) 'The Totality' in Yoga Sutras of Patanjali
- 9) 8 Limbs of Yoga by Patanjali
- 10) 8-Fold Path by Buddha
- 11) Yoga Asanas – Evolution Through Millennia
- 12) Deep Nature of Asanas – Beyond the Body
- 13) Energy fields – From Universe without to Universe Within
- 14) Study of Self as Formed and Formless
- 15) Inside Meditation – The Essence of Yoga
- 16) Principles of Emptiness and Impermanence
- 17) Peaceful Union: Equanimity – Compassion – Wisdom
- 18) Energy: Yin/Yang, Prana, Kundalini, Other
- 19) Quantum Physics on Yoga
- 20) Contemporary Society of Lost Connections
- 21) Yoga: Yin, Yang, Hatha, Restorative, Somatic, ...
- 22) Life is Yoga
- 23) Methods for Self-Realization and Final Liberation

Textbooks:

- Upanishads
- Bhagavad Gita
- The Yoga Sutras of Patanjali
- More as we go into more contemporary spiritual explorations

Activities:

- Participation in weekly meeting: 75 min a week
- Home study and practice: around 60 – 90 minutes a week

Schedule:

17 weekly meetings on Sundays at 16:45 GMT, 75 min each
First Meeting on August 18, 2024

Wind of Prana School of Yoga Science – Educational Programs

'The Totality of Yoga' program is registered with Yoga Alliance as **50 CEU** hours but can also be used towards the **200 and 300-Hour Yoga Teacher Certification**.

Tuition:

Regular: \$375 in three \$125 payments, or \$350 in full

Wind of Prana 200H and 300H graduates: \$225

All courses, programs and Yoga classes are included in studio membership (annual membership - \$750 for 12 months)