



# *the Ashtanga Yoga of Patanjali*

A comprehensive study  
program in classical  
ashtanga yoga

## **The Ashtanga Yoga of Pantanjali**

**A yoga course like no other ...**

So much confusion and misunderstanding surrounds the principles and practices of yoga today. If you're interested in yoga, but are finding it hard to really learn what it is all about, then you're not alone.

Quality, comprehensive yoga training with an experienced and knowledgeable teacher can be difficult to find. Properly learning yoga can take years of study and cost thousands of dollars too!

That's why I created ***The Ashtanga Yoga of Patanjali Yoga Study Program***. Whether you're new to yoga or an experienced practitioner, it may be just what you're looking for.

### **What is The Ashtanga Yoga of Patanjali Yoga Course?**

***The Ashtanga Yoga of Patanjali Yoga Study Program*** is a comprehensive, step-by-step yoga training program. It includes instruction in a vast array of yoga techniques, along with the principles behind the practices, all taught in a systematic way. Along with instruction in the theoretical and philosophical concepts of yoga, this course is designed to help you to develop a solid foundation of practice, and gain a complete understanding of this profound, life-transforming science of yoga.

There really is no other yoga training like ***The Ashtanga Yoga of Patanjali*** - anywhere! If you want to learn yoga ... I don't mean just learn a few exercises to help you feel a little healthier ... I mean REALLY LEARN YOGA, then this one of a kind **Yoga Study Program** can help you do it.

Keep reading to find out what's inside ***The Ashtanga Yoga Of Patanjali*** ...

## The Ashtanga Yoga of Patanjali includes:

- Nearly 1,100 pages of comprehensive yoga training material.
- Video Clips demonstrating the proper practise of the yoga techniques.
- 48 Lessons, organized into 12 Sections.
- Easy to follow daily practice outlines at the end of each lesson.
- Study Sheets at the end of each Section, with questions to help you review the material learned and to refresh your knowledge.

[View the full TABLE OF CONTENTS ...](#)

## Inside the 48 step-by-step lessons:

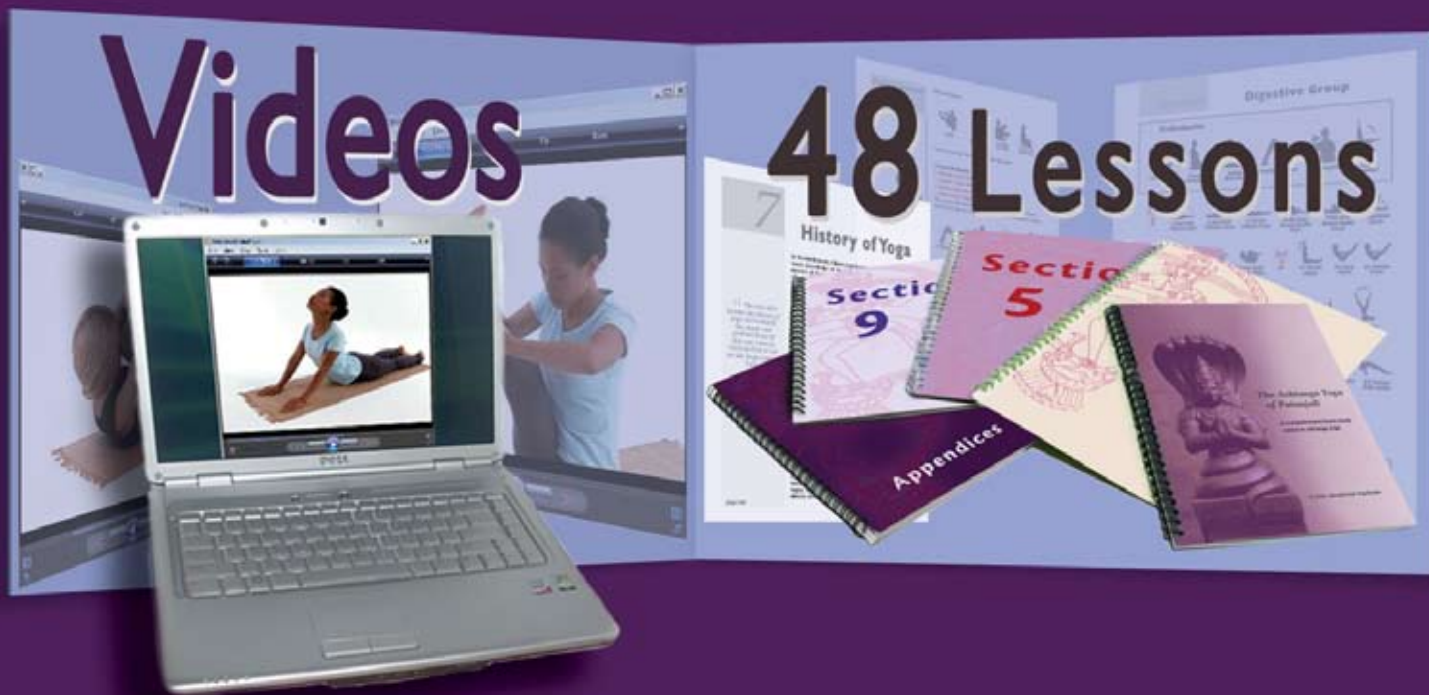
You'll learn over 120 powerful yoga techniques, along with the theory behind yoga, its principles and philosophy. Your amazing yoga education includes ...

- An exploration of yoga history and theory,
- yoga psychology,
- the philosophies of yoga,
- various health conditions
- the yogic approach to healing,
- the science of ayurveda
- polarity and powerful yoga energy balancing practices
- the yoga lifestyle
- yogic cleansing techniques,
- the yogic diet,
- specific asanas and kriyas for healthy digestion
- nearly 2 dozen fundamental pranayama practices

**and much MORE ...**

This **Comprehensive Yoga Program** also includes:

- daily practice guidelines
- special appendices of yoga practice routines



“This has got to be one of the most complete yoga training programs available anywhere.”

~ Ian Waits, UK

“I thoroughly enjoyed this course. I learned so much. I'll be reviewing this material and continuing to learn from it for a long time to come.”

~ Lesley Bar, USA

“A truly amazing yoga education. Thank You!”

~ Jennifer Fox, Canada

# Frequently Asked Questions ...

## 1. Who is the Ashtanga Yoga of Patanjali Yoga Study Program designed for?

This course is comprehensive enough in its scope that experienced practitioners and yoga teachers will find much value in it for furthering their yoga education. However, the 48 lessons start at the very foundations of yoga and walk, step by step through its vast array of concepts and practices, making this program accessible to yoga enthusiasts of all levels - beginner to advanced.

## 2. How does it work?

The 48 lessons of this course are downloaded in pdf file format, which can be printed for your convenience. Each lesson contains a combination of yogic theory, along with practical techniques, designed to walk the student in a step by step fashion through the multitude of concepts and practices of yoga. Where physical practices are indicated, there are detailed instructions given in the text, along with links to view video demonstrations of the proper performance of each exercise.

## 2. What do I need to use this course?

The course is designed to operate on most modern computer systems. In order to view the videos, you will need an internet connection. Please review all our [technical requirements ...](#)

## 3. How long does the course take to complete?

Each of the 48 lessons of this yoga training course is designed to take about one week to complete. Therefore, the typical time to complete the entire program is **one year**. Enthusiastic and disciplined students may complete it in as little as 6 months, while the flexibility of this home study structure allows for students to spend as much time as they need.

## 4. Do I need medical approval before taking this course?

Although the practices presented in this yoga training course are deemed safe for one who is of reasonable health, we strongly recommend that students receive approval from their doctor before commencing this yoga training program. Please review our [Health Disclaimer ...](#)

## 5. Is there a certificate issued for completing the course?

Correspondence Course students will receive a certificate for **480 hours** of Yoga Training upon successful completion of the course. Students of the Home Study Course version do not receive any certification.

[More F.A.Qs here ...](#)

## For More Information:

**Visit:** International Yogalayam, <http://www.discover-yoga-online.com>

**Contact:** [info@discover-yoga-online.com](mailto:info@discover-yoga-online.com)

**Review:** [Table of Contents](#) / [Terms and Conditions](#) / [Technical Requirements](#)

“ Good yoga teachers have always been hard to find... but nowadays good students are even harder to find. ”

~ Swami Gitananda

“ Plunge into the spiritual life, as you would jump into the sea. If you don't, you may do yoga for years and yet know nothing at all about it. ”

~ Sri Aurobindo