

ANTARAṄGA SĀDHANĀ

RECONNECT WITH YOUR SPIRITUAL CORE

YOGA AND PERSONAL TRANSFORMATION | AN ONLINE IMMERSION PROGRAM
JANUARY - DECEMBER 2016

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ANTARAṄGA SĀDHANĀ | RECONNECT WITH YOUR SPIRITUAL CORE

Do you ever feel that you have lost your voice? Do you feel that you make decisions based more on what others feel, rather than what you do? Do you keep searching for appreciation? Or love? Or companionship? Do you feel a disconnection with your own body, your feelings or senses? Welcome to the disconnected modern era.

In our times the dominance of a material driven culture has caused a paradigm shift, that has disconnected us from being intimate with our own selves. Ego has become a more dominant structure, than the light that shines brightly in our hearts. The veil of ego covers this light and creates darkness in the form of suffering, ill-health and spiritual allergy. It is this disconnect that causes us to lose our voices, diminish our expressions and more fundamentally lose strength of our fundamental vibrations.

The most important purpose of Yoga is personal and spiritual transformation. The Yogis were clear that in order to really transform and connect with the divine consciousness, we need to refine our actions, be truthful and fearless to confront our shadows, and heal any deep negative impressions that continue to dominate us. They were emphatic that a spiritual journey was only complete when we confronted our darkness, and reengage with the bright shining light.

To help in this journey, the yogi's proposed a combined approach of subtle and refining practice, deep self inquiry and a capacity to embrace the universal consciousness. Each practitioner would have to self empower themselves in this journey, and let themselves be guided by a capable and competent teacher, who would provide insightful direction and support.

This one year online immersion program is aimed to help students transcend the boundaries of space, and help them in finding their voice back. The program will offer two monthly meetings (one as a group, and one individually) to participants to engage in a spiritual journey. Each month participants will meet as a group on Skype Audio sessions, where yogic themes related to spirituality will be explored. In addition a second one-to-one meeting will be offered to participants through Skype video sessions. Through these private sessions, participants can explore their personal challenges and evolve an appropriate yogic practice that will support their journey in spirituality.

This online program will provide a perfect platform for participants to explore and form an intimate relationship with themselves. It is open to all, be it they are a student of Yoga or not. Anyone interested in developing themselves further can benefit from this immersion course. The program will be spread over one year with one meeting each month. Each meeting will last approximately include two sessions of fifty minutes each. All group sessions will be conducted through Skype Audio mode. Assistive handouts will also be provided prior to each session. An audio recording will be sent to the participants for further reference and archiving. Each participant will also have one private one-to-one session included in the program, through which personal practice relevant to that person will be designed and taught. Guidelines of self-observation on the effects of such practices will also be provided and participants will also be offered opportunities to explore these further. A Certificate of Participation will be issued to all participants who complete the entire program.

DATES

Tuesdays 4:00pm - 6.00pm India Time

19 Jan 16 Feb 15 Mar 12 Apr 17 May 14 Jun 19 Jul 16 Aug 13 Sep 18 Oct 15 Nov 20 Dec

Dates are indicative only and subject to change. Final dates will be confirmed in January 2016.

Saturdays 9:00am - 11.00am India Time

23 Jan 20 Feb 12 Mar 16 Apr 21 May 18 Jun 23 Jul 13 Aug 17 Sep 22 Oct 19 Nov 24 Dec

Dates are indicative only and subject to change. Final dates will be confirmed in January 2016.

Participants who find it difficult to join in for the sessions owing to scheduling conflicts or time differences, may still be able to participate by listening to the recordings. They may email with any clarifications or questions. Participants can choose which batch they would like to participate (Either Tuesday or Sunday batch or through recordings only). A minimum of 10 participants are required to commence a batch.

INVESTMENT

€99.75 per month. Cost includes payment for sessions including audio recordings of each session plus one private session for the month. Payment must be made prior to each session. Payments can be made only through **Paypal**. Interested participants can kindly send their **Full name and Email Id** to yoga@kausthub.com

**PRICE INCLUSIVE OF ONE
INDIVIDUAL LESSON PER
MONTH.**