

Professional courses schedule

Third cycle

Theory: Once a month, 3 year course taking place every Saturday, theory and technique 7 hours of instruction. (Total 210 hours)

Practice: Mandatory classes twice a week for three years.

Teaching: Practice on the 2nd and 3rd year, twice a week in groups arranged by the academy. (Total 162 hours-108 classes)

At the end of the studies the trainee has to prepare his dissertation thesis on a subject of his choice in cooperation with the academy. Exams take place in September.

1st year

- Anatomy, Physiology, Kinesiology
- Space arrangement
- Initial relaxation techniques
- Teacher's behavior
- Asanes (upright, seated, face-down, supine)
- Iyengar, Scaravelli, Ashtanga, Vinyasa
- Bhagavat Gitta philosophy
- Fundamental moral issues
- Final relaxation techniques
- Pranayama principles
- Yoga diet
- Iliad and Odyssey

2nd year

- Anatomy, Physiology, Kinesiology
- Space arrangement
- Initial relaxation techniques, Teacher's behavior
- Asanas based on Ms Chatizpanagiotou technique, therapeutic asanas with five bricks
- Partnering yoga and Acro yoga
- Back stretching, handstands, reverse asanas
- Sutras heart
- Dharana (concentration techniques)
- Principles of therapeutic Pranayama
- Therapeutic mudres, Introduction to mantras, Vedas
- Greek ancient philosophy

3rd Year

- Ancient theatre
- Space arrangement

- Initial relaxation techniques
- Yoga for couples and Acro Yoga
- Iyengar with assisting tools (belts, chairs, single brick, bars, balls)
- Yoga of Cross and Cycle
- Yoga Sutras 1st,2nd,3rd,4th chapter
- Dhyana
- Meditation
- Nidra Yoga, Relaxation
- Pranayama (therapeutic mandras)
- Raja Yoga