COUNCIL FOR YOGA ACCREDITATION INTERNATIONAL (CYAI)

CYAI MASTERCLASS SERIES · MODULE 2 · APPLIED YOGA

Yoga Concepts for Global Application

Understanding the Science, Philosophy and Practical Application of Yoga

Course Overview

A systematic understanding of Yoga from both traditional and contemporary perspectives. This certificate course explores the philosophical foundations, scientific principles, and practical applications of Yoga — the roots of yoga, mechanisms of practice, breathwork, meditation, and holistic application in life — drawing on key concepts from Patanjali's Yoga Sutras.

Who Should Attend

- Anyone interested in authentic yoga philosophy and application
- Yoga teachers, therapists, and practitioners preparing for the CYAI Patanjali Fundamentals Certification

Principal Faculty

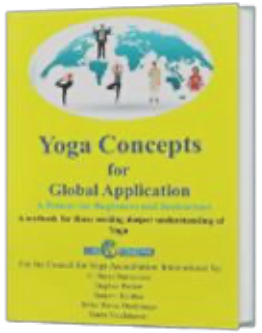
C. Rajan Narayanan, PhD, AYTh (former C-IAYT) — Executive Director, Life in Yoga Institute · Secretary, Board of CYAI. A spiritual guide and trainer of yoga teachers and therapists, conducting training events since 1998.

Topics Covered

- What is Yoga? Roots, mechanism and application
- Yoga Sutras of Patanjali in a nutshell
- Anatomy, Physiology & Power of Breath -Part I & II
- Hatha Yoga
- Meditation & lifestyle practices
- Tantra and higher realization
- Preparing to be an instructor

Required Textbook

Yoga Concepts for Global Application — the official course textbook (available on Amazon.com and NotionPress Publication India).



CYAI Patanjali Fundamentals Certification Exam: 19–20 December 2026 (optional)

Register here— scan the QR code →
Or *visit cyai.org/courses.html*

9 live online zoom sessions · 17.5 hours
9:00 – 10:30 AM (US Eastern Standard Time)
7:30 – 9:00 PM (Indian Standard Time)

#	Session Dates and Topic
1	15 Nov · Introduction and Overview of course
2	21 Nov · What is Yoga?
3	22 Nov · Yoga Sutras in a Nutshell
4	28 Nov · Anatomy, Physiology and Power of Breath Part-1
5	29 Nov · Power of Breath Part-2
6	5 Dec · Hatha Yoga
7	6 Dec · Meditation & Lifestyle
8	12 Dec · Tantra & Higher Realization
9	13 Dec · Preparing to be an Instructor

Course Fee (USD)

CYAI Members	Non-Members
$119	**$144**

**Refunds available up to 15 days before start day; $10 processing fee deducted.*

For further information, drop an email:
International : cyaiorg@gmail.com India : vedasamskriti.yoga@gmail.com