



## Course 3

## Yoga for Young Adults Purposeful Blissful Living

Course 3 is for people between the ages of 11 and 18 whose parents may be participating in other courses or staying in the ashram at Magod.

This is a specially designed program based on the ashtanga **eight limbs of yoga**, expanded to meet the needs of young and evolving minds and bodies.

The course of study will include the practice of asana **postures** and pranayama **breath**, an introduction to Sanskrit **the ancient language of the spiritual texts**, study of the Vedanta **ancient philosophical thought**, application of its relevance today, discussion of current global and social issues, creative expression through art and music, excursions into rural areas to experience Indian culture and become involved in Shanti Mandir's assistance activities.

The aim is to encourage young adults toward self awareness and social awareness using the skills and understanding of yoga practice...to assist with their transition into adulthood by equipping them with time honoured tools to help them be the best they can be.

## Curriculum

- 1 **The eight limbs of yoga**  
Understanding the ashtanga and its relevance today
- 2 **Sanskrit, the sacred language of yoga**  
An introduction
- 3 **Hatha Yoga**  
Asana and pranayama practice for daily life
- 4 **Ayurveda**  
Basic principals and practical application in day to day life for healthy living
- 5 **Creative Expression**  
Through art forms like painting
- 6 **Social awareness**  
Looking at global issues like caring for the environment and encouraging personal responsibility for them
- 7 **Excursions**  
To rural areas to experience Indian culture and to visit the ashram's village assistance programs