

Yoga Sutras of Patanjali

A Foundational Study of Classical Yoga Philosophy

Course Overview

The Yoga Sutras of Patanjali provide the philosophical foundation of Yoga, exploring the mind, human suffering, Self-realization, and *Svadharma*. This masterclass offers a structured, chapter-by-chapter study of Classical Yoga Philosophy, helping practitioners, teachers, therapists, and seekers apply these timeless principles to personal growth, teaching, and daily life.

What You Will Learn

- Introduction to the Yoga Sutras
- The meaning and purpose of Yoga
- Chitta and the Chitta Vrittis
- The Kleshas — causes of suffering
- Abhyasa and Vairagya
- Ashtanga Yoga — the eight limbs
- Meditation and Samadhi
- Applying the Yoga Sutras in daily life

Who Should Attend

- Practitioners seeking deeper understanding of yoga philosophy
- Yoga teachers and teacher trainees
- Yoga therapists
- Students of Indian philosophy
- Anyone drawn to the authentic teachings of Patanjali

Reading

Free e-book - Translation of Yoga Sutras As Is — by Rajan Narayanan

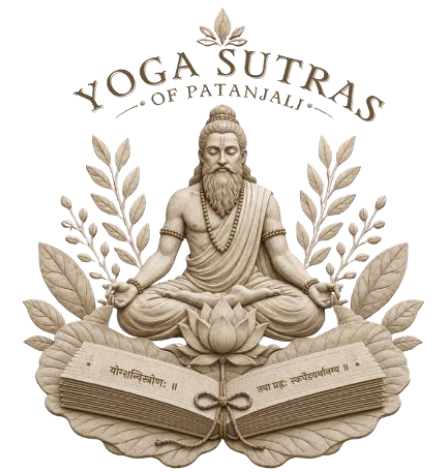
Principal Faculty

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.



[Register here](#) — scan the QR code →
Or [visit cyai.org/courses.html](https://cyai.org/courses.html)



Online on zoom : 6 sessions • 9 hours

10:00 – 11:30 AM (US Eastern Daylight Time)

7:30 – 9:00 PM (Indian Standard Time)

#	Session Dates (Weekends)
1	19 September 2026 (Sat)
2	20 September 2026 (Sun)
3	26 September 2026 (Sat)
4	27 September 2026 (Sun)
5	3 October 2026 (Sat)
6	4 October 2026 (Sun)

Course Fee (USD)

CYAI Members	Non-Members
\$79	\$99

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

Refer a friend — 25% off for them, 25% back for you!

For further information, drop an email:

International : cyaiorg@gmail.com India : vedasanskriti.yoga@gmail.com

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](https://www.amazon.com) and [NotionPress Publication India](https://www.notionpress.com)).

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



[Register here](https://www.cyai.org/courses.html) — scan the QR code →
Or [visit cyai.org/courses.html](https://www.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

\$119

Non-Members

\$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