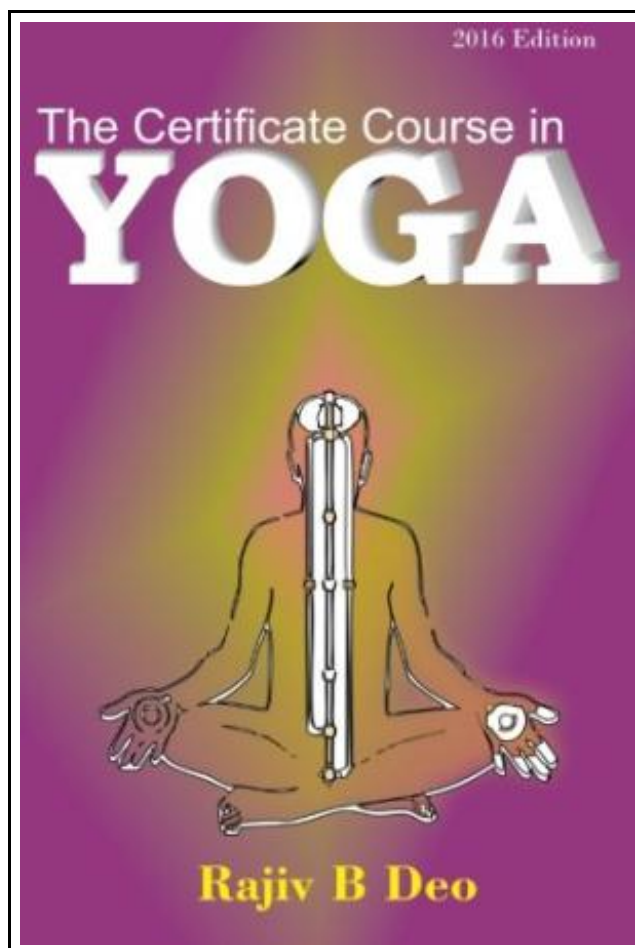


The Certificate Course in Yoga



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Reviews

An extremely wonderful publication with lucid and perfect reasons. It typically will not expense too much. You are going to like the way the blogger compose this publication.
(Prof. Maya Hand)

THE CERTIFICATE COURSE IN YOGA



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Yoga as an alternative exercise regime has become very popular worldwide. But Yoga is way beyond just a form of exercise. Also, the need for understanding Yoga in an objective way has phenomenally increased. To a modern age student, traditional literature available on Yoga appears to be lacking in many ways. This book attempts to partially fill those gaps. This certificate course in Yoga has been designed to bridge the gap between traditional texts on Yoga and modern psychology including life sciences. Aim of this course is to develop requisite confidence for integrating and implementing Yoga in daily life. On undergoing the course one can develop a strong conviction about the Yogic principles. Professionals can apply Yogic principles to provide therapeutic advice on most of the life style induced problems like high blood pressure, back pain, insomnia, constipation, migraine etc. in addition to obesity, diabetes and cancer just to mention a few. Chapter 1 of this book shares the complete detailed syllabus of all the courses included in this certification course. Chapter 2 gives a 30,000 feet bird s eye view of Yoga and Yogic practices. Chapter 3 of this book covers the human body cleansing processes prescribed in Yoga with specific focus on maintaining health and fitness. Some very important Shuddhi kriyas included are Tratak, Kapal Bhati, Dhauti, Nauli and Basti. Chapter 4 deals in detail the topic of Asana, Bandha and Mudra. Asanas or postures or static body positions are important in Yoga as they ensure circulation of important vayus (energy streams) within the body. Asanas act as lymphatic pumps in the body. Bandhas Mudras fine tune the concept of Asanas as an...



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