

What is yoga?

The main concepts of yoga theory

Who can practice yoga?

Goal of yoga

Is yoga a religion?

Yoga and food

The most powerful meditation

How to make the best decisions?

Where is yoga coming from?

What kinds of yoga are offered by the Open Yoga?



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www.yogaopenyoga.com

www.openyogaland.com

WHAT IS YOGA?

YOGA IS AN ANCIENT, VERY KIND,
VERY LOGICAL AND HARMONIOUS
SYSTEM OF SELF-EXPLORATION
AND EXPLORATION OF THE UNIVERSE



Yoga reveals our inner abilities and gives us absolute freedom. Yoga has incorporated wisdom of centuries and experience of its followers on the way of self-exploration. As a result very specific recommendations were given on how to maintain physical and mental health, how to open up intellectual and creative abilities hidden in every human being.

Yoga is said to be the system of self-exploration that leads us to a disclosure of absolute freedom while strictly adhering to two basic principles: the principle of kindness and the principle of common sense. First of all, yoga helps to make people free from physical, intellectual and mental limitations caused by inharmonious lifestyle.

WHAT IS THE GOAL OF YOGA?

The goal of yoga is to achieve freedom over all limiting factors. Many amazing abilities may be acquired as a result of gaining this freedom as it was demonstrated by yogis throughout the history by controlling their physical bodies, mental and psychic powers at the extent, which seems to be fantastic for ordinary people.

It is not the main goal of yoga to get a beautiful, strong, ageless body or to get rid of stresses, or to develop intellectual abilities, or to use hidden psychic powers, etc. These are only «free additions» or side-effects of self-exploration.



The main goal of yoga is very high. This is absolute freedom over any known and unknown restrictions and conditions. Therefore, only a system of self-exploration that leads a person to true unconditional freedom through exploration of the inner and outer universe may be called YOGA. If any system of views enslaves people, intimidates, weakens their mind and will, makes them dependent and unenterprising then this system is not yoga.

Yoga says that people should become free from everything, even from yoga itself if it limits them somehow. It should be also remembered that the reverse side of freedom is responsibility. If you aspire to your personal freedom and at the same time ignore or infringe upon the freedom of other living beings, then you only make the situation more complicated for yourself in the future. We can achieve the highest ideal of freedom for ourselves, first of all, through helping others in gaining their freedom.

We can achieve personal freedom only provided that the freedom of others is not reduced. It is called responsibility. It is impossible to achieve freedom by ignoring the responsibility. If you meet a person who demonstrates the permissive behavior infringing freedom and interests of others and telling that these are the ideas of yoga then be sure that such a person knows nothing about yoga.

If your freedom is based on the lack of freedom of others then sooner or later your freedom will get limited.

■ HOW OLD IS YOGA?

No one knows when yoga was born. We only know that it happened thousands of years ago.

Initially, yoga knowledge was given orally from a teacher to disciples and only much later it was put into written form. It is believed that four written evidences of yogic knowledge have reached us. They are known as four Vedas: Rigveda, Yajurveda, Samaveda and Atharvaveda.

In ancient times yoga was one of the major philosophical systems. It allowed a person to disclose and to fulfill his/her potential. In difficult times (they were many during the course of history) yoga helped people to survive.

Unfortunately, only some crumbs of knowledge have reached us. It is believed that in ancient times yoga was spread widely across different nations and countries.

Until now we can find echoes of this doctrine in the oldest historical legends and myths of many countries in Europe, Russia, Middle East and Central Asia. But later, due to unknown reasons, the area of yoga has significantly narrowed

down to the territory of ancient India and some neighboring countries. These were the territories of today's Afghanistan, Pakistan, Central Asia, modern India, Nepal, Bhutan, Tibet, and South-East Asia. At the moment, this area has narrowed even more and now includes only the territory of modern India and the Himalayan countries.



HOW MANY DIFFERENT KINDS OF YOGA EXIST IN THE WORLD?

There are as many kinds of yoga as the ways human beings can express themselves. We have the physical body, which can take static poses. This ability of our body is used by hatha yoga. We have the ability to breathe — it gives us pranayama or yoga of breathing. We have eyes and sometimes our mind produces unconscious reactions to different forms that we see — this is the area of yantra yoga. The composers have the ability to hear

the music of spheres and to record it — it is a part of nada yoga. Questions of sex, relationships among men and women fall into the category of triad yoga: yoga of union, tantra yoga and yoga of amorousness. The ability to lead and to manage is a prerequisite for the occurrence of raja yoga. This list can be continued much further.



By studying jnana yoga you get to the understanding of the modern science's views about the structure of our universe. Jnana yoga tells the same things but in other words. However, yoga is not based on natural sciences. The knowledge of yoga originated in itself. Therefore it is desirable to be very serious about each section of yoga. It can be a real treasure in a modern life, in our lives in particular.

Any kind of human activity can be turned into a section of yoga if we put the ancient core of the transcendental knowledge of yoga into its basis.

It is impossible to describe the core of yoga by the mean of words as it is beyond words and beyond thoughts. But if we succeed in getting the meaning then we can revive it and turn any activity into yoga.

Can everyone rediscover yoga? Yes, any human being (and all the living beings in general) can rediscover yoga, such an answer is given by the axiomatic of yoga. All this was discovered in the past can be rediscovered here and now.

WHO CAN PRACTICE YOGA?

Yoga is suitable for all people, regardless of age, gender, race, nationality, religious or cultural identity or any other aspect.

Yoga does not divide people by race, culture or religion. Therefore, yoga is equally suitable for people in the East as well as in the West.

Everyone can take something useful from various yoga exercises.

Yoga does not require you to have any skills to start practicing like flexibility or extra strength. If doctors say that you are practically healthy then you may practice yoga. But if you have a slightest doubt regarding your health then consult with your doctor before you start any yoga practice.



IS YOGA A RELIGION?

No, it is not a religion. Yoga is a system of harmonious self-exploration. People of different religious views, as well as people without relation to any religion can practice yoga.

Although sometimes there are some terms and explanations in yoga that sound strongly connected to the religious systems of India. It is just a tribute to the tradition and cultural mentality of the nation, which preserved yoga for a long time. If yoga had been kept and developed in some other country then its language, myths and characters would have probably influenced yoga in the same way.

In India usage of names and terms from Hindu mythology thoroughly permeates the daily life of not only ordinary people, but also scientists, artists and politicians. It should be regarded just in the same way as the ancient Greek myths and terms used in the European science and culture today.



WHAT DISEASES ARE CURED BY YOGA?

Position of the International Open Yoga University is that healing of diseases should be done by medical institutions and yoga does not try to take the place of medicine as yoga does not substitute medicine. Yoga is a system of self-exploration, which helps to maintain health and sometimes deals with certain diseases, but only as a side-effect of self-exploration process, no more than that.

If you have any illness then it is necessary, first of all, to seek qualified medical advice. But surely there are cases when yoga helps to overcome health problems, which traditional Western medicine finds hardly treatable.



HOW ABOUT YOGA AND FOOD?

Is it necessary to be a vegetarian to practice yoga? No, there are no such requirements in yoga. You do not have to be a vegetarian to practice yoga and to benefit from it. **Yoga is not a club of people united by gastronomic predilections; yoga does not impose people of any kind of dietary restrictions or lifestyle.**

The ideal of yoga is freedom: if you decide to become a vegetarian then it should come naturally, without undue violence against yourself. Vegetarians generally have two arguments: the physical aspect — how harmful or helpful to the body it is to eat or to not eat meat and fish; and the moral aspect — how ethical it is to eat animals. The physical aspect is very individual and depends, among other things, on the physical condition of your body and the origination of the food you eat (e.g. on how it was grown and processed).

The moral aspect is even more complicated because production of vegetarian food also supposes much harm to the innocent living beings, which lose their habitats and die from herbicides and pesticides used in today's agriculture.

So, it is up to you to decide what food preferences you choose for yourself.



DO I NEED TO FOLLOW A SPECIFIC LIFESTYLE WHEN PRACTICING YOGA?

No, you do not. Yoga does not require people to maintain any specific lifestyle and can co-exist with any cultural and social system in the world.

On the other hand, yoga does not insist that you should lead the common lifestyle. Yoga advocates complete freedom of a person in this regard and calls upon leading the lifestyle that the person finds the most suitable. Yoga is quite powerful teaching that brings its benefits to people regardless of their habits. But at the same time yoga considers that sticking to a healthy lifestyle would be the most optimal way for any person.

In addition it should be remembered that yoga is so ancient that during its existence the lifestyles of people who practiced it has changed a great number of times. Lifestyle of people



of the Bronze Age and of the ancient Vedic era differed considerably from the lifestyle of the times of Buddha or from the Iron Age. Times of Buddha differ from Middle Ages. And so on until today.

Yoga flourished in all these times and, apparently, there is no reason to think that the modern way of life is somehow contrary to the practice of yoga.

Another thing is that super fast changes of a lifestyle in the modern era leads to the danger of losing the ancient knowledge of yoga. This is because the way of life and priorities of even two neighbor generations vary considerably from each other, making it difficult to pass the knowledge to the younger generation. But these are rather the problems of transfer and adaptation of yoga knowledge than the problems of the technique of yoga, which have remained unchanged for thousands of years.



THE MAIN ASPECTS OF THE YOGA THEORY

THE FIRST PRINCIPLE OF YOGA

The first principle of yoga says: you should by all means try not to harm any living being unless there is an absolute necessity. Not by word or deed or thought. If there is no possibility to avoid harm then you should act according to your duty. The first principle of yoga is the principle of Kindness.

THE SECOND PRINCIPLE OF YOGA

The second principle of yoga says: you should not spend your energy and direct your mind to anything that does not lead you to the achievement of the goals you set for yourself (in work, school, leisure, yoga, etc.). Before you get involved into any activity ask yourself whether it leads you to your goals; if it does not you should discard it as an unnecessary thing, which gets you off the subject.

The second principle of yoga is the principle of Common sense.

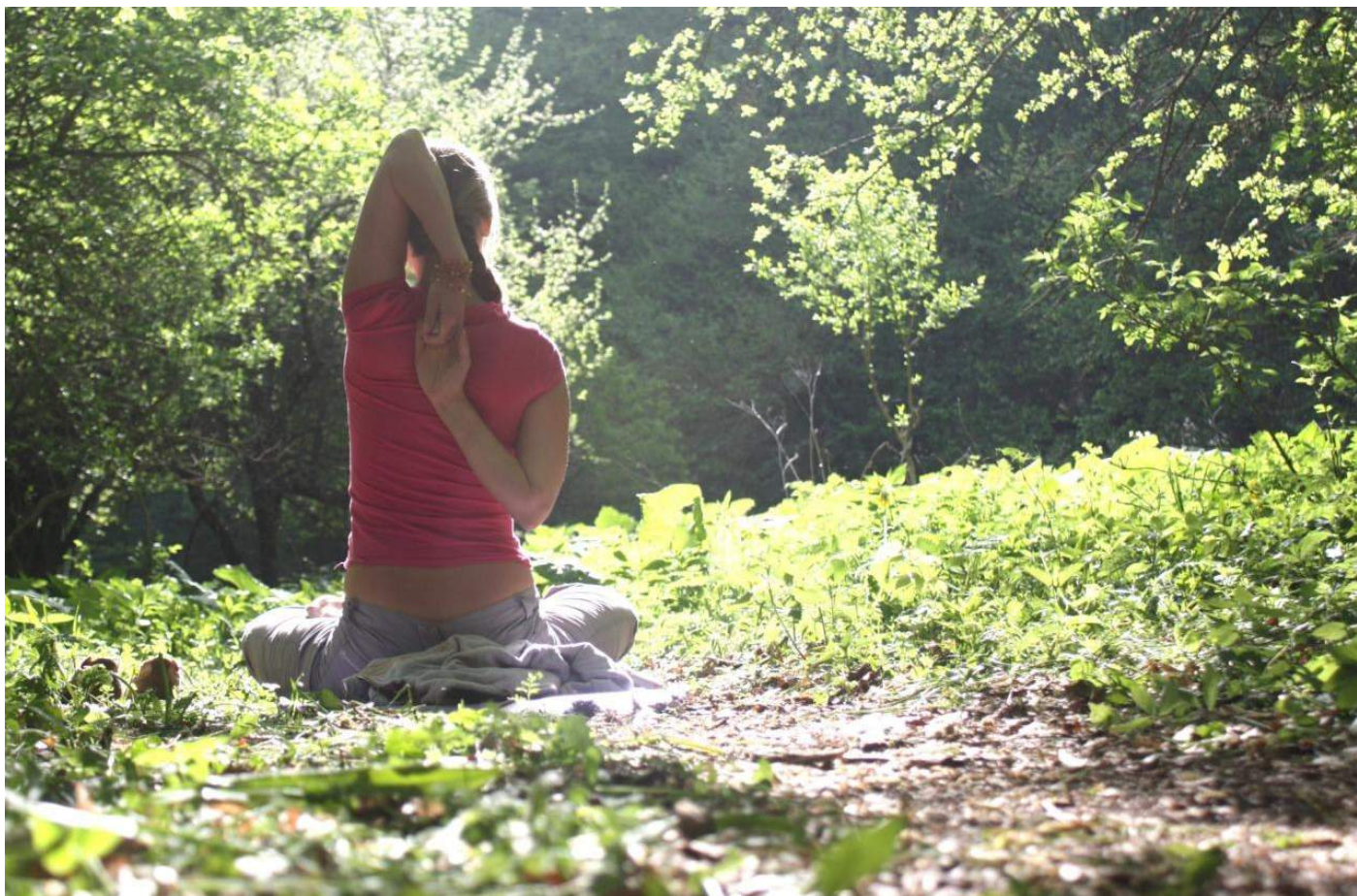
For the practice of the highest and most powerful kinds of yoga, or the so called advanced methods, you also have to take into account the third principle of yoga.

THE THIRD PRINCIPLE OF YOGA

The third principle of yoga says: nobody and nothing should make you suffer. You refuse to suffer. And you take on the vow to help all the living beings to get rid of suffering and ignorance, when you are able to help them and they express will to accept your help.

The best foundation for a practice of yoga is the happiness of everybody around you. Practice meditation «May all the living beings be happy» to improve situation around you!

**THE MOST POWERFUL
MEDITATION IN THE WORLD
“MAY ALL THE LIVING BEINGS BE HAPPY!”**



Find a nice quiet place so you do not get disturbed. Sit up straight.

Straighten your back, neck, and head. Close your eyes. Imagine a flower of lotus – beautiful, untouched and glowing – in the center of your chest. And then repeat to yourself:

— May all the living beings be happy!

At the same time imagine how the light from the lotus flower shines in all directions spreading waves of happiness to all those whom you

love and to all those who love you. You see these living beings happy, smiling, healthy, and full of strength. Continue this visualization for at least few minutes.

The second time repeat to yourself:

— **May all the living beings be happy!**

See how the wave of light flows to all directions and gives happiness and joy to all those whom you do not know and to all who do not know you. We all are very much related. Decisions made by people we have not seen impact our lives. Our decisions and actions make impact on living beings who have never seen or known us. Continue this visualization for at least few minutes.

And, finally, the third time you repeat to yourself:

— **May all the living beings be happy!**

And meditate as the wave of light extends from your heart center and brings happiness to all your enemies, hidden and explicit. Sometimes people who loved us in the past might become our worst enemies and vice versa. They might not wish anything kind to you but if they will be truly happy they will not try to harm anyone. Continue this visualization for at least few minutes.

After the meditation you may lay on the back for few minutes and relax.

HOW TO MAKE THE RIGHT DECISIONS?

YOGA ALGORITHM OF DECISION-MAKING IN DIFFICULT MOMENTS OF LIFE

1. First, we remember that we are free and can act as we like. And try to come up with every possible solution.

2. After this, we remember about the duty or responsibility towards others who have been kind to us as they have limited their freedom to help us to expand our freedom. We must realize our duty and make our duty a starting point when making further decisions.

3. Now take these decisions and filter them in accordance to the first principle of yoga in conjunction with the personal duty. Discard all the options that do not align with this principle.

4. Filter the remaining solutions through the second principle of yoga. Discard all options which do not satisfy this principle.

5. If you follow the advanced methods of yoga then filter all the rest of your solutions through the third principle of yoga. Discard all the variants which do not satisfy this principle.

6. Then, if several solutions are left and you do not know which one to choose, you can ask any person you value or get to know the opinion of the majority of people.

7. Then, whatever the options you have got after all the previous steps, remember again that you are free and you can take the decision you find to be the right one even if it was discarded in any of the previous steps.



DHARMA — WAY OF LIFE

Dharma is the way of life which is formed when we try as much as possible to follow the first and the second principles of yoga.

Dharma is the way of our life that leads us to the supreme spiritual heights of self-exploration. It is the greatest fortune to find your dharma quickly.

If we go the way of our dharma, we avoid all the possible sufferings caused by our negative karma as much as possible and, at the same time, we get the most possible joy and happiness from our positive karma.

Moreover, going our way of dharma, we simultaneously develop spiritually, learn and get opportunities to go beyond the bounds of our karma — both positive and negative.

Your dharma determines your duty. Your duty determines the actions you make, your code of conduct and your internal code of honor. Both the first and the second principle of yoga will lead you closer to the understanding of your own dharma.



Better understanding of dharma will give you the understanding of your duty. Understanding of your duty will give you understanding of your goal in life and your appropriate behavior. Proper actions give right and useful results, our understanding of life increases and we can better understand the meaning of the first and the second principles of yoga. It is like a circle. You end where you started and if you do well you get a level up.

WHAT KINDS OF YOGA ARE OFFERED BY THE OPEN YOGA?

It is impossible to teach anybody yoga, but it is possible to learn it. The task of everyone is to open yoga inside themselves.



HATHA YOGA

Hatha yoga is a system that pays attention, first of all, to physical body. The technique of work with the physical body consists of static exercises, also called asanas. There are many asanas in hatha yoga. **The beauty of hatha yoga lies in the fact that it works regardless whether you know or do not know the axiomatic (theory) of yoga, as well as the principles of yoga.**

Hatha yoga by its action pushes the mind to rediscover, realize and understand how yoga is working. In fact, all the methods at the Open Yoga school are divided into so-called methods of energy (motherly methods) and methods of consciousness (fatherly methods). These are two diametrically opposite approaches, particularly in hatha yoga. But only on the intersection of these two methods the perfection is achieved.



In the method of energy we should take an approximate position and wait until awakened energy takes the body to the position as it should be. This method is also called the funnel method.

Method of consciousness is diametrically opposite. When you use it you imagine yourself as a perfect yogi and make an effort to perfectly take the

pose you are doing. And if the body resists then you overcome it in a kind and positive way.

Whether you will do the exercises of hatha yoga using the energy method or the method of consciousness, you have to feel joy of simply doing it or joy of overcoming yourself. If there is no joy but only discomfort, pain and suffering, then this is neither energy method nor the method of consciousness. This is not yoga at all.

KRIYA YOGA



Our physical body also has the ability not only to take static poses, but also it can move. Kriya yoga is based on groups of cyclic movements — circles of kriya.

Our body is made in a way that we have to do a certain amount of movements every day. But modern life spent near monitors in a sitting position

does not allow taking the required number of movements per day. Kriya yoga is a great tool to compensate the lack of movement during the day and to make some reserves.

Kriya yoga is the path that leads us through the labyrinth of our physical, subtle and causal bodies to our subconsciousness.

The most important thing in kriya yoga is the harmony in performing sets of different movements and NOT the speed or strength you apply to them. It is utterly important to get into the resonance between the physical, subtle and causal bodies.

PRANAYAMA YOGA

Breathing is a certain indicator of our internal state. The ability to breathe is used by pranayama yoga. But pranayama is far more grandiose than just a work with inhales, exhales and holding of breath.

In pranayama yoga we gain prana through breathing exercises. Prana is a manifestation of our Higher Self, or vitality, that transforms in our bodies into energy and consciousness.

Rest is absolutely necessary after pranayama exercises. When rest is neglected you cannot gain good results from practice



and it may even seriously threaten your health.

Before the practice of pranayama it is extremely desirable to do purification techniques, follow certain diet, be selective in communication and find a place where you will not be disturbed. It is recommended to begin your exercises under the guidance of an instructor or teacher.

MANTRA YOGA

We all know how to talk. However, the process of speech is not that simple. It is directly related to the process of thinking, and the last one is associated with the so called kundalini energy. In some way mantra yoga is a practice of revealing the kundalini energy through the vibrations of words and thoughts.

There is a technique when we pronounce certain words and sounds to put our inherent kundalini energy to work and allow it truly making wonders. You chant one or another mantra and you get quite an obvious effect.

There are mantras of energy, consciousness and names. The mantras of names have balanced aspects of both energy and consciousness. Mantra yoga is considered to be one of the safest kinds of yoga. You can master it on your own. It is also a very good kind of yoga to start your personal practice even without guidance of a yoga instructor in presence.



NYASA YOGA

We have the ability of tactile perception. **It is connected with the heart center, which is the cornerstone of our spiritual development.**

Until we realize our heart center we tend to destruct ourselves physically and mentally and make our lives more complicated. Nyasa yoga acts as an accelerator and boosts the effect of any kind of yoga on our way of self-development.

Although nyasa yoga might look like a massage, usage of the tactile sensations here is a purely technical aspect, «tip of the iceberg». Processes happening during nyasa yoga practice are much more complex and deep.

Nyasa yoga is a very safe kind of yoga but it requires some serious qualification to make any results out of it.



KARMA YOGA

The purpose of karma yoga is to help us to get beyond the plane of karma and to learn how to use the logic in everyday life.

WHAT IS KARMA?

The law of karma is the law of cause and effect. That simple? Yes, that simple! Only the effects can take time to reveal so it might be difficult to understand the cause.

Each of us has certain conditions of life and they were formed by the actions we have made in the past. The actions we are making now will impact us in the future. Karma can be both positive and negative. We perceive positive karma

as joy and happiness. Thus, negative karma is perceived as suffering and disappointment.

Karma yoga is the teaching that helps us to understand why we have what we have and who is responsible for that. It also gives us knowledge of how to neutralize or work out the negative karma and not to get attached to the results of positive karma. Everyone can practice karma yoga during work or study. Even boring routine work can be transformed into yoga, helping to discover hidden abilities inside each one of us.



WHY IS YOGA SO POPULAR?

Let's face it — yoga is very ancient teaching, maybe one of the oldest. People are disputing about its age but the fact that in the beginning it was passed orally and has not left any material evidence from its origin. How come that such an old teaching is still alive regardless of so many changes that have happened during the history and manages to be popular today among vast number of people? **Yoga is REALLY working!!!** Yoga is trending! Presidents, famous actors, CEOs of global corporations, housewives, doctors, athletes, followers of various religions and many others are practicing yoga and feeling good about it. People who value their time find the time for yoga. So there is something about this teaching!

People choose yoga for many different (even opposite) reasons. All these reasons should be respected and if people are persistent **they achieve what they want with the help of yoga**. The yogis would say that this teaching is simply helping us to open up what we already have.



It does not matter if people come for **better health, positive inner state, stress reduction, wellbeing, calmness of the mind, balanced emotions, increasing energy, flexibility, improvement of intellectual abilities, increased focus, positive impact on all body systems** or up to enlightenment. Often even doctors suggest their patients to attend yoga classes for many different positive effects. All of this and more is there for those who are ready to work. Yoga is teaching us to understand the world inside us as well as the world around us. Actually, it is said that what is inside is also outside and vice versa, giving as many tools to work with ourselves.

It is also true that for the basic areas of yoga, like hatha yoga, we even do not need to know the theory of yoga. If we practice hatha yoga by following two main principles (i.e. principle of kindness and principle of common sense and as one it is principle of harmony) then with the time we may rediscover the entire teaching of yoga by ourselves. To do it effectively we use the sources and recommendations of the ancient yogis.

Yoga has no competitors! You can only win with yoga.

All in all everyone wants to be happy, to live harmonious life. This is also the aim of yoga — to reach **natural state of happiness** in the most different ways.

Remember: only regular practice of yoga brings balance to our body, mind and soul.



OPEN YOGA UNIVERSITY OFFERS:

SERIOUS STUDIES FOR YOGA TEACHERS



International Open Yoga University was created to preserve yoga and to give free access to the cultural heritage of yoga. Nowadays we need people and educational institutions that are able to combine deep knowledge of the great ancient science of yoga and at the same time to follow the modern standards of education and lifestyle.

We believe that only such people and institutions are capable to save yoga for the mankind. Only those people and institutions will become the cultural bridge, which in practice will bring the humanistic teaching of yoga to the broad masses of people across the entire planet and will not leave it only on the level of words. International Open Yoga University (IOYU) was established to preserve and spread the ancient cultural heritage of yoga as innovational

international educational project using the most advanced IT technologies in the field of education.

The purpose of the IOYU is to provide an opportunity for all newcomers, regardless of race, nationality, sex, place of residence, philosophical or religious views to study theory and practice of disappearing science of yoga.

IOYU students are people of different professions and ages. Education at the IOYU can be done along with the main work or studies. Of course, any training requires some efforts from the students, but we are trying to build a schedule of classes so that all the students can combine it with their work or studies elsewhere at the maximum extent. Any physically and mentally healthy person who meets requirements, can become the student of IOYU after passing admission exams and interviews. There are no restrictions for the maximum age at our University but you have to be at least 18 years old.

At the University we offer to learn more than three dozens of different kinds of yoga. These are hatha yoga, kriya yoga, pranayama yoga, mantra yoga, karma yoga, raja yoga, jnana yoga, yantra yoga, bhakti yoga as well as such an exotic directions of yoga as nyasa yoga, nidra yoga and natya yoga just to name a few.



Education at IOYU is conducted in a way so that at the end of education process students would be able to give practical and theoretical classes on hatha yoga, kriya yoga, pranayama yoga, mantra yoga and meditation as well as foundations of the yoga theory, the so called "axiomatic of yoga." Students should also learn the basics of other directions of yoga offered at the IOYU.

Study in training courses for yoga teachers at the IOUY lasts for four years. During this time students master the entire volume of required theory of yoga as well as receive skills of delivering yoga classes for groups and individuals. The learning process is exciting as most of the skills learned can be immediately applied in practice. IOYU exceeds the limits of one country or a continent as our students come from everywhere in the world.



ONLINE YOGA EDUCATION FOR EVERYONE AT WWW.YOGAOPENYOGA.COM

IOYU is a place where everyone can start to systematically study the ancient science of yoga from ground and for free. More often today the knowledge of yoga, which penetrates to the West disperses into separate exercises, theories and recommendations, which sometimes are very controversial. This all sometimes leads to an awful mess in the minds of people. But true yoga is a very logical and consistent teaching.

In our online University you can start studying yoga systematically by yourself, gradually, step by step, from simple to complex areas of yoga. It is important to understand that different areas and kinds of yoga do not exist separately from each other — together they are a single teaching of yoga!

Therefore, to learn at our University you do not need any prior knowledge of yoga. Even if you hear the word "Yoga" for the first time, you can still easily start to study with us.

To start learning go to the website www.yogaopenyoga.com, register there as an online student and begin to study from the Course 000, where all you will find all information you need. Free training courses are offered thanks to the help of our supporters and the friendly team of IOYU that is close to 10,000 people around the world and this number is continuously growing.



INTERNET YOGA COURSES

Internet yoga courses is a powerful, modern, innovative, web-based training system made for the remote yoga studies worldwide with the help of internet!



The system primarily is aimed for people without any yoga knowledge. The system includes structured learning material of the yoga theory and practice set out in full accordance with the tradition of ancient Vedic yoga, as well as the system to control the progress in the studied materials with the help of homework tasks, tests and distant examinations.

Anyone can register at the courses as a free student and begin the training. Students who have successfully passed all the tests in each course will be provided with a confirmation certificate. The most successful students have an opportunity to enroll into the courses for yoga teachers and gain the skills and knowledge to become professional and highly qualified Yoga Instructors and Yoga Teachers.

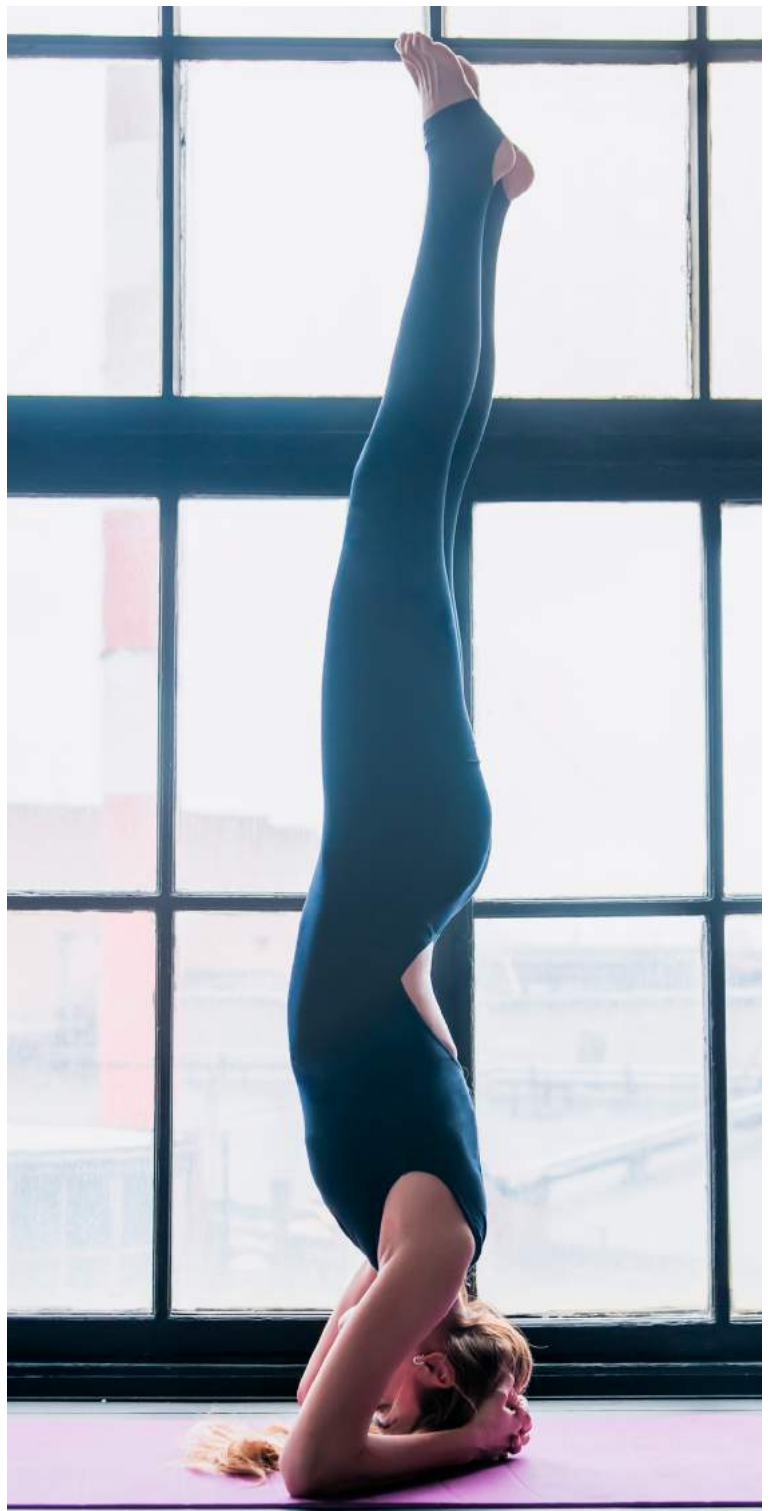
HIGHLIGHTS!

Yoga is ancient, very kind, very logical and harmonious system of self-exploration. The goal of yoga is very high: as a result of self-exploration one achieves freedom from all the limiting factors. As a result of acquiring this freedom yogis show amazing abilities. By application of these abilities a yogi can control the physical body, mental and psychic powers. These abilities sometimes seem fantastic.

Thus, by practicing yoga you can acquire beautiful, strong, ageless body, get rid of stresses, develop intellectual and creative abilities, learn to use secret psychic powers and so on. But this is not the purpose of yoga. This is just a supplement and a side effect of being engaged in self-exploration.

It is important to add that we call “yoga” only the system of self-exploration that leads a person to the true unconditional freedom through discovery of one’s self and the universe while following the principles of kindness and common sense.

Do not waste your time — study yoga! Discover yourself, discover the world, discover new opportunities in life, grow intellectually and spiritually, make you development comprehensive, achieve success in all spheres of life, become the best of the best, dream and achieve. Yoga is a great tool for realization of all your good intentions.



WITHIN THE FRAMEWORK OF THE INTERNATIONAL OPEN YOGA UNIVERSITY WE OFFER:

- Courses for future Yoga Instructors and Yoga Teachers
- Web-based trainings for people who wish to learn yoga in more detail for themselves
- Online yoga courses for everyone
- Theoretical classes on various topics about yoga
- Regular open workshops, seminars and retreats
- Practical classes
- Individual classes
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