

INTENSIVE SUMMER COURSE WITH ANDREI RAM

This summer Andrei Ram returns to YogaOne with an intensive 10-days course, from **22nd to 31st of August**. Andrei has designed this course based on the lineage of traditional Hatha-Raja Yoga.

Course fee: € 1.100
Before April 30th: € 790
Before June 30th: € 930
July & August: € 1.100

COURSE CONTENT

- **The Science of Yoga:** Definition, Methodology and Purpose.
- **The 4 pathways of Yoga:** Karma Yoga, Bhakti Yoga, Jnana Yoga and Raja Yoga.
- **Hatha-Raja Pedagogy:**
 - Asana:** Main postures and variations.
 - Vinyasa:** Principles, structure and sequence design.
 - Assistance and Adjustments:** Principles and methodology.
 - Physical Anatomy** (Annamayakosha)
 - Pranic Anatomy** (Pranamayakosha)
 - Pranayama, Bandha and Vayu** (Locks and Pranic Currents)
- **Yoga Nidra:** Practical methodology.
- **Koshas:** Self's Integral structure.
- Guidelines for the Yoga Sutra practice.
- Guidelines for the Bhagavad Gita practice.
- **Kriya Yoga:** Supreme Self-Realization meditation techniques.
- **Dharma:** The yogi process of transforming the wheel of Karma towards Ultimate Liberation and Absolute freedom.

You can register online

<https://www.eventbrite.es/e/entradas-intensivo-en-yogaone-con-andrei-ram-agosto-2014-9920795366>



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More information at the clubs' front desk, at **902 10 1979** or at dir.cat