

**YOGAANANDA ACADEMY OF YOGA AND  
PHILOSOPHY, Reigate , Surrey UK**

Learning Flow

**YOGA FOR BEGINNERS With Maria**

**This course is designed for anyone who wants to find out what yoga is all about. An Introduction to the postures breathing meditation and Philosophy**



**Comprehensive Guide to Yoga with Yogi Raaj**

**This course covers the 8 limbs of Yoga and goes far beyond what can be taught in our normal classes**



**Meditation Day With Leon**

**For people who would like to learn to meditate and are ready to start practicing. Learning the techniques and Philosophy of Meditation .**



**200 Hours Teachers Training at Yogaananda**

**This course will enrich your practice and deepen your understanding of Yoga enabling you to become a teacher, or simply enjoying the greater knowledge will bring you..**



**KRIYA YOGA**

**For those who would like to go deep in their meditation We offer a 9- month Preparatory course that culminates in Kriya Initiation at the Ananda community in Assisi, Italy each November**