



The Integral Yoga Academy of Australasia

Diploma Courses in Yoga

2009-2012

(The Diploma Courses are for you to either become a teacher in yoga or simply to deepen your knowledge, understanding and experience in Yoga).

Course One (6 months)

Basic Diploma in Integral Yoga

The 4 Outer Practices
The 5 Social Disciplines (moral conduct)
The 5 Personal Disciplines (ethical conduct)
Flexibilities
Classical Asana's (postures)
Pranayama (breath control)
Mantras (chants)& Mudras (hand gestures)
Improved Learning Skills through Yoga
The Yoga Sutras
Anatomy and Physiology
Introduction to Sanskrit terms

Course Two (14 months)

Diploma in Integral Yoga Teaching

Includes the **Basic Diploma of Yoga** plus
The 4 Inner Practices
Chakras (energy centres)
Yantra meditation (geometrical forms)
Interaction between the ten senses & mind
Dhyana (advanced meditation techniques)
Kriyas (Purification practices)
Spiritual Psychology
Removing Obstacles to Meditation
Meditation (Group and Solitary Practices)
* A Comprehensive Teachers Manual

*The Teachers Manual covers sensory communication, listening and speaking skills, Yoga body-language, expanding awareness, organizing classes, hiring premises, advertising, fees, paid & voluntary service, lighting, establishing rapport, the practice of detachment, counselling, personal hygiene, mood development, voice projection, personal appearance, visual and visible communication, specific observation, tactile communication in close up work, and more....

Study from home.
**The knowledge and wisdom will be a source of support from which to
draw upon in day to day life.**

The Benefits of IYAA (Distance Education) Courses

- No previous experience in yoga required. Yoga is for everyone.
- Flexibility in Course Time.
- Improves quality of life through the balance of philosophical and logical understanding
- Provide life long practical skills and tools for inner and outer harmony
- You will develop higher awakened insight into life and situations
- The practices based on the Yoga Sutras, work immediately in day to day life
- You will learn how to bring all the practices of yoga together into an integrated wholesome system / practice regardless as to whether you wish to teach or not.
- Combines the most outstanding and traditional features of Yoga
- Will enhance and provide more insights and integration into an established yoga practice regardless of the system you follow.
- It is a non-sectarian approach to the Science of Yoga
- You can study at your own pace within the comfort of your home and surroundings
- Courses can be studied from anywhere in the world regardless of location
- You can study and travel at the same time
- The thought provoking information is at hand when required

Courses are written by Dr Savitrananda Devi Y.D. New Zealand.

Dr Savitrananda Devi has a unique way of guiding students towards self understanding. Together, with the assistance of **Australian Principal of IYAA Linda Burr** (photograph), Dr Savitrananda has guided students in the '**Eight Limbs of Ashtanga Yoga**' nationally and internationally for over 35 years. Based on the ancient text, the **Yoga Sutras**, these two Courses provide practical and spiritual guidance towards inner development and / or teaching skills in the Science of Yoga. The student will develop personal direction and self-understanding through the clarity and peace of mind that arises through a reliable and awakened body and mind. *Inner peace is not possible when the body is weak, unreliable and in a state of inertia.* The Courses are recognised by the **International Yoga Federation (I.Y.F.)**, **Asian Union of Yoga**, the **Yoga Alliance of Europe (Y.A)** and the **Yoga Teachers Institute of South Australia (Y.T.I.S.A.)**

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