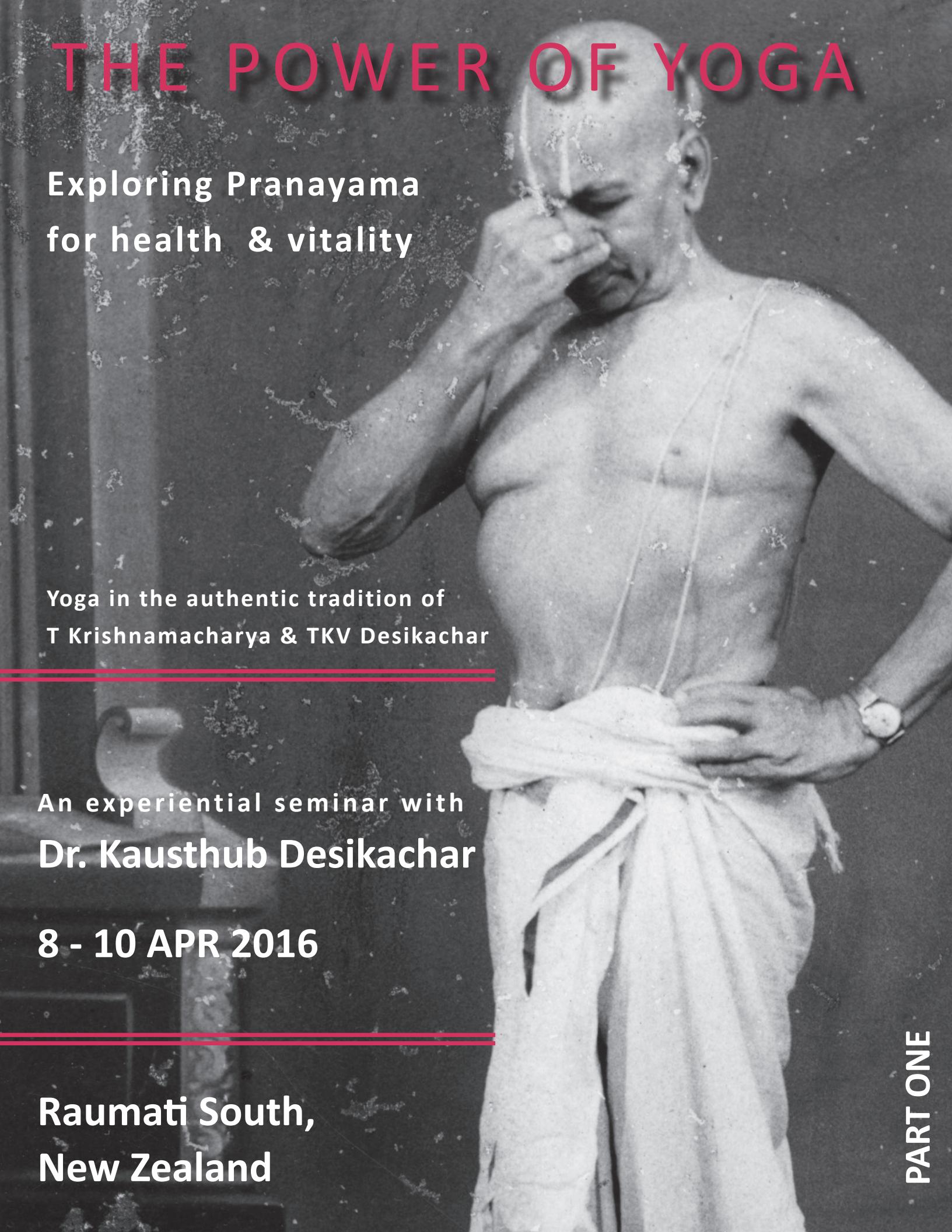


THE POWER OF YOGA



Exploring Pranayama
for health & vitality

Yoga in the authentic tradition of
T Krishnamacharya & TKV Desikachar

An experiential seminar with
Dr. Kausthub Desikachar

8 - 10 APR 2016

Raumati South,
New Zealand

PART ONE

The real power of Yoga lies in the ability to access, nourish and vitalize the concept of Prāṇa. Prāṇa, also called “vital-life-force,” is the most subtle element of our human construct. It not only keeps us alive, but also influences our ability to perceive and react to our environment. It is also among the powerful phenomena that aids us in proceeding deeper in our spiritual journey. This is the reason why many Yogins developed methods and tools to influence Prāṇa in a positive way.

Primary among these methods, is Prāṇāyāma, one of the most important tools in the practice and application of Yoga. The power and potentials of these subtle breathing practices are often underestimated or misunderstood in contemporary times whereas the Yogis of the past had great reverence for the work with our “life force”. The Haṭhayoga-pradīpikā even implies that the state of Yoga can only be achieved through Pranayama and states it as the most fundamental practice in Haṭhayoga. Prāṇāyāma not only aids us to enhance our own personal practice as many believe, but can also be administered for health, vitality and even our spiritual growth. When utilized carefully, it enhances our power and strength, improves our general health, and can also facilitate healing from various kinds of illnesses, as well as opening the doorway to our possible spiritual domain.

A deep and practical understanding of these techniques are a very important aspect of every Yoga practitioners education and experience, especially for Yoga Teachers and Yoga Therapists. Many subtle and intricate details of these practices must also be learnt and experienced under the guidance of a competent teacher in a safe environment. It is for this reason that a series of weekend seminars are offered to serious students of Yoga, who would like to take their learning and practice to the next level. The seminars will include practical and insightful teachings, and powerful practices that will allow participants to realize the immense benefits of working with Prāṇa.

The seminars will be conducted by Dr. Kausthub Desikachar, the successor and current lineage holder of the classical Yoga tradition of T Krishnamacharya & TKV Desikachar. He is an acclaimed yoga teacher, yoga therapist, healer and spiritual adviser. Being taught by a senior teacher of a long and established Yoga tradition, participants will certainly find out new ways to explore Prāṇāyāma, both in understanding its theory and in experiencing its potentials.

In the first part of the seminar, planned for the year 2016, Dr. Kausthub Desikachar will focus on practical and deep insights into the teaching of Prāṇāyāma. Topics will include:

- * Advanced Theoretical Frameworks of Prāṇāyāma Practice
- * Kinds of Prāṇāyāma based on technique, experience & process
- * Ratios in Prāṇāyāma practice and their significance
- * Sequencing Prāṇāyāma Practice for groups and individuals
- * Advanced Practices of Prāṇāyāma for Health & Vitality

This advanced seminar taught by Dr. Kausthub Desikachar, will be open to all. It will be of most interest to those who want to experience the real power of Yoga. It will also be invaluable to those who are considering delving further into the authentic teachings of the legendary Yogi T Krishnamacharya.

DATES

Seminar starts 9.00am on 08 April 2016
Seminar Ends 5.00pm on 10 April 2016

VENUE

Raumati South Hall, Tennis Court Road
Raumati South, New Zealand

INVESTMENT

NZ\$ 315 Early Bird Price (Register on or before 14 February 2016)
NZ\$ 375 Regular Price (Registration from 15 February 2016 onwards)

CONTACT & OTHER INFORMATION

Interested participants can kindly provide your registration details to Ruth Diggins via ruthyoga@paradise.net.nz or through phone **04-905-6224 or 021-258-6865**

For more information on Dr. Kausthub Desikachar visit www.kausthub.com