

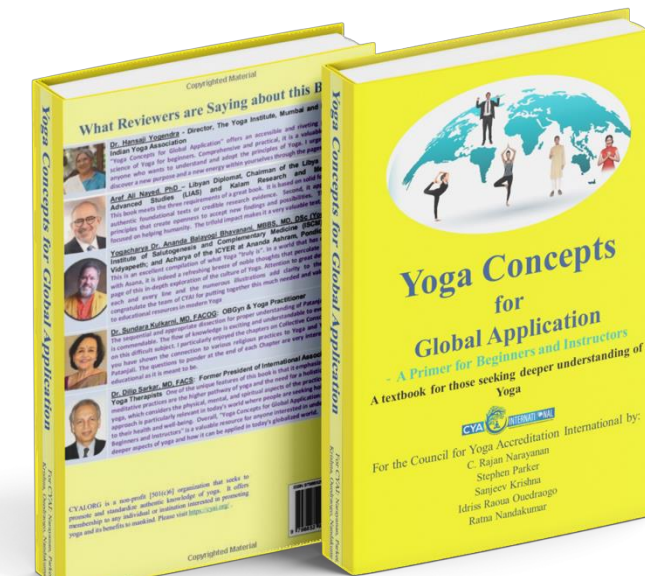
YOGA CONCEPTS COURSE 2025

To Deepen Your Understanding Of Yoga and Option to Prepare for CYAI Certification for Patanjali Fundamentals

Yoga as outlined in the authoritative Patanjali's Yoga Sutras, defines Yoga as the transformation that happens with diverse meditative activities like various forms of arts, ethnographic insights, meditation, religious and cultural practices. This insight often escapes Yoga teachers as well as practitioners, who solely focus on Hatha yoga practices done on a mat. This course serves to dispel such misconception. For those seeking certification through CYAI it also serves as the first step in their understanding of Yoga

A 8-session, 16-hour course, designed as preparatory for taking the **CYAI Patanjali Fundamentals Certification Exam**, explores core principles of yoga, its applications, and deeper understanding of breath, meditation, and lifestyle practices.

- Two offerings in May and November of 2025 are designed as preparatory for the June and December certification exams.
- This certification is the qualifier for certifications of Instructor, Teacher & Therapist.
- This course is optional for taking the exam and is open to everyone. Participants may join the course simply to learn and enhance their understanding without the obligation to take the exam.



Course textbook available on Amazon

[Click here to Register!](#)

Course Fees	CYAI Members	Non-Members
Early Bird*	\$119	\$144
Regular	\$139	\$164

*Early registration constitutes payment made 30 days before course starts.

Refunds are available 15 days before the course begins. There will be a \$10 processing fee. From 14 days before a course begins, there will be no refund.

Who Should Attend:

- Those seeking deeper understanding of Yoga and *Svadhrama*.
- Those who need a refresher to take CYAI certification exam on June 14th/15th or December 13th/14th 2025.

Principle Course Faculty

C. Rajan Narayanan PhD, AYTh, former C-IAYT

Dr. Narayanan is the Executive Director of the Life in Yoga Institute and Secretary of the Board of CYAI. He has been a spiritual guide, and a trainer of yoga teachers and therapist and has conducted many training events since 1998.



Topic	Batch-1 Date/Time(EST)	Batch-2 Date/Time(EST)
What is Yoga, its roots, mechanism and its application	May 3, 10:30am-12:30pm	Nov 1, 3pm to 5 pm
Yoga Sutras of Patanjali in a Nutshell	May 4, 10:30am-12:30pm	Nov 2, 3pm to 5 pm
Anatomy, Physiology and Power of Breath Part-1	May 10, 10:30am-12:30pm	Nov 8, 3pm to 5 pm
Power of Breath Part-2	May 11, 10:30am-12:30pm	Nov 9, 3pm to 5 pm
Hatha Yoga	May 17, 10:30am-12:30pm	Nov 15, 3pm to 5 pm
Meditation and Lifestyle practices	May 18, 10:30am-12:30pm	Nov 16, 3pm to 5 pm
Tantra & Highest Realization of Yoga	Jun 7, 10:30am-12:30pm	Nov 22, 3pm to 5 pm
Preparing to be an Instructor & Conclusive Overview	Jun 8, 10:30am-12:30pm	Nov 23, 3pm to 5 pm