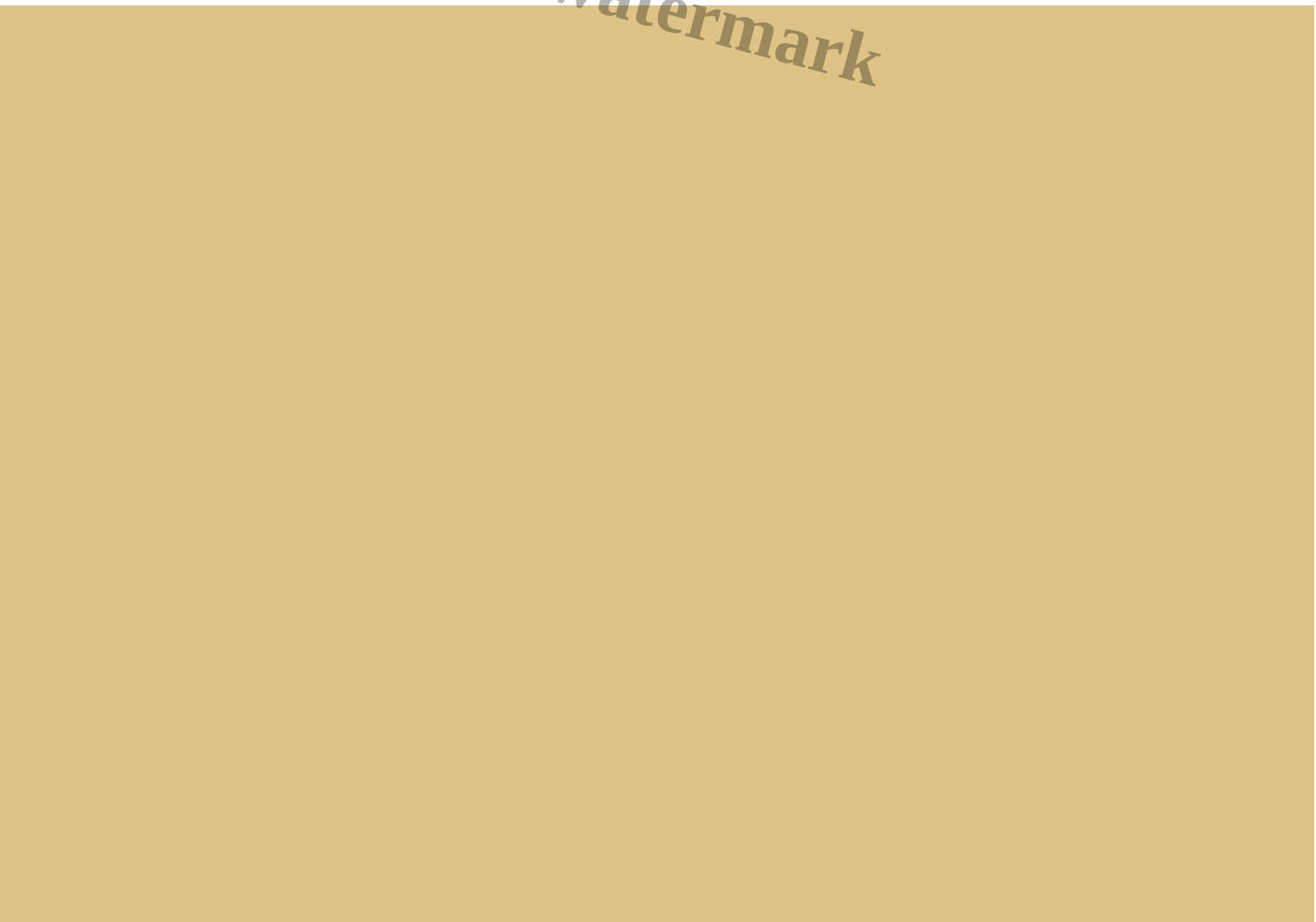




Asana

Description

[**For information on Asana specific to Ashtanga click here.](#)



The Business of Teaching

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

Purchase

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Ujjayi Pranayama

In this lesson, we systematically present Ujjayi Pranayama.

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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

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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.

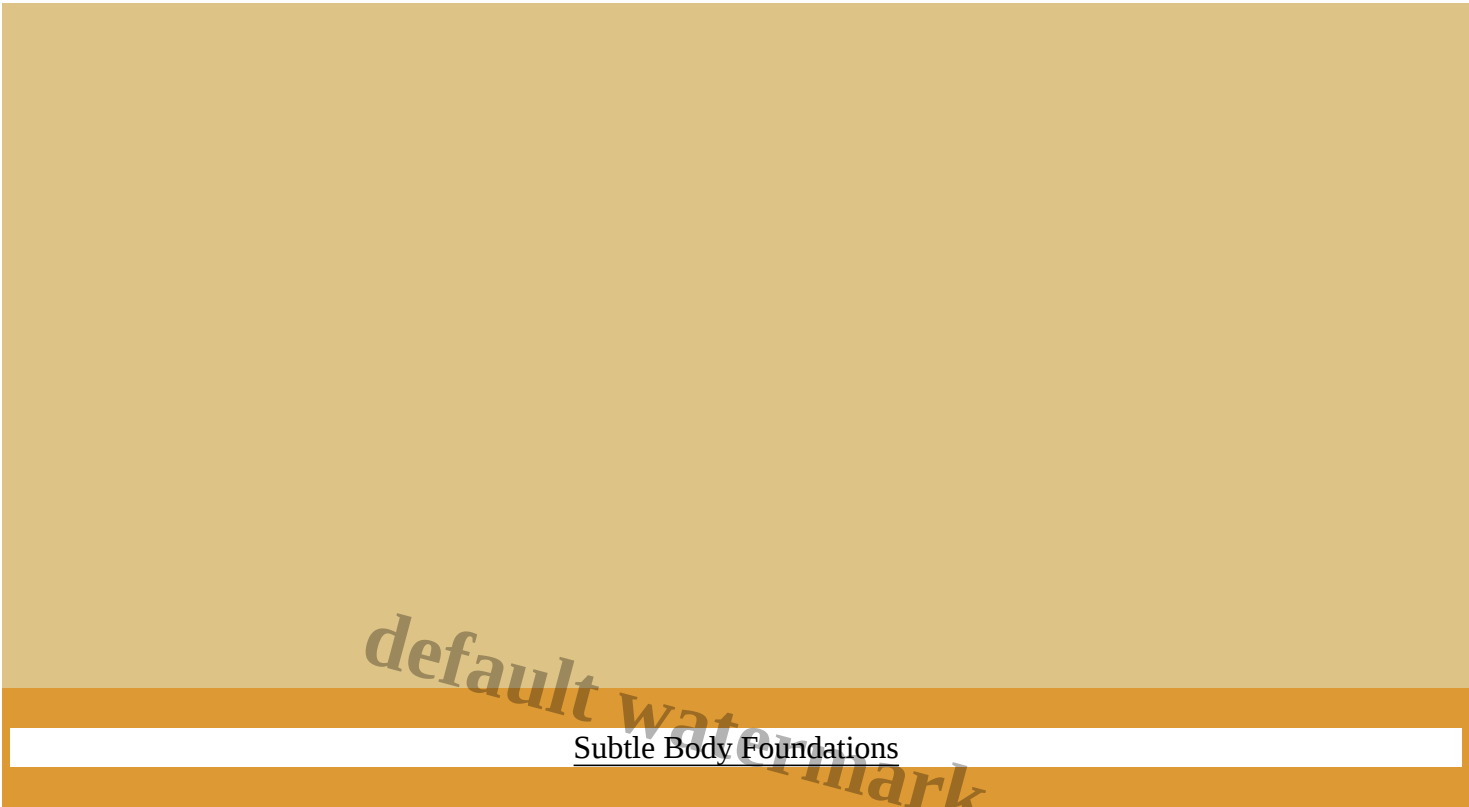
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History

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Origins & Sources of Yoga

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



More 
Category

- 1. Uncategorized