



योग क्लिनिक

Alternative  
medical research center

## 50H-YOGA MEDITATION COURSE (Level-1)



**Languages:** English, Bulgarian, Hindi, Punjabi.

### COURSE CONTENT:

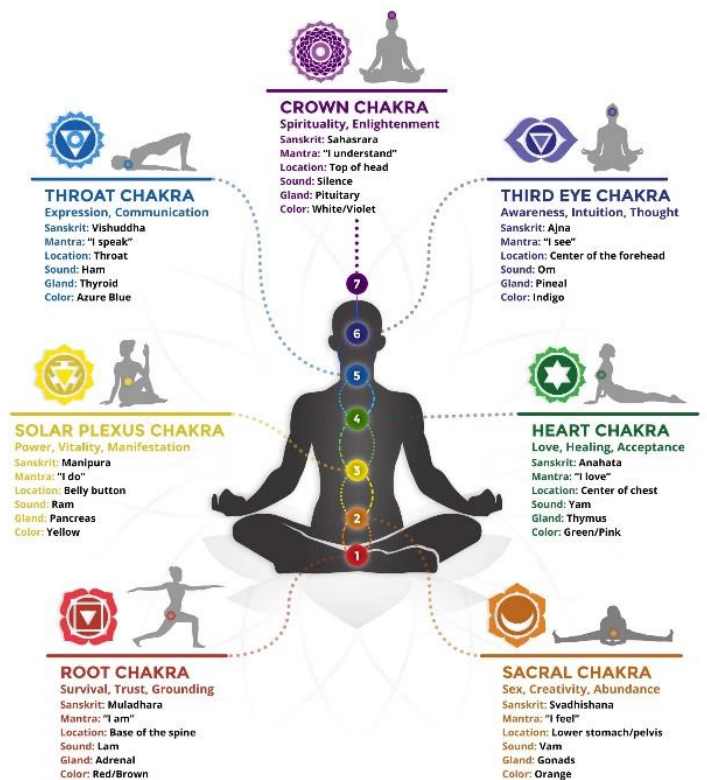
#### Introduction to Subject Yoga

- Definition of Yoga and Meditation,

- Importance of place, seat, time sequence,
- Bath, Food choice and time, etc.

#### Subjects 1.

1. Vipassana Meditation.
2. Chakras and Glands.
3. Meditation and its understanding
4. Mantra Meditation.
5. Yoga Nidra
6. Three Nadies.
7. Pranic Meditation:
  - 1) Anuloma Viloma Pranayama,
  - 2) Bhramari Pranayama,
  - 3) Anuloma Bhramari
8. Touch Meditation and Massage (Energy Healing)



Contact: +359889775530, +1-778-982-0550

[www.yogaclinic.eu](http://www.yogaclinic.eu).

[www.yogaministryofcanada.ca](http://www.yogaministryofcanada.ca) , [www.aowr.ca](http://www.aowr.ca) , [www.canadianyogaassociation.com](http://www.canadianyogaassociation.com)

## 2. Light on Ashtanga Yoga

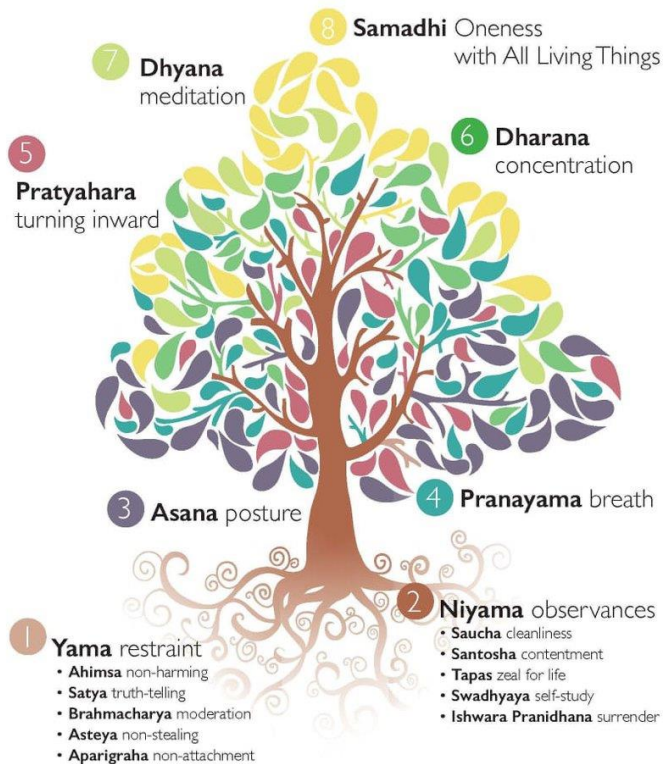
1.Yama, 2. Niyama,

3.Asana:

Types: Meditative Poses.

Padmasana, Ardha Padmasana,  
Siddhasana, Vajrasana, Sukhasana,  
Makarasana.

# The Eight-Limbs of Yoga



5. **Pratyahara.**

6. **Dharana.**

7. **Dhayana.**

8. **Samadhi.**

### Course content: no. 2

Benefit Study of Meditation:

Lectures and discussions on:

1. Health issues or Chronic health Problems
2. Personality development
3. Energy Healing
4. Black Energy
5. Spiritual Journey
6. Self-awareness

### Course In-charge.

**Yoga-Acharya Dr. Aman Sood**  
(Ph.D. in Yoga)  
Guinness World Record Holder



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