

Master Degree in Yoga Education

Semester I

INTRODUCTION TO SANSKRITA

Semester: I

Sub Code: **MS T 101**

Credits: 4

Hours/Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3 Hrs

Pre Requirement: Knowledge of Devanagari script - alphabet, i.e. vowels, consonant vowel combination, two consonant combinations, special conjunct consonants and their pronunciation associated with their articulation.

Faculty may test the compatibility of the student by conducting suitable test

Text Book:

Dr. Sarasvati Mohan, Samskrta Level-1, Sharadh Enterprises, Bangalore.

Chapter 1 (3 hours)

Verb roots, nine forms for three persons and three numbers; practise all the verb roots and their forms for correct pronunciation; usage of prefixes and how they change the meaning of the verb root and how to find them in the dictionary.

Chapter 2 (7 hours)

Noun, masculine and neuter genders; 8 cases and their possible meanings; 24 forms of a noun and its declensions; practise of other similar declensions and usage of the 24 forms of a noun. Introduction to write a sentence; syntax, prepositions and their definite requirements of cases; rule how 'ra/sha' changes dental 'n' to cerebral 'N' and its exceptions for this rule; repeat declensions for pronunciation.

Chapter 3 (7 hours)

Noun- feminine gender; both ā ending and i-ending and practice of similar declensions. Practice of writing sentences with words mainly in feminine gender; exercises mainly for the feminine gender illustration; special declensions where dental 'n' changes to cerebral 'N'; repeat all feminine noun declensions.

Chapter 4 (3 hours)

Madhurashtakam illustrating all the three genders of nouns and study of the adjectives, having all the three genders and changing according to the gender of different qualified nouns; Midterm examination

Chapter 5 (10 hours)

ex 32-38 ; models of declensions; how to recognize a gender or find the gender using the dictionary and write declensions of new words according to their models of declensions, while applying the rule changing dental 'n' to cerebral 'N'; making simple sentences for all the words given there; repeat vowel-ending model declensions.

Chapter 6 (10 hours)

Exercises for appropriate use of the cases; irregular verbs; absence of verb root "to have" in Samskrta; where to omit root 'AS' (to be), use of certain special verbs; repeat model declensions

Chapter 7 (10 hours)

Pronouns: Introduction to pronouns; declensions of pronouns; corresponding translations of pronouns into English; forming sentences with pronouns; Different aspects of pronouns being used as demonstrative pronouns and as interrogative pronouns and details of distance specification..

Chapter 8 (10 hours)

- Sandhi explanation; three major kinds of Sandhi: Vowel-Sandhi, Visarga-Sandhi and Consonant- Sandhi, and fifteen exercises.
- Parasmaipadi (P) and Atmanepadi (A) forms of verbs;
- Verb and ten Ganas; how to find the Gana using the Apte Samskrta -English Dictionary
- Verb and ten Lakaras; mastering five Lakaras of both Parasmaipadi and Atmanepadi and doing the pertaining exercises for that.

Text Books:

1. Dr. Sarasvati Mohan, Samskrta Level-2, Samskrta Academy
2. Dr. Sarasvati Mohan, Samskrta-English-Samskrta Dictionary, Samskrta Academy.
3. Dr. Sarasvati Mohan, Samskrta Level-3, Samskrta Academy
4. Vaman Sivaram Apte, Samskrta-English Dictionary, Samskrta Academy

Reference Books:

1. Samskrtabhasadipika, Sri Surasaraswati Sabha (R) Sringeri, Bangalore, 2003.

VEDAS, UPANISHADS AND DARSHANAS**Semester: I**Sub Code: **MS T 102**

Credits: 4

Hours/Wk: 4

Total Hrs: 60

Exam Marks: 50

IA Marks: 50

Exam Duration: 3 Hrs

Chapter 1: Vedas and Upanishads (20 hours)

Vedas, the foundations of Indian culture; antiquity, the four main Vedas, Science and Technology of Vedas, why Vedas, Prasthanatraya, Essence of the Vedas-Upanishads, the style of Upanishads, the two main quests - Happiness Analysis and Quest for reality; concept of Dharma and higher dimensions of Dharma.

Chapter 2: Samkhya and Yoga (10 hours)

Introduction, 3-fold afflictions, means to overcome afflictions, 25 entities according to Samkhya and means of knowledge; Shankarya vada, similarities and dissimilarities between vyakta and avyakta, triguna; Existence of purusha, plurality of purusha, proximity of purusha and prakrti; Karana, Antau karana & Bahya karana according to Samkhya karika and Euvarkrishna.

Chapter 3: Charvaka, Jaina & Bauddha (10 hours)

Concept of Charvaka philosophy in the shat darsanas; Early Buddhism, rules and disciplines of Buddhists tradition; The concept of rebirth, origin of suffering and the way to remove suffering in Buddhism; The concept of jiva, ajiva, syadvada according to Jainism.

Chapter 4: Nyaya & Vaiseshika (10 hours)

Concept of Nyaya philosophy means of salvation according to Nyaya and Vaiseshika; The sixteen Padarthas according to Nyaya, means and objects of knowledge according to Nyaya and Vaisheshika; Relation between Nyaya and Vaiseshika philosophy; Perception (Pratyaksha), inference (Anumana), comparison (Upamana) according to Nyaya and Vaiseshika.

Chapter 5: Mimamsa (10 hours)

Uttara mimamsa: Concept of Badarayana in Uttara mimamsa, Pramana, Pratyaksha, Anumana, Shabda according to Uttara mimamsa; Difference between vidya & avidya, subject & object, creation & causation, cause & effect; Purva mimamsa: Purva mimamsa in shat darsana; Pramanas of Gaimini, Atheism in Purva mimamsa.

Text Books:

1. Dr H R Nagendra : Yoga Its Basis and Applications (Swami Vivekananda Yoga Prakasana, Bangalore, 2002)
2. Chandradhar Sharma : A Critical Survey of Indian Philosophy (Motilal Banarsidass Publishers, Delhi, 2000)

Reference Books:

1. Karela Werner : Yoga and Indian Philosophy (Motilal Banarsidass, Delhi, 1979)
2. Radhakrishnan, S. : Indian Philosophy (Vol. I & II) (George Allen and Unwin, London, 1971)
3. Swami Prabhavananda : Spiritual Heritage of India (English) (Sri Ramkrishna Math, Madras, 2004)
4. Dasgupta, S.N. : Yoga Philosophy in Relation to other Systems of Indian thought (University of Calcutta Culcatta, 1924)
5. Sharma, Chandradhar : A Critical Survey of Indian Philosophy (Motilal Banarsidass, Delhi, 2000)
6. Raja, Kunhan C. : Some Fundamental Problems in Indian Philosophy (Motilal Banarsidass, Delhi, 1974)
7. Stace, W.T. : Mysticism and Philosophy (Macmillan and Co. London, 1961)
8. Dasgupta, S.N. : Hindu Mysticism (Motilal Banarsidass, Delhi 1927)
9. Stephen Sturges : The Yoga Book (Motilal Banarsidass, Delhi, 2004)
10. Swami Jnanananda : Philosophy of Yoga (Sri Ramakrishna Ashrama, Mysore.)
11. Swami Krishnananda : A Short History of Religions and Philosophic Thought in India. (The Divine Life Society, Rishikesh, 1973)

12. Swami Harshananda : The Six Systems of Hindu Philosophy (Ramakrishna Matt, Bangalore, 2000)

FOUNDATIONS OF YOGA

Semester: I

Sub Code: **MS T 103**

Credits: 4

Hours/Wk: 4

Total Hrs: 60

Exam Marks: 50

IA Marks: 50

Exam Duration: 3 Hrs

Unit-1: Historical background and introduction to Yoga and Darshanas

1.1 Brief introduction to Origin, History and Development of Yoga: Historical, Mythological and Psychological aspects leading to the origin of Yoga.

1.2 Yoga: Its Meaning and Definitions, Aim and Objectives of Yoga, Misconceptions about Yoga.

1.3 Darshana: Its Meaning and Definitions, Its Nature and Scope, Its distinction from Religion and Science.

1.4 Salient features of Indian Philosophy (Bháratiya Darshana - Ástika and Nástika) and its distinction from Western Philosophy with special reference to the issue of Human Existence.

1.5 General Introduction to Prasthánatraya, Two-way relationship between Yoga and Indian Philosophy, Yoga and Mysticism.

Unit- 2: Brief survey of Yoga Traditions-1

2.1 Yoga in Vedas: Jnána Yoga, Bhakti Yoga, Karma Yoga, Dhyána Yoga, Yama, Niyama and Pránidhána.

2.2 Yoga in Upanishads: Jnána Yoga, Karma Yoga, Other Major Upanisads: Astáshga Yoga, Úadáshga Yoga, Náda Yoga, Dhyána Yoga, Mantra Yoga, Nádi-tantra, Panca-koshyá.

2.3 Yoga in Epics and Puránas: The nature and types of Yoga in Adhyatma-Rámáyana and Yoga Vásistha, Yoga in Mahábhárata and Yoga in Puránas.

2.4 Yoga in Buddhist Tradition: Aim of Yoga practice, Arta-satya, Arya-astáshgik-marg, Vipassana, Code of Conduct.

2.5 Yoga in Jain Tradition: Means and Ends, Meditation and its Types, Káyotsarga, Code of Conduct.

Unit-3: Brief survey of Yoga Traditions-II

- .1 Yoga in Úad Darshana: General Introduction, Aim and Objectives of Sad Darsanas with special reference to Yoga.
- 3.2. Yoga in Tantra: Introduction to Kundalini, Sat-cakra-sádhaná, Pránáyáma in Gandharva Tantra, Yoga Sádhaná in Rudrayanala Tantra.
- 3.3 Philosophy and Practice of Tantra: Váma Marga, Kála Marga, Mishra Marga, Samaya Marga, the Philosophy and Nature of Tántric Sádhaná, Nature of Siva and Sakti, Ágama and Types of Ágama.
- 3.4 Yoga in Medieval Literatures-General Introduction, Siddha Siddhánt Paddhati, Hatha Yoga Pradipiká, Gheranda Saýhita, Siva Saýhita, Yoga Bija, Hatha Ratnávali, Hatha Tattvakaumudi and Amanaska Yoga.
- 3.5 Yoga in Modern Times: Philosophy of Shri Aurobindo, Integral Yoga, Yoga Traditions of Swami Ramakrishna- Vivekananda and Shri Mahesh Yogi.

Unit 4: Philosophical Foundations and Practices of Yogic Schools

- 4.1 General Introduction to Various Schools of Yoga.
- 4.2 Philosophical Foundations and Practices of Rája Yoga & Hatha Yoga
- 4.3 Philosophical Foundations and Practices of Bhakti Yoga and Karma Yoga and their interdependence.
- 4.4 Types (Nárada Bhakti) and Nature of Bhakti, Types of Karma, Karmashaya, Jati-Ayu-Bhogah, Theory of Karma and Rebirth (Reincarnation).
- 4.5 Philosophical Foundations and Practices of Mantra Yoga and Laya Yoga.

Books for Reference

1. Acharya, Shri Ram : 108 Upanishads in three Volumes (Hindi) Shanti Kunj, Haridwar, 1978
2. Sharma : Yoga Philosophy in Relation to other Systems of Indian thought. University of Calcutta, 1924
3. Dasgupta, S. N. : Hindu Mysticism, Motilal Banarsidass, Delhi 1927
4. Fenerstein, George : The Yoga Tradition: It's History, Literature, Philosophy Practice, Bhavana Books and Prints, 2002
5. Goyandaka, Jayadaya : Shrimad Bhagavadgita Tattvavivechani, Geeta Press, Gorakhpur, 1961
6. Karel Werner : Yoga and Indian Philosophy, Motilal Banarasidas, Delhi, 1979
7. Pandit, M. P. : Introduction to Upanishads: Theosophical Society of India Adyar, Madras, 1976
8. Radhakrishnan : The Principal Upanishads, George Allen and Unwin, London, 1953

9. Radhakrishnan, S. : Indian Philosophy (Vol. I & II). George Allen and Unwin, London, 1971
10. Raja, Kunhan C. : Some Fundamental Problems in Indian Philosophy. Motilal Banarasidas, Delhi, 1974
11. Sharma, Chandradhar : A Critical Survey of Indian Philosophy. Motilal Banarasidas, Delhi, 2000
12. Sing, Lalan Prasad : Tantra, Its Mystic and Scientific Bases. Concept Publishing Company, Delhi, 1976
13. Stace, W.T. : Mysticism and Philosophy. Macmilan and Co. London, 1961
14. Stephen Sturges : The Yoga Book. Motilal Banarsidass, Delhi, 2004
15. Bhat, Krishna K. : The Power of Uoga: Su Yoga Publications Mnagalore, 2006
16. Swami Adidevananda : Sri Ramanuja Gita Bhasya. Sri Ramakrishna Math, Madras, 1993
17. Swami Anant Bharati : Yoga Darshan - Yoga Prabhakar (Hindi). Swami Keshwananda Yoga Sansthan, Delhi, 1982
18. Swami Atmananda : Four Yogas, Bharatiya Vidya Bhavana, Bombay, 1966
19. Swami Jnanananda : Philosophy of Yoga. Sri Ramakrishna Ashrama, Mysore
20. Swami Prabhavananda : Spiritual Heritage of India (English). Sri Ramakrishna Math, Madras 2004
21. Swami Vivekananda : Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000

YOGA AND EDUCATION

Semester: I

Sub Code: **MS T 104**

Credits: 4

Hours/Wk: 4

Total Hrs: 60

Exam Marks: 50

I A Marks: 50

Exam Duration: 3 Hrs

Chapter 1:(15 Hours)

New Dimension in Modern Education

Apará, Pará, Personality Development; Physical, Mental, Intellectual, Emotional and Spiritual. Civic Sense, Patriotic Urge, Spiritual Urge, Residential Schools, Day-Scholar Schools, Non-Formal Education, Amrta Surabhi Programme.

Chapter 2: (15 Hours)

Yoga and Education

- i. Education - Its meaning, scope, goal and importance,
- ii. Yoga education: Salient features, Factors of Yoga education Teacher, Student and Teaching.
- iii. Methods of teaching, factors influencing Yoga teaching
- iv. Yoga-Teacher as a Friend, Philosopher and Guide, Yoga Teacher's personality and his role in the development of student's personality, Concept of Guru-shishya parampará.
- v. Relation between yoga and other forms of education.
- vi. Comparison of Ásanas and Exercise.
- vii. Role of Ásanas, Pránayámas, Kriyás in Education.

Chapter 3: (15 Hours)

Yoga and Value Education

- i. Concept of Value, Definition of value, Types of Values.
- ii. Value-Oriented Education, Value-education and its components.
- iii. Value-oriented personality, Role and function of values in society.
- iv. Yoga as global value, Yoga as value and Yoga as Practice.
- v. Contribution of Yoga towards the development of values.

Chapter 4: (15 Hours)

Yoga Education - its Practical Application

- i. Self-direction or dharma
- ii. Knowledge (Jnána) and concentration.
- iii. Development through vairágya or through objectivity.

Text Books:

1. Dr H R Nagendra and T Mohan, Yoga in Education, Vol I, Swámi Vivekánanda Yoga Prakáshana, Bangalore, 2001.
2. Dr Jayadeva Yogendra, Cyclopaedia Yoga, Vol. I, The Yoga Institute, Santacruz East, Mumbai, 2006.
3. Dr Jayadeva Yogendra, Cyclopaedia Yoga, Vol. II, The Yoga Institute, Santacruz East, Mumbai, 1989.

Reference Books:

1. Duggal, Satyapad : Teaching Yoga (The Yoga Institute, Santacruz, Bombay, 1985)

2. Swámi Satyananda : Yoga Education For Children Sarasvati (Bihar Schools of Yoga, Munger, 1990)
3. Gawande. E.N. : Value-Oriented Education (Sarup & Sons, New Delhi - 110002)
4. Nagendra. H.R. and Nagarathna R : New Perspectives in Stress Management (V.K.Yogas, Bangalore, 1988)
5. Udupa. K.N. : Stress and its Management by Yoga (Motilal Banarsidass, Delhi)

6. Ghorote. M.L. : Yoga Applied to Physical Education Lonavala; Kaivalyadhama.
7. Dr R Nagarathna and Dr H R Nagendra : Integrated Approach of Yoga Therapy for Positive Health, (Swámi Vivekánanda Yoga Prakáshana, Bangalore, 2003.)

APPLICATIONS OF YOGA

Semester: I

Sub Code: **MS T 105**

Credits: 2

Hours/Wk: 2

Total Hrs: 60

Exam Marks: 50

IA Marks: 50

Exam Duration: 3 Hrs

Chapter 1: (10 Hours)

Introduction to Applications of Yoga

Modern science and yoga and Ecological dimensions of Yoga in technology.

Chapter 2: (10 Hours)

Yoga and Health

Yoga in health perspectives, Yoga psychology, Higher powers through yoga and inputs to parapsychology.

Chapter 3: (10 Hours)

Yoga and Physical Sciences

Yoga in physics and mathematics, Yoga in engineering and technology.

Chapter 4: (10 Hours)

Yoga and Education and Management

Yoga for all-round development of personality through Yoga in education, factors of yoga education: Teacher, Student and Teaching Methods. Factors influencing Yoga teaching. Yoga Teacher as a Philosopher, Friend and guide. Yoga Teacher's

own personality and development of student's personality. Stress management for the corporate world; Holistic systems management, Economics and Yoga, Yoga perspectives in Indian history,

Chapter 5: (10 Hours)

Yoga and Humanity

Creative dimensions of Yoga in art, paintings, skits & dramas, poetry, music and dance; Dharma & jurisprudence; Human relation development through Yoga in business; Yoga for sportsmen, Yoga for physically, mentally & socially deprived, Yoga for women's problems, Yoga the foundation of Indian culture, Social dimensions of Yoga for creating social orders.

Chapter 6: (10 Hours)

Other applications: Environmental and Drug Abuse

- i. Yoga and Occupational Hazards: Management of Occupational risk factors and prevention of occupational Hazards.
- ii. Yoga for Substance Abuse: Supportive role in the management of withdrawal phase.
- iii. Role of Yoga in improving the tolerance in extreme environmental conditions - high Altitude Sickness, extreme heat and cold.

Text Book:

1. Lecture notes of Dr H R Nagendra

REFERENCE BOOKS

1. Dr H R Nagendra : Yoga in Education (Swámi Vivekánanda Yoga Prakáshna, Bangalore, 2002)
2. Swámi Satyananda : Yoga Education for Children Saraswati (Yoga Publication Trust, Munger, 1990)
3. Gawande. E.N. : Value-Oriented Education (Sarup & Sons, New Delhi - 110002)
4. Dr H R Nagendra and : New Perspective in Stress Management Dr R Nagarathna (Swámi Vivekánanda Yoga Prakáshna Bangalore, 2002)
5. Research Contributions of VYÁSA, Swámi Vivekánanda Yoga Prakáshna, Bangalore, 2002

YOGA PRACTICE 1**Semester: I**Sub Code: **MSE P 101**

Credits: 2

Hours/Wk: 4

Total Hrs: 60

Exam Marks: 50

IA Marks: 50

Exam Duration: 3 Hrs

Vedic Chanting:

1. Dasha Shántih
2. Bhrguvalli

Devotional Music:

Bhajanas, Dhunas, Námávalis, Prayers and Group singing of Bhajanas

Yoga Games:

Krida Yoga

Text Book:

- VYÁSA Pushpánjali, Swámi Vivekánanda Yoga Prakáshana, Bangalore, 2002.
- Kridá Yoga, Vivekananda Kendra Prakashana, Chennai.

YOGA FOR PERSONALITY DEV-IYM 1, 2**Semester: I**Sub Code: **MSE P 102**

Credits: 2

Hours/Wk: 4

Total Hrs: 60

Exam Marks: 50

IA Marks: 50

Exam Duration: 3 Hrs

A.. Eye Sight Impruvement**1. Preparatory Eye Exercises:**

- Up and Down
- Right and left
- Diagonal (Right up-Left down, Left up -right down)
- Rotation- clockwise and anticlockwise)

2. Āsanás

- Pádahastásana
- Ardha Cakrásana

3. Relaxation Technique

- Palming-3 stages of palming,
- Hand cup Palming - hold
- Press and release palming - 5 times
- Palming with bhrámari - 3 rounds

4. Cleansing Techniques (Kriyás)

- Eye cup Washing -1
- Massaging, tear sac massaging
- Blinking, Jala Neti
- Washing using the palm

5. Pránáyáma

- Relax in QRT-abdominal breathing
- Nádi Shuddhi
- Bhrámari for Head Relaxation

6. Trátaka

- Náságra, - straight finger - Palming 1
- Ürdhva Palming 1
- Adhomukha- horizontal finger - Palming 1
- Váma Jatr Palming 1
- Dakshina Jatr Trátaka Palming 1
- Bhrümadhya Trátaka- bent index Palming 1

a . Jyoti Trátaka

Jyoti Trátaka 1 eye at a time - Palming 1

Both eyes trataka three steps

- Multiple flames- merge them into one flame - concentrate on the sharpness of the margins of the flame
- Brightest part of the flame- recognize the gradation in the intensity of the light
- Wick of the candle,

- Blue center of the flame
- Aura of the flame

b. Antar Dhāranā trataka - imagine jyoti in the center of the skull focussing the eye ball inside skull

c. Sūrya trātaka- sunrise and sunset - never look at white light

d. Moon trātaka and star trataka

e. Dhāranā on jyoti and meditation

f. Relaxed eyes in action- relax the frown on the forehead, keep a smile on the face always Neck Muscles Relaxation- neck back bending action in relaxation. Interactions in calmness

B. Physical Stamina

1. Shithilikarana Vyāyāma

- a) Simple Jogging - Mukha Dhouti
- b) Forward jogging
- c) Backward jogging
- d) Side Jogging
- e) Twisting
- f) Rotation of arms
- g) Forward & backward bending
- h) Tiger Stretch
- i) Pavana Mukthāsana
- j) Back stretch
- k) Side Bending
- l) Neck Movement

2. Breathing Practices

- a) Hands in and out breathing
- b) Hand stretch Breathing
- c) Ankle stretch Breathing
- d) Dog breathing
- e) Rabbit breathing

- f) Tiger Stretch
- g) Tiger Breathing

3. Relaxation Techniques

- a. Shavásana (Drt)

4. Ásana

- a. Sürya Namaskára (12 Steps)
- b. Sürya Namasára (10 Steps)

5. Pránáyáma

- a. Sürya Anuloma Viloma

6. Kriyás

- a. Agnisára
- b. Kapálabhāti; Both nostril & Alternate Nostril Kapálabhāti

7. Meditation

- a. Sun
- b. Hanuman
- c. Hanuman & sun

C. Voice Culture

1. Breathing Exercises

- a. Tiger stretch

2. Relaxation

- a. Instant Relaxation Technique (IRT)
- b. Quick Relaxation Technique (QRT)
- c. QRT with chanting
- d. Neck Relaxation with bhrámari
- e. Siyha mudrá

3. Ásanas

- a. Janushirsásana
- b. Prasárita pashcimattánásana
- c. Vakrásana.

- d. Ardhamatsyendrāsana
- e. Matsyāsana
- f. Prasārita halāsana,

4. Prānāyāma

- a. Bhastrikā
- b. Ujjāyi,
- c. Sitkāri
- d. Sādanta
- e. Bhrāmari in shhanmukhi mudrá
- f. Bhrāmari

5. Kriyās

- a. Gargling
- b. Usháh Pána
- c. Jalaneti
- d. Kapālabhāti alternate nostrial
- e. Kapālabhāti both nostrial
- f. Vaman Dhouti

6. Námávalis

- a. Speech - Intonations
- b. Shakti Vikāsaka: Karna Shhakti Vikāsaka

7. Voice Special Technique

- a. Matching the Voice to 'OM' while
- b. Breathing-out
- c. Breathing-in
- d. Tongue massage
- e. Blowing cheeks
- f. Pursing the lips

D. Stress Management

1. Meditation Techniques (Cyclic Meditation)

- a. Instant Relaxation Technique (IRT)
 - Centering
 - Ardhkaticakrásana

- Pádahastásana
- Ardhasakrásana

b. Quick Relaxation Technique (QRT)

- Vajrásana
- Shashánkásana
- Ushtrásana

c. Deep Relaxation Technique (DRT)

- Awareness

Eligibility: Bachelor's degree in Yoga or Physical Education. Admission Process: Mostly Merit-based but few colleges also take entrance exams. Top Entrance Exam: AIA PGET, KIITEE. PhD in Yoga is a common course offered at many universities in India that either have a department for yoga or are purely a yoga university. Master of Arts in Yoga. Duration. 2 years. Examination Type. Semester and Annual. Eligibility. Bachelor's Degree, with a minimum score of 55%. Our Mindfulness Studies master's degree program "the first of its kind in North America" will prepare you to enrich your life as well as the lives of others through rigorous study and intensive meditation practice. Whether you're interested in health and wellness, education, social action, leadership, or business, you'll deepen your personal practice while exploring how to apply mindfulness to your career. Our low-residency format and online courses make it possible for you to participate in classes from your home on your own schedule. Getting your master's degree in education will add a depth of understanding to the broader liberal arts education you received in your bachelor's program. You can also do a lot more with this postgraduate degree than some others with narrow focus. There are many different routes you can take to earn a master's degree in education and a number of different types of master's degrees you can earn. Sometimes the difference between a certificate and master's program is only 15 credits, but some master's programs take an additional year or more to complete, depending on your previous degree and the requirements of your master's. Admissions Requirements for a Master's Degree in Education Program. View all Master Programs in Yoga Teacher Training in Europe 2020/2021. Read less. 1 Results in Yoga Teacher Training, Europe. format_list_bulleted Filters. Sort by This degree explores the origins and historical development of yoga and meditation in India and Tibet, from ancient times to the modern world. It would suit yoga/meditation te + Featured. This degree explores the origins and historical development of yoga and meditation in India and Tibet, from ancient times to the modern world. MASTERSTUDIES makes it easy for graduate students to find the right degree. Use our website to find information about degrees and career paths from around the world and speak directly with admissions officers at the schools and universities that interest you. The Master of Education program is a 30-credit advanced-degree program that focuses on theory and pedagogy. Within each specialization, you will develop skills and knowledge t + Featured help_outline. The MAE degree is designed specifically for educators who wish to assume leadership roles within and beyond the classroom, but who are not interested in obtaining an administr + Featured help_outline. MA.