



## **Professional courses schedule**

### 1st Cycle

#### **Theoretical courses**

Classes take place once a month, on Saturdays, 7 training hours of theory and practice (Total: 70 hours)

#### **Practice**

Mandatory attendance of two courses per week. (Total: 108 hours- 72 courses)

#### **Teaching**

Teaching practice during the last three months of the course in classes chosen by the academy. (Total: 36 hours- 24 courses)

**Total hours of the program: 214 hours**

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

- **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**