

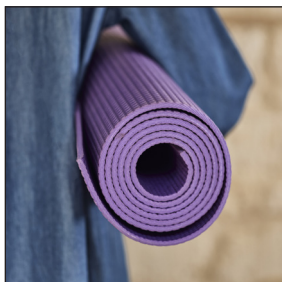
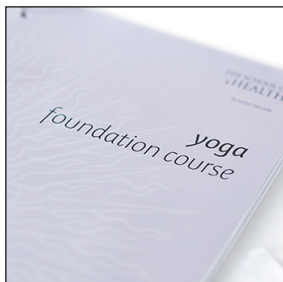


enlighten

yoga foundation  
home study course  
yoga doing · yoga being



THE  
SCHOOL OF HEALTH®



*Just be. Take your passion for yoga to a place of still contemplation. Our accredited home study course will increase self-awareness, broaden consciousness, and help you to become more mindful. This one year foundation philosophy course is perfect for anyone who is serious about yoga and wishes to expand their spiritual understanding about the philosophy, origins, teachings, principles and values of yoga.*

### **Why study yoga philosophy?**

People study the philosophy of yoga for different reasons: you may wish to teach yoga; you may already be a teacher who wishes to find a deeper understanding; or you may be a complete beginner and simply wish to reach deeper levels in your own practice. This is why we created the foundation course for anyone who enjoys yoga and wishes to understand what it is all about. You do not attend classes or practise yoga with this course, rather you learn via home directed study about the philosophy, principles and methodologies that underpin yoga.

We will take you through the basics of yoga, from the history to philosophy, its teachings and an introduction to human anatomy. With this foundation course you will encounter all the elements required for a very successful personal yoga practice and hopefully along the way you will begin to establish your own daily practice.

*“Logical and informative... I highly recommend this course for anyone interested to take their yoga practice and experience further.”*

*Caroline, Student*



### **What will this course do for me?**

Studying yoga can be a pleasurable experience, and with our home study course you can relax, take your time and learn at a pace to suit you - you can incorporate the teachings of yoga into your daily routine. In this course you will learn many different aspects to yoga, including the basics of anatomy and physiology, the importance of nutrition, and meditation, all of which play an important part in learning yoga. The course teaches you how to fit everyday yoga into a busy schedule, and how easy it can be to change your lifestyle for the better.

### **Entry requirements**

No prior knowledge is needed. There are no pre-entry qualifications or age requirements. We will provide everything you need.

### **Study experience**

There are no exams so there's no pressure. Feedback on your progress is given via continual assessment by your tutor, so you have a stress free learning experience. We play a supporting role, here to guide you through the process if you feel you need help.

### **What do you receive?**

You will receive a printed course manual in an easy to use ring binder, along with the textbook and contact details for your tutor. This course has eight units and the learning outcomes are outlined at the beginning of each section, so you can see what you can expect before you begin. You will also find reading references throughout, and a list of recommended books. We also include self-assessment questions with each unit so you can test your learning as you go. At the end of each unit there are one to two assignment questions to complete and submit for mentoring.

**Units: 1-8**

**Study hours: 200**

**Course length: 12 months**

**Enrolment period given: 18 months**

**Includes: Course material, book, marking**

**Book: The Heart Of Yoga: Developing a Personal Practice, by TKV Desikachar**

**Study options: Correspondence**

**Certificate: Foundation Diploma in Yoga Philosophy**

**Unit 1 :** An introduction to Yoga, What is Yoga? A Brief History of Yoga, The Many Paths of Yoga, The Contemporary Schools of Yoga, The Foundations of Yoga Practice.

**Unit 2 :** An introduction to human anatomy, physiology and nutrition in relation to the practice of yoga, The relevance of modern anatomy & physiology to yoga, Our subtle anatomy and physiology, The importance of good nutrition for an aspiring yogi!

**Unit 3 :** The practice of asana, How should we practice asana? What are the similarities between different asana? Establishing your own daily asana practice, Studying specific asana, Creating your own asana sequences for personal practice.

**Unit 4 :** The breathing practices of yoga, Establishing a natural effortless breath, Your practice of pranayama, Introducing the bandhas.

**Unit 5 :** The art of relaxation, The importance of relaxation for everyone, Practising relaxation.

**Unit 6 :** Yoga Theory & Philosophy, The Theory and Philosophy of Classical Yoga, An introduction to Vedanta.

**Unit 7 :** The Inner Practices of Classical Yoga, The Theory of Moving into Meditation, Your Meditation Practice, An introduction to Mantra.

**Unit 8 :** Course review and looking to the future, Quiz, Designing your own personal practice, Progressing in your studies.

### **Complementary Medical Association Accredited**

Our Yoga Foundation Course is accredited by the Complementary Medical Association (CMA), upon graduation you can register with the CMA.

Following successful graduation from our course if you did want to continue your studies in Yoga to become a Yoga Teacher you may be able to apply for advanced entry into year two of another programme. It is always advisable to check about advanced entry with the other course provider prior to enrolment.

### **Get more information**

We would love to hear from you, so please contact us now for further information and help with all your questions.

### **The School of Health**

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