



Life In Yoga

"BE IN THE MOMENT, WHERE LIFE EXISTS"

member of **CYA** International



MASTERCLASS IN YOGA CONCEPTS

Oct-Dec
2021

Who Should Attend:

- Those being trained in Life in Yoga's MYT Program
- Anyone else interested in yoga concepts

What Will You Learn:

Yoga Sutras of Patanjali provides the context into the philosophy and principles of yoga. Learning this is essential to understand the concept of existence and most importantly the concept of ones duty (SvaDharma).

Following the study of Yoga Sutras we go into discussion of the mechanism and approaches of yoga practices. This is essential to application of yoga practices whether as a teacher or as a therapist in MYT.

Optimal Learning Approach

- Ensuring Attendance and asking questions is the best way to learn.
- Video recordings, which will be available only for MYT trainees, should be used for revision.
- Reading material, if provided, is best reviewed once ahead of the session.

Patanjali Yoga Sutras:

Title	Date	Time (EST)
Chapter 1	Sat, October 23	10 am to 1 pm
Chapter 2	Sun, October 24	10 am to 1 pm
Chapters 3&4	Sat, October 30	10 am to 1 pm
Discussion	Sat, November 6	10 am to 1 pm

Study of Yoga Concepts:

Title	Date	Time (EST)
Mechanics of yoga & Observing safety	Sat, November 13	10 am to 1 pm
Power of breath	Sat, November 20	10 am to 1 pm
Hatha yoga	Sat, December 4	10 am to 1 pm
Meditation	Sat, December 11	10 am to 1 pm
Tantra yoga	Sat, December 18	10 am to 1 pm

All timings provided above are Eastern USA Time. Please note that from November 13, the timing will be one hour later for those who live in time zones that don't change for summer and winter.

Principal Faculty



Rajan Narayanan, PhD
Executive Director
and Chief Yoga
Therapist of Life in
Yoga Institute, MYT
Training Director

\$50 FEE
To Register
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