



Professional courses schedule

2nd Cycle

Theoretical courses

Two-year course, classes take place once a month, on Saturdays, 7 training hours of theory and practice (Total: 140 hours)

Practice

Mandatory attendance of two courses per week. (Total: 216 hours- 144 courses)

Teaching

Teaching practice during the last six months of the course, twice a week, in classes chosen by the academy. (Total: 72 hours- 48 courses)

Total hours of the programme: 428 hours

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

More Information: 2310415211

1st year

- 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

2nd year

- Anatomy, Physiology, Kinesiology
- Space arrangement
- Initial relaxation techniques, Teacher's behavior
- Asanas based on Ms Chatizpanagiotou technique, therapeutic asanas with five bricks
- Partnering yoga and Acro yoga
- Back stretching, handstands, reverse asanas
- Sutras heart
- Dharana (concentration techniques)
- Principles of therapeutic Pranayama
- Therapeutic mudres, Introduction to mantras, Vedas
- Greek ancient philosophy