



Yoga teacher Rajiv Kapil will show students how to apply "yogic methods" to modern life. Photo: Steve Cray

Stretch yourself and earn a diploma

Liz Gooch

First there was golf and surfing. Now yoga has joined the list of unconventional university courses certain to raise eyebrows among Hong Kong's academic purists.

Dedicated Hong Kong followers can now add a formal qualification to their salute to the sun and downward dog poses with what is being billed as Asia's first diploma and postgraduate course outside of India.

Affiliated with the University of Yoga and Consciousness, part of India's Andhra University, the course begins later this month at Planet Yoga in Central.

The three-month diploma course will consist of two hours of study every night, Monday to Friday. At the end of the course, students will go to India for two weeks of revision and exams.

Planet Yoga's founder and director, Srinivas Suresh Kamal, known as Master Kamal, said the course was not only for those who wanted to teach yoga, but would also appeal to people who wanted to gain an in-depth understanding of the discipline.

The diploma course covers the different schools of yoga and methods of meditation but Master Kamal promised there would be much more

to the classes than just spine-bending poses.

Topics cover yoga and naturopathy, yoga and diet, scientific research on yoga and how to apply "yogic methods" to modern life.

Students who complete the diploma will be eligible for the year-long postgraduate degree.

To be eligible for the diploma, students must be 18 or older, have been a member of Planet Yoga for two years or have completed the foundation or intermediate Kryoga course from the Asian Academy for Sports Fitness and Professionals.

For more information visit www.planetyoga.com.hk.