

ALTERNATIVE TRAINING



Nutrition Prospectus
Nourishing · Sustaining · Assimilating

Alternative Training · recognition and affiliation

Amongst many others we support and work with:



Accredited by



Registered with



Member of



Member of

Our Nutrition Therapist Course is fully accredited by the Federation of Nutritional Therapy Practitioners in the UK, successful graduates are eligible to set up as a Nutritional Therapist and UK students can join the FNTTP's register with insurance.

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Left: Theresa
Right: Alternative Training Admin Office

hello

Welcome to our latest prospectus and thank you for your interest in Alternative Training's Nutrition Courses.

We have provided professional home study education in alternative medicine for thousands of students across the world for over 25 years, and our first nutrition course was launched in 2001. Our passion for advancing and spreading alternative medicine to the highest levels has given our programmes a leading edge and helped to create a national and international benchmark.

When you enrol onto one of the courses, you will be joining a worldwide family of students, practitioners and teachers working together to enhance personal health and wellbeing. We take personal pride in our service because it is dedicated to your development as a healer and your success as a practitioner.

We hope you choose to join us and we look forward to accompanying you on your journey of learning and discovery.

If you have any questions just give us a call:
UK free phone 0800 0439 349 or 01453 765 956
Overseas +44 1453 765 956

We run the School because we passionately believe in the holistic way of promoting health and curing sickness and also because the practice of nutrition helps us to understand the importance of the food we eat and the impact it has on our health.
Mani Norland, Managing Director





introduction

Diet, food and health have never been discussed so much in our lives and media as it is today. There are many health issues attributed to poor diet. For example, the wrong food can lead to a lack of energy, weight gain, digestive problems and contribute to depression and anxiety. That's why there is a growing awareness of nutrition and a demand for good advice and qualified Nutritional Therapists. There has never been a better time to study nutrition!

A healthy balanced diet helps to:
protect against health problems
improve mood and stress levels
maintain or restore a healthy weight
develop overall health
lead an active lifestyle
meet nutritional needs
gain vitality and energy
enhance the ability to concentrate
boost the immune system

Whether you want to become a professionally registered nutritional therapist, or you want to add another string to your bow as a health practitioner - or maybe you are just interested in learning about nutrition for personal wellbeing - we have the course for you.



*Blueberries: One of the most antioxidant rich foods in the world
Antioxidants help protect healthy cells from diseases such as cancer and heart problems*

why study with us

1. Certification

if you complete the practitioner course you will be awarded our renowned Practitioner Diploma in NutritionTherapy, fully accredited by the Federation of Nutritional Therapy Practitioners.

2. Longevity

established in 1987 and going from strength to strength., we are now one of the longest running alternative medicine schools in the UK and we remain a family business.

3. Celebrating the individual

our course blends many models and approaches and encourages each student to find their own self expression through their work - their own unique style in the practice of alternative medicine.

4. Great curriculum

you will leave with a whole range of skills and methods and hopefully a highly tuned sense of self awareness to take you through many years of practice. We have a worldwide reputation of being at the highest level of quality and depth of learning and many of our students enrol

through personal recommendations.

5. Flexibility to suit your needs

you can start our home study courses whenever it suits you and work at a pace that complements your daily commitments. All our courses offer double the amount of time required to complete the study so you have plenty of flexibility if you need to take a short break from studying, or indeed if you wish to work faster!

6. No unnecessary stress

all our courses are made up of easy to manage study Units which are marked and assessed using continuous assessment with a specialist personal tutor. There are no exams, so there is no need to get stressed!

7. Student support & nurture

our office is open all week (Monday-Friday 9.30-5.30), for pastoral care and practical support. You will receive ongoing and individual care and feedback through our network of mentors, tutors and teachers with written feedback for every piece of your work. All being

well, you will stay with your personally assigned mentor throughout your course and this allows for a greater bond and understanding.

8. We create healers, not just practitioners

our courses are well known for taking students on a journey of discovery into self-awareness and self-reflection, using various teaching methods to bring this to life. We aim to unravel the mysteries of health and help to integrate this into a wealth of knowledge and practical skills.

9. Clinical practice

we offer 3 day clinical training programmes as part of our accreditation requirement with the Federation of Nutritional Therapy Practitioners. However these superb face-to-face training events are open to all students regardless of which Nutrition course you do with us.



Karl, Student

the benefits of home study

Our home study courses are 'open university' style in that they are very much the same in content and quality as you would find at your local university. However, with our distance learning courses, you work entirely in the comfort of your home with your personal tutor at the end of the line.

- study can be started and finished at any time
- generous timeframes and enrolment periods
- work at your own speed and pace
- create a timetable to suit you
- learn something new whilst juggling your daily life
- promotes life-long learning and new practical skills
- study in the comfort of your own home
- continuous assessment provides feedback at each step
- there are no exams
- courses are clearly presented and easy to follow
- personal tutors and mentors on hand
- support by email or post
- no prior medical training is required
- certificates are awarded on completion of the courses
- course content is regularly revised and updated

The best education brought to your door! We are very proud of our distance learning courses. They are of the highest standard and can be taken anywhere in the world - we have students in over 80 countries. Each home study course was written by an expert in their field, and all are followers of alternative medicine. The correspondence courses are regularly updated and revised so you can be sure of the best information. You can start whenever you like and the courses can be spread over time

to suit your needs. This means study can be fitted into busy life schedules - so whether you wish to train alongside your daily job, or you are a busy mum looking after the family, you will be able to find the perfect course for you. We have many students who need to travel, or are maybe relocating, and as long as we know where to deliver to, we can be there at every step of the way!

Everyone is welcome. All our courses require no previous knowledge and have been carefully prepared to allow anyone to take it up. The majority of our students have not studied for a long time and the courses are written with this in mind. Encouragement and guidance is given from a personally assigned tutor who supports you throughout your endeavours, giving feedback on your assignments. The home study course manager, Amanda Norland, supervises your progress, and is available for queries or pastoral care.

You are carefully guided through the subjects in the home study courses by reference to books and by specifically written explanations, descriptions and diagrams. Your progress can be checked and your learning reinforced through self-assessment questions and tasks. At the end of each study unit, you send written assignments to your tutor for feedback and assessment. The beauty of our distance learning courses is that you can manage all of this as you wish and guidance is at hand should you need it.

Should you be uncertain in any way about how easy it is to follow our international home study courses, please contact us and we will be happy to advise.

nutrition course levels

We offer two comprehensive distance learning nutrition courses so you can choose the option that best suits your individual needs.

Nutrition Advisor Course

NUTRITION
Units: 1-3
Study Hours: 125-175

Nutrition Therapist Course

NUTRITION
Units: 1-4
Study Hours: 150-200

ANATOMY & PHYSIOLOGY
Units: 1-4
Study Hours: 150-200
If you have prior learning in A&P you may be able to apply for exemption from this module.

CLINICAL PRACTICE
3 Days
21 hours



Nutrition Advisor
If you are a practicing therapist and you wish to gain more knowledge about nutrition to enable you to better advise your patients, then this course is ideal for you.

This is a shorter courses (6 months -1 year) and are mostly taken by students who wish to study the basics of nutrition for their own personal use.

Often Alternative Practitioners and Personal Trainers study to this level in order to give basic advice to their patients/clients, to complement their health or fitness.

Graduates are well placed to give general advice on diet and lifestyle to help people stay in good health, but cannot give advice on specific medical disorders related to nutritional health.



Nutrition Therapist
If you want to set up as a Nutritional therapist/practitioner with an accredited course, then our Nutrition Therapist course is the ideal option.

This is a longer course (1-2 years), with more extensive study of Nutrition and Anatomy & Physiology, including more information on diets, naturopathy and applying knowledge in clinical practice.

Still a distance learning course but with 3 days (21 hours) attendance requirement.

Our Nutrition Therapist Course is fully accredited by the Federation of Nutritional Therapy Practitioners in the UK. Successful graduates are eligible to set up as Nutritional Therapist and UK students can join the FNTPT's register with insurance.





Kiwi fruit: Holds twice as much Vitamin C as an orange
Vitamin C protects cells and supports connective tissue and organs

nutrition advisor course

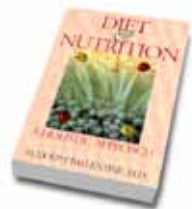
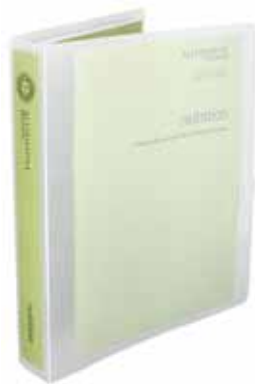
This diploma course is ideal for anyone interested in nutrition who wishes to expand their knowledge in this subject - to separate the fact from the fiction. If you want to find out for yourself what is truly sustaining then our Nutrition Advisor Diploma Course is perfect for you. The most essential question to ask anyone worried about their own nutrition is, "Do you enjoy eating?"

Units: 1-3
Study Hours: 125-175
Time: Estimated 9/12 months (timing up to you)
Enrolment period: 2 years (with option to extend)
Books: Included with the course
Study Option: Correspondence

Nutrition Unit 1
The macronutrients
Introduction to nutrition
Carbohydrates
Hypoglycaemia
Counting calories
Fats
Proteins
Intolerances

Nutrition Unit 2
Minerals & Vitamins
Water and the macrominerals
Calcium & magnesium
The microminerals
Vitamins

Nutrition Unit 3
Elimination, bowel flora and health
Detox diets
Vegetarian and vegan diets
Food combining
Allergies, chemical residues and additives
Vitamin and mineral supplementation
The composition of a healthy diet



Nutrition Advisor Course & Books

Nourishing

This diploma course is designed to provide you with a sound knowledge of nutrition. You will learn just how important nutrition is to human health and about the relationship that exists between diet and states of health and disease. The easy to follow syllabus helps you identify, understand and appreciate the vital role of nutrition and diet.

The diploma course is the equivalent to a vocational 'A' level or NVQ Level 3 and will provide you with a solid foundation should you wish to undertake further study or start an education in nutrition.

Sustaining

As this is a distance-learning course you can integrate the learning into your own lifestyle according to your needs. You receive from us the highest level of support by post or email. Our personal tutors give you guidance and feedback on your progress upon the completion of each unit.

This form of continuous assessment provides you with ongoing motivation. There are no exams and no prior medical training is necessary. Upon completing the course the Alternative Training certificate will be awarded.

Assimilating

The nature of home-study enables you to work and to assimilate the course material at your own pace. Completion of the course takes about 125 - 175 hours, (approximately 9-12 months). You are free to decide how and when you devote yourself to study, and we play a supporting role. If you have purchased the course with tutor marking you will also be given contact details for your tutor with your course pack.

The printed course manual is sent to you in a convenient ring binder. The learning programme consists of three units. Each unit contains explanatory text, reading references for the two textbooks that accompany the course, short self-assessment questions and longer assignments.



The course is designed to take you through the process of identifying, understanding and appreciating each individual aspect of nutrition. Step by step you are given a sure foundation in nutrition.

The Course Materials

There are two selected textbooks that are essential for the course. They have been especially chosen to give you the best and most encompassing education on the subject:

Nutrition Course Books

Diet and Nutrition
Rudolph Ballentine
ISBN 9780893890483

This book provides a holistic and comprehensive overview of the field, bringing the ageless insights of the East together with the modern scientific discoveries of the West. The facts are presented clearly and precisely, providing the reader with an in-depth understanding and practical approach.

Essentials of Human Nutrition
Mann and Truswell
ISBN 9780199290970

This book has already established itself as the most reliable and accessible textbook for students embarking on courses in human nutrition. It has been adopted as a course textbook in several countries and has proven itself to be an invaluable reference work.

Certificate

Successful completion of the above leads to the Nutrition Advisor Diploma.



Bananas: One of the best sources of potassium
Potassium plays an essential role in brain and nerve function and heart activity



nutrition therapist course

This diploma course is ideal for anyone who wants to become a Nutritional Therapist and set up their own practice. When you become a Nutritional Practitioner you can assess a person's diet and recommend changes in order to solve a variety of diet-related health problems. This Open University style, distance learning Diploma course, has been designed with flexibility in mind and can be completed over 2 years part-time. The Nutrition Therapist programme comprises of two courses: Nutrition and Anatomy & Physiology (A&P) and a 3 Day Nutrition Workshop and is equivalent to a NVQ Level 4.

Nutrition
Units: 1-4
Study Hours: 150-200
Time: Estimated 9/12 months (timing up to you)
Enrolment period: 2 years (with option to extend)
Books: Included with the course
Study Option: Correspondence

3 Day Clinical Practice
All students are required to come to a 3-day workshop (21 hours) of face-to-face study. Courses run annually from Stroud, Gloucestershire. The price of the 3 day workshop is included in your course fee but if it is not taken within the 2 year study period then a top-up fee may be required.

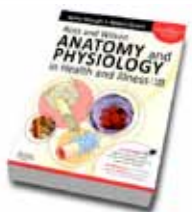
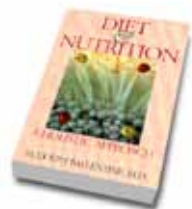
Anatomy & Physiology (A&P)
Units: 1-5
Study Hours: 150-200
Time: Estimated 9/12 months (timing up to you)
Enrolment period: 2 years (with option to extend)
Books: Included with the course
Study Option: Correspondence

Nutrition Unit 1
The macronutrients
Introduction to nutrition
Carbohydrates
Hypoglycaemia
Counting calories
Fats
Proteins
Intolerances

Nutrition Unit 2
Minerals & Vitamins
Water and the macrominerals
Calcium & magnesium
The microminerals
Vitamins

Nutrition Unit 3
The composition of a healthy diet
Food combining
Vegetarian and vegan diets
Detox diets
Mineral and vitamin supplementation
Elimination, bowel flora and health
Allergies, chemical residues and additives

Nutrition Unit 4
Naturopathic nutrition
Naturopathic philosophy
Cause of disease
Movement of disease
Named diseases and nutritional protocols



Nutrition Therapist Course & Books

A&P Unit 1
Introduction to anatomy & physiology
Cells, tissues, organs, and organ systems
The cardiovascular system
The blood

A&P Unit 2
Respiration
The digestive system
The pancreas
The liver
The large intestine

A&P Unit 3
Structure of the cell membrane
Temperature regulation
The kidney
The lymphatic system
The immune system

A&P Unit 4
Cell division
Reproduction
Genetics and heredity
Mendelian inheritance

A&P Unit 5
The sensory & nervous system
The brain
The endocrine system
The musculoskeletal system
The skeletal system

The Nutrition Therapist programme comes with two study manuals: Nutrition and Anatomy & Physiology. If you have prior training in Anatomy & Physiology and do not require this element of the programme then please contact us about the possibility of exemption.

Nourishing
The diploma course is designed to provide you with a thorough and in-depth knowledge of nutrition. You will learn just how important nutrition is to human health and about the relationship that exists between diet and states of health and disease. The easy to follow syllabus helps you identify, understand and appreciate the vital role of nutrition and diet.

This vocational diploma course is the equivalent to a NVQ Level 4 and will provide you with the knowledge to begin setting up your own practice as a nutritional practitioner, if all the requirements are met.

Sustaining
As this is a distance-learning course you can integrate the learning into your own lifestyle according to your needs.

You receive from us the highest level of support by post or email. Our personal tutors give you guidance and feedback on your progress upon the completion of each unit. This form of continuous assessment provides you with ongoing motivation. There are no exams and no prior medical training is necessary. Upon completing the course the Alternative Training Diploma will be awarded.

Assimilating
The nature of the home-study courses enables you to work and to assimilate the course material at your own pace. Completion of the course takes about 400 hours, (approximately 24 months). You are free to decide how much time to put in and when, and we play a supporting role.

The printed course manuals are sent to you in convenient ring binders. The learning programme consists of nine units in total (four in Nutrition and five in Anatomy & Physiology). Each unit contains explanatory text, reading references for the textbooks that accompany the course, short self-assessment questions and longer assignments.



The course is designed to take you through the process of identifying, understanding and appreciating each individual aspect of Nutrition and Anatomy & Physiology. Step by step you are given a sure education and on your way to becoming a Nutritional Therapist.

Nutrition Course Materials
There are two selected textbooks that are essential for the Nutrition course. They have been especially chosen to give you the best and most encompassing mix of the holistic perspective and scientific view on the subject:

Nutrition Course Books
Diet and Nutrition
Rudolph Ballentine · ISBN
9780893890483

This book provides a holistic and comprehensive overview of the field, bringing the ageless insights of the East together with the modern scientific discoveries of the West. The facts are presented clearly and precisely, providing the reader with an in-depth understanding and practical approach.



Essentials of Human Nutrition
Mann and Truswell · ISBN
9780199290970

This book has already established itself as the most reliable and accessible textbook for students embarking on courses in human nutrition. It has been adopted as a course textbook in several countries and has proven itself to be an invaluable reference work.

A&P Course Materials
As well as the Nutrition course we send you the printed A&P course manual, which contains 5 course units plus the two essential textbooks for the course.

A&P Course Books
Anatomy & Physiology in Health & Illness
Ross and Wilson
ISBN 0443310109

The Physiology Coloring Book
Kapit, Macey and Meisami
ISBN 0321036638

Certificate
Successful completion of the above leads to the Nutrition Therapist Diploma.



becoming a nutritionist

The route to 'becoming' a nutritionist can be a varied one, and there are many pathways into the profession. If you complete our Nutrition Therapist course you will become an accredited nutritionist, and be able to set up your own practice. We hope that the following questions may guide and help you in making your choice and please do call us if you would like to chat about your options.

What makes me want to be a nutritionist?

Many people spend time creating a career and nurturing family and then come to a point where they feel they have unanswered questions about their life. Maybe they want to find more balance in life and want to work for themselves? Maybe they want to improve their own health and wellbeing? Many people are drawn to studying nutrition due to a desire to help other people make the best of themselves, to give them the tools to create a healthier lifestyle. Whatever your reason for taking our course, our aim is to listen fully and to provide you with sound information. This will enable you to make a well informed and good decision about your future.

Do I have the required skills?

You don't need to have any specific prior experience or training to enrol with us. You do need to be willing to study and being self-motivated and organised is also pretty vital. You may already have training in Anatomy & Physiology and this is a great stepping-stone into the world of nutrition. If you do have training in A&P you may be eligible for exemption from that section of the course.

Will I be eligible for registration with a nutrition association?

Our Nutrition Therapist course is fully accredited by the Federation of Nutritional Therapy Practitioners. This means upon completion of the course you will be entitled to join the FNTF as a full member, gain insurance through them and join their register of professional members allowing members of the public to search for you.

Have I got the time and commitment?

Our Nutrition Therapist course can be started at any time and you set your pace of study. To complete the course in 2 years you will require about 5 hours per week. If you can commit more than this you will probably be able to complete the course in less time. As part of your

training with us you will also be required to attend a 3-day clinical workshop in Stroud, Gloucestershire so you'll need to take into account whether you'll be able to attend this. Stroud is very accessible with a direct connection to London.

What will it cost?

Each course provider sets their own fees and we always ensure that our courses are competitively and fairly priced. Please see the enrolment form for prices.

Do I want to be self-employed?

Becoming a nutritionist means you can steer your career through many different pathways. You could have the option of working in varied settings, from hospitals and nursing homes to government positions and schools. A lot of nutritionists are self-employed working as consultants for individual clients and, whilst this can be a big plus for many, it is important to take into account this may also involve a more unpredictable income and the need to be adaptable. Other aspects that you will consider at some stage will be marketing and maintaining accounts etc. It also means you need to set realistic charges and make sure you get paid!



Oranges: Full of the antioxidant beta-carotene
Beta-carotene protects against cell damage and prevents the signs of ageing

assessment & qualification

Assessment

There are no formal examinations and assessment is continuous through regular assignment projects. You will be assisted by supportive comments from your tutor.

You progress through the study units upon completion of each set of assignments. You are supervised through the course by the home study course manager, Amanda Norland, who is available for queries or pastoral care.

Nutritional therapist course students must come to at least one 3 day Clinical Practice event. We hold a minimum of one of these a year depending on demand. Students are eligible to join once they have reached Unit 3 of Nutrition and Unit 2 of Anatomy & Physiology.

Certification

The School awards the following Certificates and Diplomas:

- Nutrition Advisor Diploma
- Nutrition Therapist Diploma

Recognition

The Nutrition Therapist Diploma programme is fully accredited by the Federation of Nutritional Therapy Practitioners suitable for those who wish to practice Nutrition. After completion, students are able to gain insurance with the Federation of Nutritional Therapy Practitioners and set up in practice as a nutritionist with registration.

This Nutrition Advisor course is ideal for those who wish to learn about nutrition but do not require insurance or registration with a nutritional body like the Federation of Nutritional Therapy Practitioners (FNTPT) as they already have health insurance through their main area of therapy.

Registration

The Register is a published list of nutritionists who work within an established code of ethics. Since the School is a recognised course provider in nutritional education, our Nutrition Therapist Diploma, given on completion of our Nutrition Therapist Course, leads to immediate registration in the UK. Potential patients seeking a nutritionist

practitioner trained to a high standard, can access this Register to find someone in their area.

Please note that completion of our International programme does not always confer an automatic license to practice. Whilst we have a good recognition in the UK it is wise to review the official recognition policies of your own country before setting up in practice.





enrolling

Enrolment for the home study course can be at any time. To enrol onto any home study course please use the enclosed Home Study Enrolment Form, go online or call us to enrol in person.

Entry Requirements

Our nutrition courses are open to anyone with a sincere interest in the study of nutrition, irrespective of your background. There are no high level academic entry requirements for joining any of our courses, rather we ask for you to come with an open mind, and heart and a genuine vocational aptitude. What we are looking for is your capacity to study and express yourself rather than prior learning. You will need to be fluent in the English language and it is essential that you enjoy researching and are interested in food!

Advanced Entry

For those with prior Anatomy & Physiology knowledge, we have advanced entry points to our courses. To be considered for partial exemption you will be required to show study equivalent to our courses, and you must provide full details of your previous training, including methods of assessment,

clinical experience and relevant textbooks used. Acceptance is provisional and you may be asked to complete preliminary work that serves to show you our methods and teaching standards and enables us to assess your prior learning. Please contact the course manager to apply.

Correspondence

A study period of 24 months is allocated for each year of our home study courses after which a re-enrolment fee is required to extend study time. If you wish to cancel your enrolment, appropriate refunds are given within the statutory 7 day period or partial refund within three months after payment where cancellation charges apply. For our full study periods, cancellations and refunds policy please view our terms and conditions online or contact us.

Fees

Fees for the nutrition course and medical science courses are listed separately, together with our payment methods. Please note that there is an initial non-refundable Registration Fee for all courses.

Student enquiries:
Alternative Training
Orchard Leigh
Rodborough Hill
Stroud, Gloucestershire
GL5 3SS
UK

UK Freephone: 0800 0439 349
T: +44 (0)1453 765 956
F: +44 (0)1453 765 953
E: info@alternative-training.com
www.alternative-training.com

Thank you, we hope to hear from you soon!



other courses...

Alternative Training is recognised as a leader providing home study courses for alternative medicine. Founded in 1987, the company stands for quality and the highest levels of student support. It has helped countless students spread their wings and take flight into the world of alternative medicine. Over 250 students enrol on Alternative Training's courses each year in more than 80 countries.

Alternative Training offers courses in Nutrition, Homeopathy, Yoga, Anatomy & Physiology and Pathology & Disease. The courses complement one another embracing the same wellbeing philosophy and values and the holistic perspective of the courses gives the company a unique niche in the market. This approach ensures Alternative Training is the number one choice for many students, practitioners and colleges.

Alternative Training serves its students from Gloucestershire, England with a network of over 40 course mentors and supervisors.



Pathology & Disease Diploma Course (200-225hrs)

Introduction and discussion of the philosophy of pathology, study of basic pathological processes, common medical investigations, infectious disease, cancer, cardiovascular system, respiratory system, urinary system, musculoskeletal system, dermatology, special senses, gastrointestinal system, central nervous system, endocrine system, obstetrics, gynaecology, children's health, and psychological disorders.

Within each topic, the focus is on identification of symptoms, keys to recognising serious disease (where caution is needed), the use of diagnostic investigations, the components of specific disease states, and the management of these conditions by alternative practitioners, including the ability to communicate with orthodox medical practitioners.



Homeopathy courses From beginner to practitioner level

The School of Homeopathy was established in 1981 by its founder and current course leader, Misha Norland. The School is now run by his eldest son and Principal, Mani Norland. The School of Homeopathy is the longest running homeopathy school in the UK and for many years has been recognised for clarity of vision, for precision in homeopathic prescribing, and for professionalism. This School has provided homeopathic education from beginner to practitioner level to thousands of students across the world and is active in the homeopathic community.

Courses:
First Aid Course & Remedy Kit
Taster Course
1 Year : Foundation Diploma Course
2 Year : Introduction into Practice Diploma Course
3 Year : Higher Diploma (Part 1) Course
4 Year : Higher Diploma (Part 2) Course



Yoga Philosophy Foundation Course (300-400hrs)

This foundation course was designed for those who already practice yoga, or those who wish to begin and have little knowledge of the origin, philosophy and different teachings of yoga, to broaden their understanding of the basic principles and values. The course is an ideal starting point for anyone who wishes to learn more whilst on their path to becoming a teacher. A home study course that, upon completion, will enable a new way of thinking, deeper awareness and perhaps a new way of life.

People study the philosophy of yoga for different reasons: you may wish to teach yoga, you may already be a teacher who wishes to deepen your understanding, or you may be a complete beginner and simply wish to learn more about this incredible practice.

