



Adaptation

Description

default watermark

The Business of Teaching

In this lesson, we introduce considerations related to the business aspect of yoga teaching.

Purchase

default watermark

Ujjayi Pranayama

In this lesson, we systematically present Ujjayi Pranayama.

default watermark

Anatomy of the Spine: Spinal Regions & Vertebrae

In this lesson, we introduce the anatomy of the spine.

Sanskrit: Introduction

In this lesson, we introduce the Sanskrit language.

My Courses

default watermark

Koshas / Panchamayakosha Model: Introduction & Overview

In this lesson, we introduce the kosha model as a way of describing human beings and mapping our experience of the self.

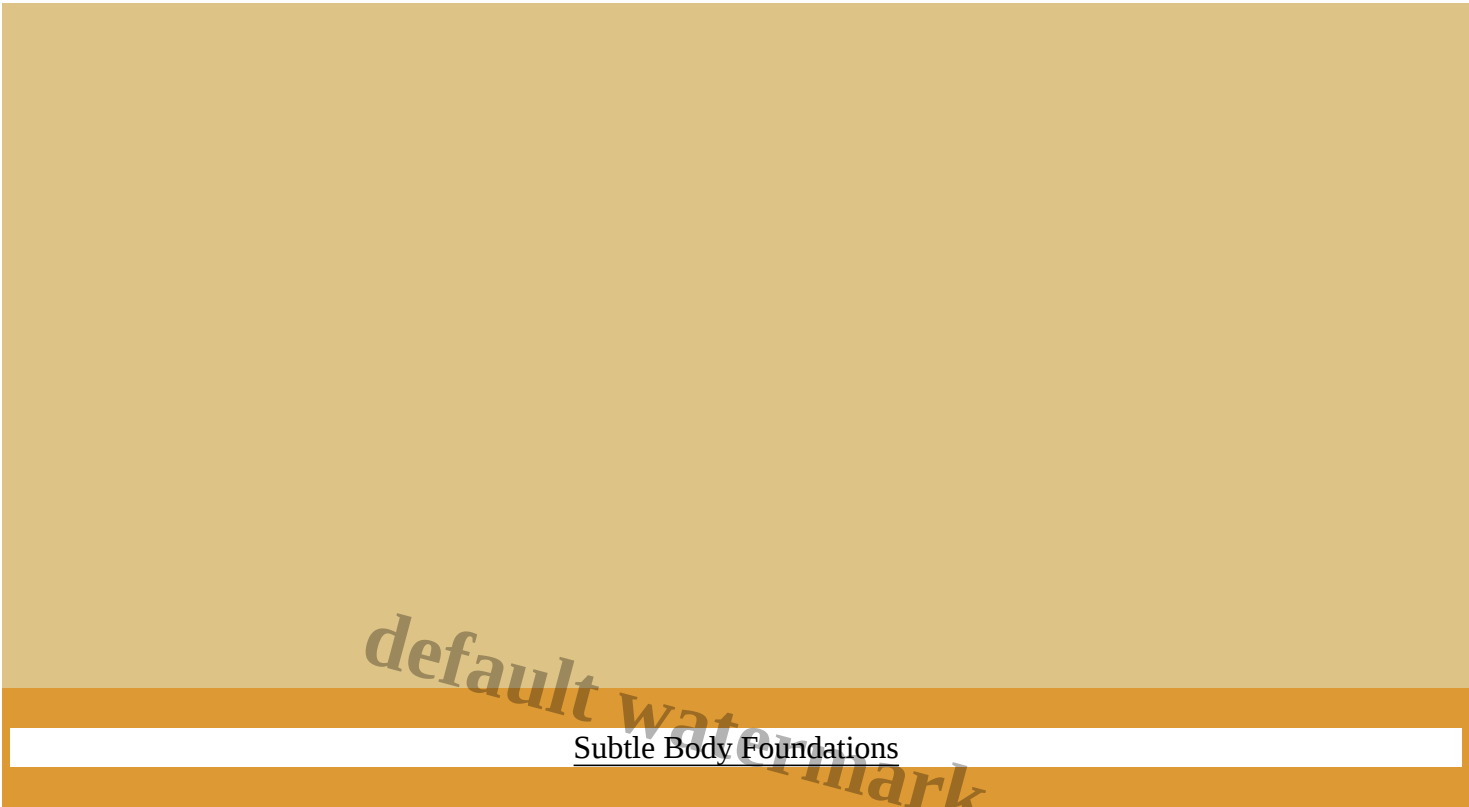
default watermark

History

default watermark

Origins & Sources of Yoga

In this lesson, we introduce the source texts of yoga.



Subtle Body Foundations

More



Category

- 1. Uncategorized