

Pure Yoga

by Bruno Dietziker

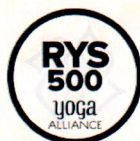


Anja Kroll

has successfully completed the 2 Year Yoga Teacher Training Course, 664 hours, April 2013 – April 2015, which included the study of the following subjects:

Teaching Techniques Traditional Hatha; B.K.S. Iyengar; Ashtanga Vinyasa, incl. Yoga Therapy	391.5 hrs
Anatomy & Physiology Incl. Anatomy & Physiology of Yoga Practices (benefits, contraindications, proper alignment, healthy movement patterns)	62 hrs
Philosophy 9 Darshanas (6 Astik/3 Nastik); Jnana-, Bhakti-, Karma-, Mantra-, Hatha-, Ashtanga-, Raja-, Kriya-, Kundalini-, Laya-, Nada-Yoga; Tantra; Vedas; Agamas; Aranyakas; Upanishads; Patanjali Yoga Sutras; Hatha Yoga Pradipika; Bhagavad Gita; Sanskrit	125.5 hrs
Yoga & Mental Health Psychological Theories & Models (Freud, C.G. Jung, Skinner, Erikson, Rogers, Maslow, Assagioli, Grof) in relation to Yoga, incl. Integrative Body Therapy (Wilhelm Reich)	18.5 hrs
Practice Teaching Receiving feedback, observing others teaching, correcting, adjusting (hands on)	66.5 hrs

This course is registered with the Yoga Alliance at 500 hours



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www.pureyoga.ch