Course on Yoga Theory

Curricular Plan

By Patricia Vaglio

***The ancient science of yoga, which is over 5,000 years old, is practiced throughout the world today. It focuses on breathing techniques, body movements, and meditation to help you become more mindful, reduce anxiety, and achieve good physical, mental, and emotional health. India, cradle of this practice.***

# Yoga

**Hatha Yoga is the best known and most practiced branch of yoga in the West. However, its practice is not limited only to asanas (postures), but is based on two forces that have to be harmonized in your body, those that regulate the functions of the senses, the mind and your entire life, allowing you to interact with nature, the environment, society and people.**

General contents

* History of Yoga.
* Main branches of Yoga and its development: Hatha Yoga - Raya Yoga - Kriya/Kundalini Yoga - Karma Yoga - Bhakti Yoga - Jnana Yoga.
* The six Darshanas.
* The three pillars of Yoga: Vedanta, Samkhya and Tantra.
* Mystical Physiology of Yoga.
* Yoga Psychology.
* The life of the Gurus. An inspiration and guide for the soul.