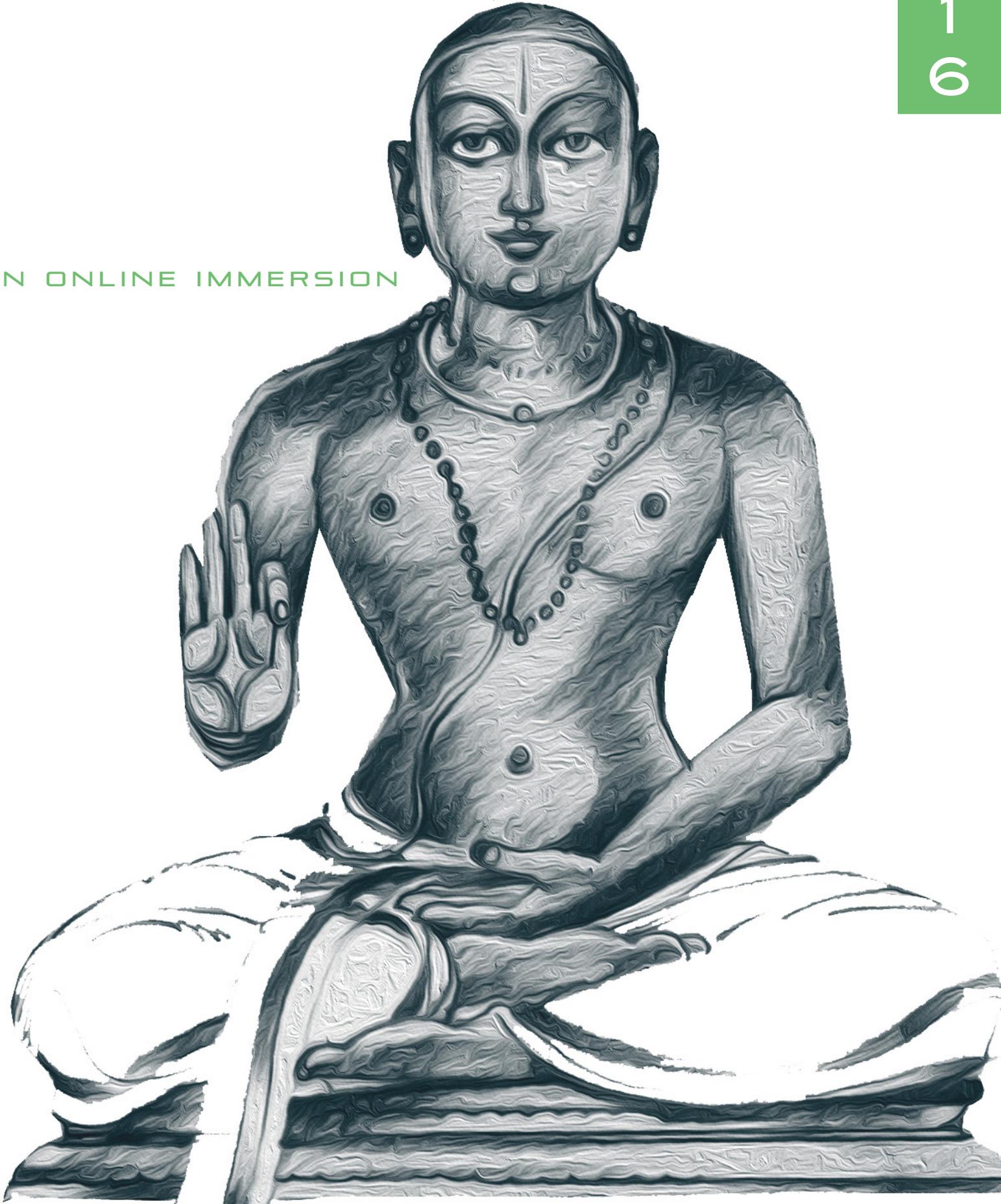


SECRETS OF YOGA

Teachings from the Yogarahasya of Nathamuni

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AN ONLINE IMMERSION



SECRETS OF YOGA *Teachings from the Yogarahasya of Nathamuni*

Śri Nāthamuni was a legendary saint who lived in the ninth century AD, and is often credited as the pioneer of the devotional movement of Yoga. Despite him being more well known for his works on the religious philosophy, he was also an extraordinary master of Yoga. Among his compositions is the well known treatise called **Yoga Rahasya**, literally meaning **Secrets of Yoga**.

There is much mystery that surrounds this text. It is believed that Nāthamuni received these Yoga instructions in a state of meditative trance from Śri Nammālvar, who lived many centuries earlier. Further it is believed that the Yoga Rahasya once again vanished through mysterious circumstances and was thought to be lost forever. Strangely it was once again revived by the legendary Yogi T Krishnamacharya, in the early part of the twentieth century in a manner similar to how Nāthamuni received them in the first place.

This classical text offers four chapters of precious teachings that provides invaluable practical instructions, as well as key insights into the manner in which Yoga must be understood and practiced. It also is one of the rare texts that highlights the therapeutic value of Yoga, including Yoga during Pregnancy as well as Yoga for different stages of life. It would be a precious asset to every serious teacher and practitioner of Yoga.

This online program provides a platform for serious practitioners to explore this topic in depth. The program will last for eight months with one meeting each month. Each meeting will last approximately two sessions of fifty minutes each. Assistive handouts will also be provided prior to each session. An audio recording will be sent to the participants for further reference and archiving.

The main themes covered in this course will be the following:

Bhaki & Prapati Yoga	Yoga of Six Limbs	Special role of Yoga for women
Role of Yoga in Therapy	Multiple tools of Yoga	Qualities of a Teacher
Parameters to consider in Yoga	List of Āsana-s	Prāṇāyāma techniques
Yoga for 3 stages of Life	Important Bandha-s	Yoga during Pregnancy
Yoga & Spirituality	Spiritual cleansing	Qualities of Inappropriate Yoga

This immersion program will be most useful to serious students and practitioners of Yoga, Yoga Teachers and Trainers wanting to take their practice to the next level. A Certificate of Participation will be issued to all participants who complete the entire program. All sessions will be conducted through Skype Audio mode.

DATES

Tuesdays 4:00pm - 6.00pm India Time

31 May 28 Jun 12 Jul 09 Aug 06 Sep 11 Oct 08 Nov 13 Dec

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. A minimum of 10 participants are required to commence a batch. On certain days, where Dr. Kausthub Desikachar will be traveling, and hence is unable to conduct the planned session, a recording of an earlier session will be sent out.

DONATION

€78.75 per month. Cost includes payment for sessions including audio recordings of each session. 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

Since this text is not so easily accessible and its print version is currently out of print, this course is highly recommended to all those interested in diving deep into this precious Yogic text.