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Yoga teachers are not just trained in the asanas. While asanas are an integral part of Hatha Yoga, it is the combination of the asanas with ethical values, pranayama (breath exercises) and meditation that enables a comprehensive experience of Hatha Yoga. The Sivananda approach to training yoga teachers believes that students should understand and experience the four main systems of yoga: Besides the focus on Hatha Yoga, the Sivananda yoga teacher training programme introduces ...

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Yoga Teacher (Hatha Yoga) Practitioner level 4. By successfully completing this course you will: Gain the skills and knowledge to become a Yoga Teacher; Be awarded the professional BSY Diploma; Become a Registered BSY Yoga Teacher (Hatha Yoga) Receive the Level 4 Certificate of Achievement from ABC Awards and Certa Awards\*

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