

Master Class in YOGA CONCEPTS

Preparatory for CYAI Certification for Patanjali Fundamentals

Oct-Dec 2024

This course is an optional preparatory resource to take the exam for Certification for Patanjali Fundamentals. This certification is the qualifier for the three certifications of Instructor, Teacher and Therapist. This course is not a requirement to take the exam. **Some may want to take the course only to learn without taking the exam.**

Who Should Attend:

- Those seeking deeper understanding of yoga
- Those who need a refresher to take CYAI certification exam on December 14th or later.

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 one's 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 an instructor, teacher or a therapist.

Patanjali Yoga Sutras:

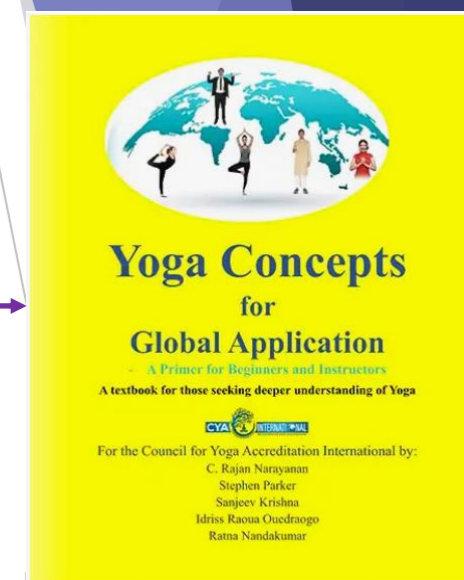
Title	Date	Time (EST)
Chapter 1	Sat, October 26	10 am to 1 pm
Chapter 2	Sun, October 27	10 am to 1 pm
Chapters 3&4	Sat, November 2	10 am to 1 pm
Conclusion	Sun, November 3*	10 am to 1 pm
Discussion	Sat, November 9	10 am to 1 pm

Study of Yoga Concepts: → Textbook →

Title	Date	Time (EST)
Mechanics of yoga & Observing safety	Sat, November 16	10 am to 1 pm
Power of breath	Sun, November 17	10 am to 1 pm
Hatha yoga	Sat, November 23	10 am to 1 pm
Tantra yoga	Sun, November 24	10 am to 1 pm
Meditation	Sat, December 7	10 am to 1 pm
Certification Exam**	Sat, December 14	10 am to 1 pm

[Yoga Sutras Text – Click here](#)

[Yoga Sutras Videos – Click here](#)

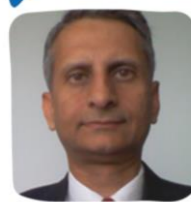


Order Textbook from Amazon - click here

Principal Course Faculty



• **Stephen Parker (Stoma) PsyD, LP, C-IAYT, AYTh**
Dr. Parker is a spiritual guide, and a senior yoga teacher trainer in the Association of Himalayan Yoga Societies International (AHYMSIN). He serves as the Chair of the Board of Council for Yoga Accreditation International (CYAI).



• **C. Rajan Narayanan PhD, AYTh, former C-IAYT**
Dr. Narayanan is the Executive Director of Life in Yoga Institute (<https://lifeinyoga.org/>) and Secretary of the Board of CYAI. He has been a spiritual guide and a trainer of yoga teachers and therapists and has conducted many training events since 1998.

*Timings based on Eastern USA Time. Please note that from **November 3**, the timing will be one hour later for those who live in time zones that don't change for summer and winter.

** Only for those seeking certification

FEES*:

Regular Reg:	\$300
Early Reg by Oct10:	\$250
Reg+Prepaid Exam fee	\$425
Early+Prepaid Exam	\$375

*No refunds; can use credit for other CYAI services within 12 months.

**To Register
Click Here**