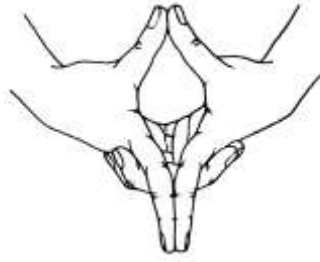


The Satyam Yoga School
Class Descriptions



2012

Yoga Classes

A detailed description of all classes available at the Satyam Yoga School

The information on the following pages offers a brief introduction to the classes and courses available at the school. You may email any questions you may have or attend any class at the school (*first class is free*) where the teacher will be able to assess and advise you on which class or course would be most suitable for you.



Class Descriptions

The ITY

(Introduction To Yoga)

Tuesday and Thursday
afternoons at 18:00 pm

Note: This course is all inclusive of a 4 hour workshop once a month on a Saturday afternoon.

This is a comprehensive beginner's course that explores the fundamental concepts and philosophies essential for new students to benefit most from their yoga practice. You will learn how to prepare the joints and body for practicing the traditional asanas (stretches) of hatha yoga, as well as the various techniques of pranayama (breathing) and meditation. Each student will receive individual attention.

- Printed handouts are issued each month so that each student will have a complete manual by the end of the course.
- At the beginning of each class Swami Yogasagar will discuss the current topic of study in the form of a short talk.
- An optional weekend retreat is planned at the completion of the course.

Workshops: Students are encouraged to attend a 4 hour workshop usually scheduled for the last Saturday of each month as part of this course. The aim of these workshops is to introduce the techniques that will be taught during the month and discuss the theory and philosophy of yoga.

The full course begins in Feb and ends Nov 30th of each year with a new lesson introduced each month. During the course you will gain a deep insight into the practice and application of yoga. We highly recommend that you begin with the ITY course even if you have had previous experience. This course is an essential part of your interest in yoga for three reasons:

1. This school teaches an integral yoga system that includes many aspects of yoga not practiced at many of the other schools. Our approach is to work slowly with a strong emphasis on internalizing the awareness and integrating the breath with all movements and static postures. We also introduce deep relaxation and meditation techniques into the class.
2. The course lays the foundation for advanced practice and will ensure that you are able to master the various techniques of controlling the breath and holding the postures safely.
3. If in the future you decide to train as a teacher, this course forms the basis of what you will learn to teach.

Class Descriptions

<p>Sadhana Classes</p> <p>Monday 18:00 pm and Saturday 08:00 am</p>	<p>Open to all students with the understanding that this class is not suitable for beginners and will include the stronger asanas, combined with pranayama techniques and meditations that may include mantra or some form of kriya yoga. Many of these techniques require training and experience. Students who do not have previous experience may not feel comfortable with some of the practices or even be able to practice them correctly.</p> <p>Workshops: Swami Yogasagar will host an intensive workshop for students and teachers from other schools to introduce the techniques taught in the Sadhana class.</p>
<p>Dharma Course</p> <p>Includes a talk and discussion on the 1st Saturday of each month followed by a class.</p>	<p>This course is open to the students of the Sadhana Class and teacher trainees. Any student or teacher from another tradition may also be accepted if they are familiar with the comprehensive practices of Asana, Pranayama, Bandhas, Mudras and have some rudimentary knowledge of Patanjali and the Bhagavad-Gita. The course will explain the practical achievements of advanced yoga practice aimed at managing the Gunas (fluctuating energies), Tattwas (five elements of creation), Chakras (the esoteric principles of Kundalini and Koshas (the pranic bodies).</p>
<p>Gentle Yoga</p> <p>Mon and Wed at 08:00 am</p>	<p>These classes are available to anyone and each class is adjusted to suit the students who attend. The gentle yoga classes are intended for those students who prefer a gentle class that is relaxing.</p>
<p>Intensive Teacher Training</p> <p>Please email satyam@yoga.co.za for detailed information.</p>	<p>This is a practical course to provide a detailed study of each yoga technique. Students will aim at perfecting their own understanding and personal practice of yoga. On completion, students who graduate will receive a diploma and a letter of completion for international certification that outlines the topics and hours completed.</p>
<p>Private Tuition (By Appointment)</p>	<p>These classes are for students who have a health issue or prefer individual coaching. They can be arranged at a time to suit the client and Swami Yogasagars diary.</p>