

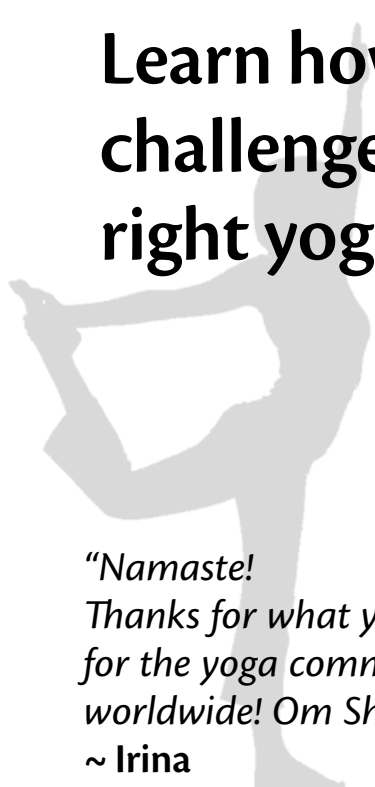


The Insight You Need
to Practice Yoga
With Success!

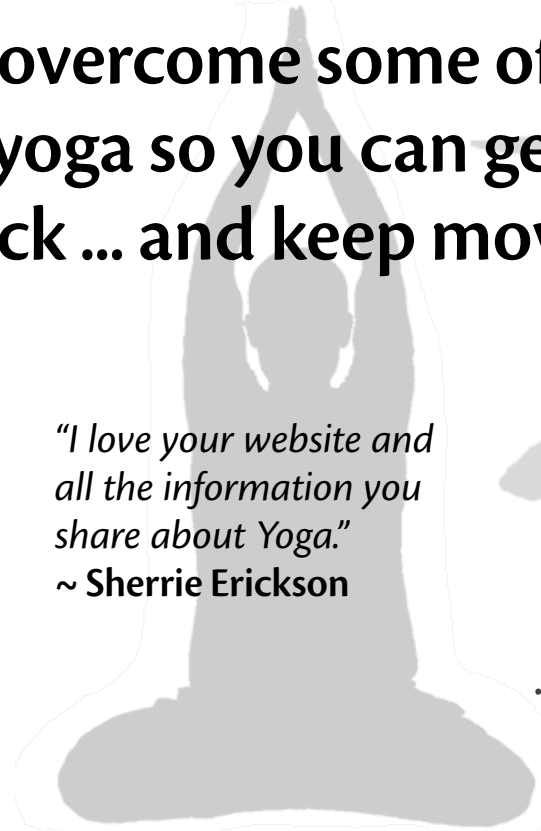
From the Director of
International Yogalayam
and
Editor of *The Yoga News*

5 SECRETS TO YOGA SUCCESS


Learn how to overcome some of the biggest challenges in yoga so you can get on the right yoga track ... and keep moving forward.



*"Namaste!
Thanks for what you do
for the yoga community
worldwide! Om Shanti!"*
~ Irina



*"I love your website and
all the information you
share about Yoga."*
~ Sherrie Erickson



From the creator of
"The Yoga Tutor"
... a revolution in online
yoga instruction

BY: YOGACHARYA

ABOUT THE AUTHOR



Yogacharya is a senior teacher in the Rishiculture Ashtanga Yoga lineage of [Dr. Swami Gitananda Giri Gurumaharaj](#) of Pondicherry India. He is the Founder and Director of [International Yogalayam](#), an online school of yoga, and Managing Editor of [The Yoga News](#), a web-based monthly yoga magazine.

Yogacharya is a dedicated exponent of the cultural heritage and traditional teachings of yoga. At the same time, he is a leader in bringing the ancient science of yoga together with modern technology in a practical and meaningful way.

Born in Canada, he travelled extensively as a young man, exploring various cultural and spiritual traditions around the world. He eventually found his Guru, Swami Gitananda Giri Gurumaharaj in South India, and remains a dedicated student of Swamiji's son and successor, [Yogacharya Dr. Ananda Balayogi Bhavanani](#), as well as Swamiji's wife, [Yogacharini Meenakshi Devi Bhavanani](#). In Yogacharya own words, "*Swami Gitananda taught the most practical and well-developed Hatha Yoga practices I have ever come across. In particular, his system of Pranayama is by far the most extensive and elaborate of any lineage today. All of these practices are taught upon the rock-solid foundation of the Ashtanga Yoga Principles of the great sage Patanjali, making the teachings of Swamiji's Rishiculture Ashtanga Yoga, in my opinion, the most comprehensive, authentic and effective approach to yoga today.*"

Yogacharya is also a prolific writer and has published numerous articles on the various concepts and principles of yoga. He is recognized for his unique ability to address the day to day concerns of modern life from a yogic perspective, and to bring the ancient teachings of yoga to life in a way that is relevant and practical today.

He is the author of [The Yoga Master's Course](#), arguably the most extensive yoga distance education program available today. He also authored [The Basic Yoga Trainer](#), an introductory yoga eCourse that has also received much praise, and [The Science of Yoga](#), the most comprehensive yoga home study program around. Yogacharya also wrote, in its entirety, the volumous pages of yoga-related content on International Yogalayam's website (www.theyogatutor.com), which has become a leading internet resource on the traditional teachings of yoga.

Yogacharya still spends most of his time in India and Southeast Asia, where he continues to study Sanskrit and Indian culture, consult, write, and practice yoga.

For more about Yogacharya, please visit [International Yogalayam](#).

Namaste Divine Friends,

I first started writing yoga content for the internet back in 2006. At that time, I had no idea that things would have grown into what they have today. In fact, I didn't even really have much of a vision for it at all in the beginning, except that I knew I wanted to do more than just create another "yoga" website.

Then people started emailing me and telling me they liked what they were reading. Soon afterward, I started [The Yoga News](#), a monthly yoga eZine, in which I tried to give some equally interesting yogic perspectives on life as well as current global issues ... and folks seemed to like that too!

I still get frequent emails from my website visitors and eZine subscribers asking me how I come up with such refreshing and insightful articles. My response is quite simply that I owe everything to my teachers, without whom I would scarcely have even an ounce of profound wisdom or insight to share.

My Acknowledgements

To the great Dr. Swami Gitananda Giri Gurumaharaj of Pondicherry India, whose teachings have inspired me beyond measure and have enlightened so many along the path of yoga.

My eternal gratitude to his dharmapatni, Yogacharini Smt. Meenakshi Devi Bhavanani, and their son, Yogacharya Dr. Ananda Balayogi Bhavanani, through whom these wonderful teachings have reached me, and who both continue to light the way for others with their selfless service to the great science of yoga.

5 SECRETS TO YOGA SUCCESS

Anyone who has gained a level of accomplishment in yoga will attest to the fact that it was certainly a lot of work. Of course, to find success in yoga a certain amount of work is to be expected ... after all, yoga is a vast science – a science that stretches through the whole spectrum of the physical, the psychological, the metaphysical and even beyond. That success comes with great determination, effort, and sacrifice.

But that doesn't mean that yoga doesn't have anything to offer those who are interested in a more casual, practical approach ... an approach that just seeks a little help in managing the stresses and strains of a hectic, modern-day life; an approach for those who are just trying to get through it all while still maintaining a measure of health and sanity.

But Where to Start?

I probably don't have to tell you that it can be pretty confusing trying to figure out what yoga is all about these days. Even for many people who have been “practicing yoga” for awhile, a great deal of confusion and uncertainty about this ancient science still remains. As popular as the word “Yoga” has become today, the age-old challenge of finding a knowledgeable, experienced teacher still remains.

The fact that so many so-called “new styles” of yoga have sprung forth over the past couple decades hasn't helped matters either. Yoga is perhaps on the verge of an identity crisis itself, with more and more teachers with less and less experience continuing to spread their own ideas about yoga to a growing number of eager yoga enthusiasts.

Getting Over Some Initial Yoga Hurdles

I've been teaching yoga for long enough now to know that, besides finding a good teacher, there are many other big challenges to starting and maintaining a regular yoga practice. A while back, I ran a survey in [The Yoga News](#) asking my readers exactly what their biggest challenges were in learning and practicing yoga.

... and I got some great responses. This short eBook, *5 Secrets to Yoga Success*, is my response to the biggest of those hurdles that folks just like you face when trying to learn and stick with yoga. I've got a lot to share with you on this subject, so I'll get right to it. ...

Let's start with the challenge that was clearly #1 among all the responses:

PROBLEM #1 ... "There's Not Enough Hours in the Day!"

Without a doubt, the most common theme in the responses I received was about TIME ... not having enough of it; wanting to know how to find more of it. I know that this is a huge problem for many people because I hear it so often.

For a long time now I've been lobbying to have another 2 hours added to the day. Think of how much more you could accomplish in a 26-hour day! Ok, I know that there are some technical details that might make this a practical impossibility (something to do with having to slow down the speed of the Earth's rotation by another 9.23 %).

For now, it seems, we'll have to find a way to work with the 24 hours that we have.

To Start With, How Did You Get So BUSY?

Remember when you were a kid? Sometimes the day seemed to last forever. You had nothing to do, and all day to get it done ... and in between all you had to do was dream up new ways to keep yourself entertained!

Ahhh ... to be a kid again!

But then school came along. All of a sudden you had to be somewhere ... and then you had to do homework when you got home (you did your homework, right?). Getting in some serious playtime now took a little more wrangling and effort.

... and then you started to make some friends. All of a sudden you're hangin' with your homies (like only a six year old can), and taking in all sorts of new ideas from your growing circle of pre-pubescent peeps.

Life is starting to get more complicated ...

... and then your parents put you to work. Chores on the weekend started to seriously cut into your "down time."

... and then you got your first part-time job. After-school freedom just went out the window.

... and then it was time for some serious study. Want to get into a good College? Better knuckle down!

... and then you got a boyfriend (or girlfriend) ...

... and then your own place ... and your first car ...

... and then you got married ...

... and had kids ...

... and got promoted ...

And now you're coaching little league, running the kids around to karate class, piano lessons and the mall, remodelling your basement, taking an online course, and seeing your chiropractor once a week. Your social life? What's a social life? Yoga class? Forget it!

All you can say now is, "where does the time go?"

Now imagine if all of that time-demanding stuff that built up over the years happened all at once. One day you're 4 years old, playing blissfully all day without a care in the world, and the next you had a job, a family, and bills to pay! Well, let's just say you probably would've thrown a big tantrum (you're only 4, after all).

Fortunately it doesn't happen that way. Our lives slowly get busier over time, gradually allowing us to adapt to increasing responsibilities and changing circumstances.

But the problem for many of us is that somehow things got out of control. We got overloaded and now we have so much on our plate that we can't fit another thing on it. We want to do yoga, but how?

I'll tell you ...

Fitting yoga into your busy life

Since we became so crazy-busy gradually over time, then the obvious solution is to get "un-crazy-busy" in a gradual, step by step way as well too, right? Sure, except there's a problem with that approach. It doesn't work!

Why?

Think about this ... If you've got a hole in the bottom of your boat, simply scooping water out of it one bucket at a time won't lessen the amount of water in the boat. First you have to plug the hole!

In other words, the only reason you don't have more things going on in your life right now is because your boat is already full, and there's an endless stream of stuff waiting in the wings to keep it topped up. Haven't you noticed that as soon as some free time comes up, it gets filled with something else right away?

So the first step to freeing up time in your life is to "plug the hole" ... to stop the flood of time-consuming things into you life. Then, as you gradually cut down on

the things that are already consuming every moment of your life, you'll start to have more time for things like yoga ... Your boat will float again!

The great news is that yoga actually helps us to do this, to plug the holes that are flooding our lives and to help us to get our heads back above water.

But first you still need to find time for yoga, right?

It may seem like a bit of a paradox, the fact that yoga will help you to free up more time in your life, if only you had the time to do yoga in the first place!

Relax. You do have time, or rather, you CAN ... and I'll prove it to you.

Remember last New Year's Eve? You promised yourself that 2009 was going to be different. You were going to start eating better, exercising at the gym, working less, relaxing more, and yes, doing yoga regularly.

But it never happened. You bit off way more than you could chew, and in the end you ended up doing very little, or maybe even none of it at all. That's what we always seem to do, isn't it? Drawing up plans is always a heck of a lot easier than executing them.

But what if you took a bit of a different approach?

What if your only New Years Eve resolution was to eat a big green salad once a week? By the end of January you'd probably be saying, "Eating one big green salad a week is a breeze. I can easily eat 2 per week from now on."

By the end of February you're eating 3 big green salads a week, and before you know it, you can't remember how you lived without your daily big green salad!

The same goes with yoga. If your life is overloaded, with barely a moment to spare, then how could you come up with the logic that you'll start going to a 2-hour yoga class, 3 times a week from now on? I mean, you're a rationale, logical person right? (You are, aren't you?)

You don't go to the store to pick up 40 dollars worth of groceries with 10 bucks in your pocket, do you? Don't approach yoga with that same kind of logic either. If you don't have 6 hours a week to spend in yoga classes, then don't try to do it!

I'm sure you can find 30 minutes a week though, can't you? I mean, just set your alarm 4 minutes earlier and there you go, an instant 28 more minutes added to your life, every week!

In fact, the beginning of the day, right from the moment you get out of bed, is the absolute best time to practice yoga. The streets outside are quiet, the kids are still asleep (hopefully), your body is rested and your mind hasn't become consumed with all the cares and concerns of the day yet. First thing in morning is the best

time to practice yoga ... and we don't have to reschedule anything to do it. We just need to start getting up a teeny bit earlier, that's all.

Which brings me to another popular question I got from the little questionnaire I sent out. [Don't worry, this is where I'll tell you how to make that 4 extra minutes in the morning work for you ... :o)]

“How can I make myself get up earlier to practice yoga?”

For starters, we've all got to take a bit of a reality pill here. If you are like most of us, you hit the sack way too late and probably need a crowbar to pry yourself out of bed in the morning. You're already not getting enough sleep. Getting up an hour earlier is incomprehensible.

Don't do it man! You'll be cranky all day, and you'll probably blame me for it!

But get up **4 minutes earlier tomorrow**. Then find a comfortable, quiet place on the floor, and just sit. Perform some yoga deep breathing for 4 minutes ... and then get started on your day.

Do this EVERY DAY! After a week, you won't even notice that extra 4 minutes anymore ... but you will notice how nice it feels to start your day this way instead of walking straight to the kitchen and popping some bread into the toaster.

Next week, set your alarm another 4 minutes earlier, and take 8 minutes at the start of each day for a little bit of yoga. And so on ... and so on ... and so on ... (can you see where I'm going here?)

Yoga is a Time Generator

One of the most amazing things about yoga is that the more you practice it, the better you feel (duh!). But another side-effect that comes along with the regular practice of yoga, and you'll barely even notice it happening, is that as you start to feel better mentally, physically, and emotionally, you'll start to naturally let go of things in your life that have been dragging you down, negatively affecting your health, and eating up all your time.

As your yoga practice progresses further, unhealthy habits, one by one, will seem to magically fall by the wayside. You'll naturally start to become a better manager of your time and responsibilities too. It's the same as the principle that “you've got to have money to make money.” When you're less stressed, feeling healthier and have more free time, it's so much easier to create more of all those things.

With regular yoga practice, you'll find yourself able to get to bed earlier, sleep more soundly, and wake up earlier feeling more refreshed, ready to start your day once again with a rejuvenating, energizing yoga practice.

Which leads us to the next problem ...

PROBLEM #2 ... “I don’t know how to practice yoga on my own ...”

Good point! Don’t worry though, most people don’t, so you’re not alone.

But even if you’re one of the growing number of folks who have dished out thousands of dollars for 200 hours of yoga training at a resort in Mexico, you’ve probably still just cracked open the yoga door, so to speak. The majority of 200, or even 500 hour so-called “yoga teacher training courses” still don’t take students very far down the path of yoga. They mostly focus on learning physical yoga techniques like asanas (poses), pranayamas (breathing practices) and kriyas (cleansing practices), and how to guide a class through them in various ways.

If you’ve had this level of training, then you’re probably among the minority of yoga enthusiasts today that CAN and DO practice yoga at home, on your own. In terms of understanding what yoga is all about, though, you might still be just scratching the surface ... and when it comes to being effective at teaching others how to practice yoga at home, on THEIR own ...

Well, I’ll be getting to that one a little later on ...

But what about the rest of you who don’t have the time (or the money) to take an exotic, month-long yoga retreat? Are you out of luck? Are you destined to take yoga classes for the rest of your life?

Before I answer that question, let me digress just a little bit, because there’s an important thing you need to know first, before even getting started with yoga. ...

YOGA IS NOT A CLASS ...

I know that might seem shocking to a lot of people, especially these days. Yoga has exploded so much into our modern culture, and 99% of what we hear about it has something to do with rolling out our mats with a group of people and stretching.

But yoga is much more than a system of exercises for health and wellbeing. Yes, it’s true that the science of yoga does include an amazingly comprehensive system of practices and techniques for creating a healthy body, mind and emotional state.

But that’s just the tip of the yoga iceberg, so to speak.

The study and practice of yoga is really the study and practice of healthy living, on all levels. In fact, it is the study of “ourselves” on all levels. Frankly, not much of either of those two things happen in your average yoga class.

But it’s not necessarily your yoga teacher’s fault. The yoga industry is what it is today, for better or worse. When people think of yoga now, they usually think of going to a class and being guided through a routine of yoga exercises by a qualified yoga teacher. That’s the overwhelming picture that has been painted of yoga today.

If you're a yoga teacher, you're probably inclined to follow that mould and give people something that fits generally along with those expectations.

Which means that you can't teach them much yoga.

Yes, you heard me right. A yoga class is really not a very good place at all to learn yoga. I know this because I constantly meet people who have been going to yoga classes for years (sometimes more than 10 years!), and they still can't practice yoga on their own. Whether they had 4 minutes a day every morning, or 4 hours, it doesn't matter. They just can't do it!

Why? Because besides the proper performance of the exercises they get in class, they never learned much else about yoga. They never learned the principles behind the practices or the philosophies behind the methods; they never came to understand why they were doing what they were doing in class, or how to know exactly what needs to be done, and when or how to do it.

Like the majority of people who "do yoga" today, they are dependant on the yoga class and have not developed any real deep understanding of what they are doing with yoga, or an ability to practice it effectively, with confidence, on their own.

Which is a real tragedy, because yoga is something that we are supposed to do ON OUR OWN! (No, I don't mean in front of the television with a DVD either.)

Getting back to the question I've already strayed farther from than I intended ...

"If you don't have the time or the money to take an exotic, month-long yoga retreat, are you out of luck?"

Well, YES and NO ...

YES if you think that regularly going to yoga classes or dropping some big bucks on a yoga teacher training course are the best ways to learn yoga.

NO if you're willing to tune out from all the modern hype about yoga, take a closer look at what yoga is all about, and be patient in your search for a teacher who is qualified, experienced and able help you properly learn yoga. (They're out there ... trust me!)

That's not necessarily as difficult as it sounds. In fact, that's really the whole reason why I created [International Yogalayam](#) in the first place. I'll be sharing more information with you soon about how you can go about building a good understanding of yoga and a solid foundation of personal practice in a much, MUCH easier way.

But first ...

There's still a few more big hurdles to get over!

~ PART 2

5 SECRETS TO YOGA SUCCESS - PART 2 -

In the first half, I covered a few of the common challenges to learning and maintaining a regular yoga practice. But there are still a lot of other hurdles that people are struggling to get over, and I'm going to try to tackle a few more of the biggies here.

Let's not waste any time ...

PROBLEM #3 Yoga is too expensive!

I was going to comment on this a little later on, but so many people brought this one up that I thought I'd better hit it right away. Almost three quarters of the respondents to our survey mention cost as a prohibitive factor to doing yoga.

Yoga teachers and studio owners out there ... did you hear that? ... **75% !**

I'm sure that many yoga teachers recognize this hurdle. The problem is that there doesn't seem to be many who are doing a great job at helping their students to overcome it. Maybe yoga teachers in general aren't very business savvy? I don't know. It just seems we're all stuck on the old "discount coupon" business model ... which really doesn't solve your problem.

How does one free class, or a month at 50% off, really help to make yoga more financially accessible in the long run? Well, it doesn't (unless you only want to do yoga once or twice, which you don't, right?).

But yogis got bills to pay too!

The reality is that running a yoga business can be terribly expensive. Do you know how much it costs to rent a 2,000 square foot commercial space downtown? Guess what? That cost has to be paid by somebody, and that somebody is you!

I see fees for a single yoga class as high as \$25.00 now! The bottom line? If you want to go to yoga classes regularly, you'd better get out your Gold Card!

But don't despair. I'm going to let you in on another little secret ...

You don't have to be rich to do yoga.

It's up to you if you feel that you need to drop \$200 at Lululemon before you even get started. If you want to buy a \$120 biodegradable yoga mat too (or whatever ... I don't know anything about yoga mats. I don't even use one!), go right ahead. Just as long as you realize that it won't help you one bit to learn yoga!

OK, so off you go, looking good in your fancy yoga pants with your \$120 biodegradable yoga mat hanging so stylishly in a hand-embroidered, 100% Tibetan silk bag over your shoulder.

STOP! Don't do it!

Remember in "Part 1" of this report I told you that yoga classes are not the best places to learn yoga? (Hint: it's on page 5). Well, I'm sorry to keep reminding you, but they're not! That's why I don't encourage students to go to them.

That's right! If you really want to learn how to do yoga, how to be able to do it AT HOME, then you'll probably need to take a slightly different approach.

So, how can I learn yoga then?

How did you learn quantum physics? Ok, maybe you didn't, but if you wanted to then you wouldn't get very far by dropping in on random quantum physics classes from time to time, that's for sure.

On the contrary, you'd definitely want to find someone who has a pretty good understanding of the subject, and also a comprehensive program that will take you step by step from the basics on upwards.

Typical yoga classes don't do that at all. (I mean with yoga, not quantum physics)

All the more reason why you'll want to snap out of the "yoga class mentality" and find a teacher who can help you to learn what yoga is all about ... and perhaps most importantly, someone who can help you to develop the ability to practice yoga at home, on your own.

... and you'll save a small fortune in the long run too!

The fact is that there are better ways to learn yoga than going to yoga classes, and I'll be giving you more guidance on that a little later on. ...

PROBLEM #4 “My body can’t do it!”

I almost need an entire book to cover this one!

The reason why this is such a complex issue to address is because the problem of physical limitations is so wide-ranging. It could be something as simple as *“my hips are too tight to sit for a long time,”* to something more severe like *“I have osteoporosis,”* or *“a metal plate in my head!”*

Many people are held back by the fear of injury too ... and I constantly get questions like *“how do I improve my back bends?”*

A yoga reality check

There is definitely a point to all these weird yoga exercises. In fact, there are many reasons why we do them. But with the questions I so frequently get about the challenges that people are facing with them, like those I just mentioned, I can see quite clearly that those points are not always being properly conveyed.

It seems that people are stuck on the idea that they have to get stretchier, so I’ll let you in on one more important little yogic secret ...

It’s much better for a smile to spread over your chin, than it is to get your chin closer to your shin!

Ok, ok, you still want to increase the flexibility in your hamstrings ... I know.

Yoga must be a great practice for creating a lean, healthy, flexible body. Yoga teachers all look fantastic, and they make it all look so easy.

Are you wondering why it seems so hard for YOU? I totally hear you because that’s what it was like for me. I really know what it’s like to know what you want, but not quite being able to get it in a yoga class. It took me a long time to realize that I wasn’t getting what I needed by going to yoga classes ... I was trying hard, but I just wasn’t learning yoga ... at least not how to confidently practice it on my own.

After that realization, I finally set myself to the task of REALLY learning yoga. It’s been a long road, but now I can hardly remember what those days of struggling through yoga classes were like ... I’ve never looked back!

Teaching Yoga is Harder Than it Looks

Even the best yoga teachers have difficulty helping many of their students to learn yoga. The biggest problem is that they’ve got a room full of people who are ALL DIFFERENT ... and they’ve also got a room full of people who all expect to have THEIR needs met!

The only thing that can result from that kind of situation is that everyone gets a little something, but nobody gets a whole heck of a lot.

It's not your yoga teacher's fault. It's the modern approach to yoga in general. We, all of us yoga teachers, are trying to cater to everyone at the same time, and in the end, we often end up catering to no one!

Now are you starting to see why yoga classes may not work as well as they're intended to?

Getting what YOU need

There are certain yoga exercises that are designed to help us overcome nearly every physical limitation we might have. But those exercises have to be learned at the right time and in the right way. More importantly, under the proper guidance of their teacher, each student will progress at their OWN PACE.

These are hard things to accomplish in a typical yoga class today, as I hope that you are already coming to realize. But what you might not know, is what to do about it.

Sure, the best solution is simply to hire your own private yoga teacher (Got that Gold Card handy? ;O)).

Thankfully, you don't have to break the bank to learn yoga. You'll just need to stop following the yoga crowd and take a bit different approach.

which brings me to the next point ...

Problem #5 Finding a qualified teacher

Most teachers who are teaching yoga today are knowledgeable, experienced practitioners of yoga. In fact, there are some exceptionally knowledgeable and experienced yoga teachers out there today.

The problem is that, for some reason, so many have gotten stuck trying to use an ineffective approach to teaching yoga ... the "modern yoga class" format!

Sure, there are still some benefits to yoga classes, don't get me wrong. But for teaching students how to do yoga at home on their own, it's kinda like trying to pound that square peg into a round hole. It just doesn't work.

The real problem is not so much about finding a good teacher. It's about finding a teacher who can effectively teach you how to practice yoga ON YOUR OWN.

In ancient India, the gurukul, which literally means the "womb of the guru," was the traditional environment of yogic study. The gurukul was the guru's home, his ashram, a place where students came and lived and served and studied under the nurturing wing of an accomplished yogi. There is a reason why the masters of yoga established this structure of learning ... because they knew that it was essential in order to truly learn yoga!

There are still some opportunities to study yoga in this type of environment today, but let's face it, not too many people are able to drop everything and head to India for a couple years. There has to be another way ...

For better or worse, the modern "Yoga Teacher Training Course" seems to have become the new benchmark for learning yoga now, but since everybody and their dog seems to be offering this type of training today, sorting the good from the bad isn't easy. I'm sure that more than a few folks have felt a waste of a month of their lives, not to mention a few thousand bucks, on a program that didn't quite live up to their expectations.

But learning yoga doesn't have to be expensive, and pursuing it certainly shouldn't feel like a waste of anything!

It does take time though, a good teacher, and some dedication. Those master of yoga, the accomplished ones who have the knowledge and ability to guide others down the path of yoga, are out there.

To find them, we might have to turn our gaze away from the yoga studios on the corners of our hometown streets, and realize that we can't simply drop in for a class from time to time, no matter who the teacher is, and expect to get the guidance we need to really understand what yoga is all about ... and most importantly, to develop the knowledge, the ability and the confidence to practice it on our own.

* What makes a great yoga teacher? [Read this article to find out ...](#)

Yours in Yoga,

A handwritten signature in black ink that reads "Yogacharya". The script is fluid and cursive, with the 'Y' being particularly large and stylized.

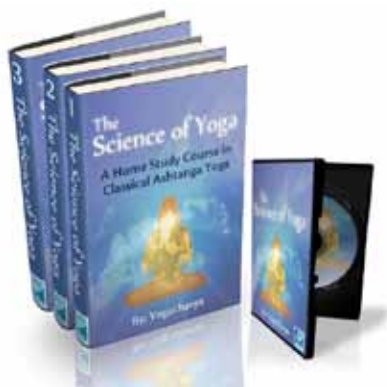


The Basic Yoga Trainer

Our most popular yoga course, this basic yoga course is perfect for yoga beginners and those who would like to start to develop the ability and confidence to practice yoga at home, on their own.

The Basic Yoga Trainer includes 21 step-by-step lessons complete with detailed training guides and video demonstrations.

[Learn more info about The Basic Yoga Trainer here...](#)



The Science of Yoga

Our newest yoga home study program, the Science of Yoga is the perfect Home Study Course for those who are ready to go further from The Basic Yoga Trainer. This is the most comprehensive, concise yoga home Study Course available anywhere ... at a great price too!

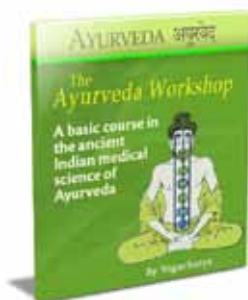
[Learn more about The Science of Yoga here](#)



The Yoga Master's Correspondence Course

The most comprehensive yoga distance education program available anywhere, The Yoga Master's course is second to none in online yoga training. Students of this 1-year yoga correspondence course are awarded a certificate of 480 hours of study in Classical Ashtanga Yoga upon completion. [Enrolment is limited]

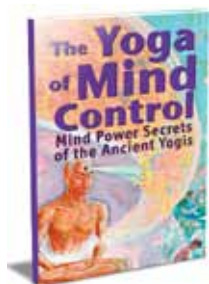
[Learn more about The Yoga Master's Course here...](#)



The Ayurveda Workshop

Ayurveda is the ancient Indian system of health and medicine, and the "sister science of yoga". The Ayurveda Workshop is a basic step-by-step introduction to the practical principles and techniques of Ayurveda that provide the perfect compliment to your yoga studies.

[Learn more about The Ayurveda Workshop here...](#)



The Yoga of Mind Control

The Yoga of Mind Control reveals wisdom of the ancient yogis seldom shared in the modern yoga world - their powerful secrets to unlocking the unlimited potential within all of us ... That potential to have and to be all that we want!

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