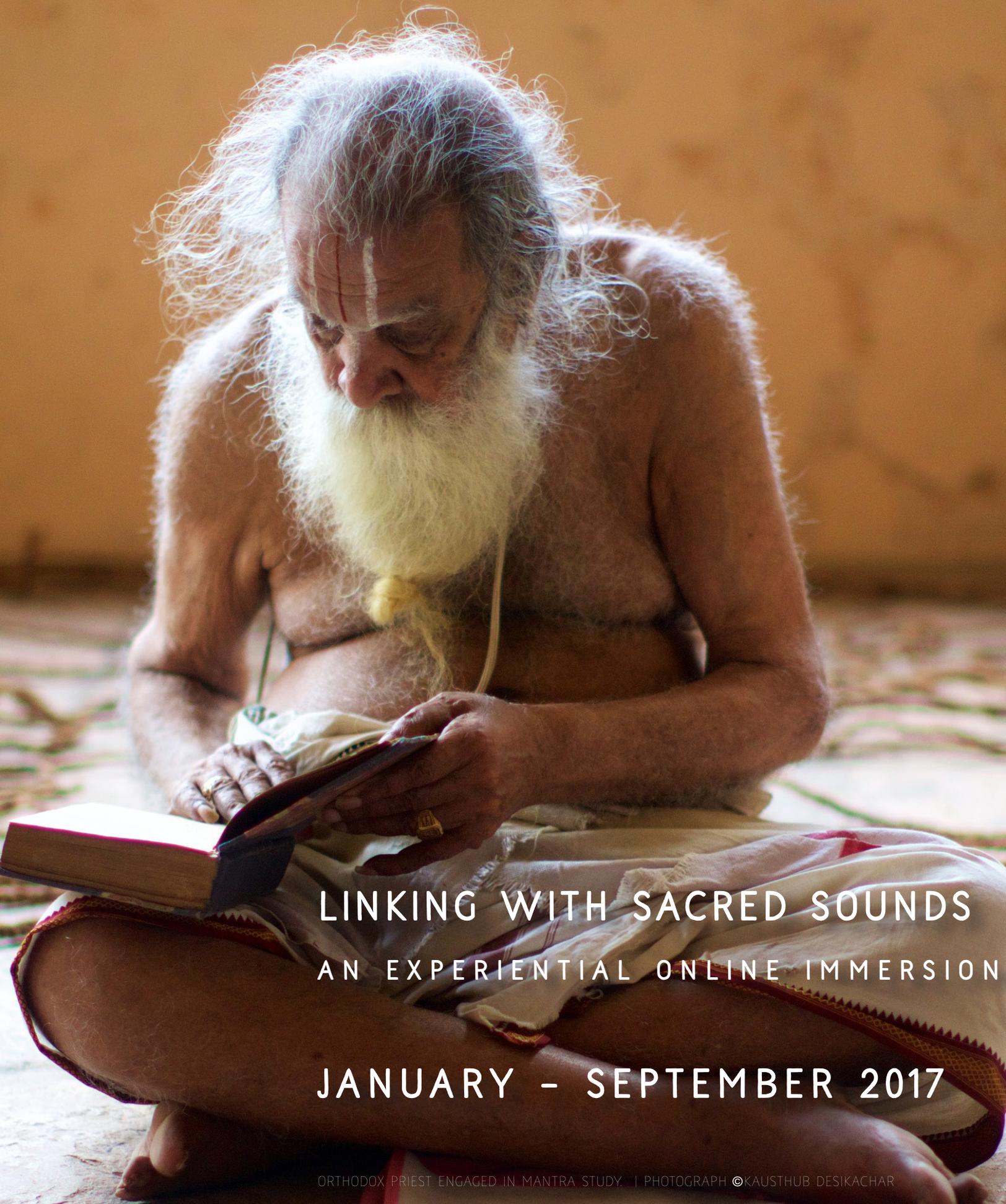


# MANTRA YOGA



LINKING WITH SACRED SOUNDS  
AN EXPERIENTIAL ONLINE IMMERSION

JANUARY - SEPTEMBER 2017

# MANTRA YOGA LINKING WITH SACRED SOUNDS

Mantra-s or sacred sounds are one of Yoga's most subtle and profound tools. They were embraced by the Yogin-s from time immemorial as they are believed to be the way to realize our Self and link to the Divine that is hidden within our hearts. Mantra-s were also used in various meditative practices to help facilitate a deeper connection with the object of focus, and therefore integrate their special qualities. Mantra-s were also used in other Yoga practices such as Āsana, Prāṇāyāma, Bhāvanā and Nyāsa to enhance their potency.

A deep immersion in the practice of Mantra was considered a very important aspect of a Yogin's practice and learning. The benefits the Mantra-s brought were so superior despite them being so simple to embrace and engage with. Yet, for historical reasons the practice of Mantra-s has been exclusive to a select few, and has not yet been embraced by the larger audience of Yoga. Yogācārya's like T Krishnamacharya, however, made these practices available and today their benefits can be enjoyed by all.

This online program provides a platform for serious practitioners to explore this topic in depth. The program will last for nine months with one meeting each month. Each meeting will last approximately two hours with a break of ten minutes included. Through these meetings this theme will be explored in detail. **At the end of each session a Mantra practice will be offered, which will need to be practiced and explored by the practitioner until the next session.** 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.

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

**The Concept of Mantra**

**Pre-requisites for Mantra**

**Mantra in Āsana**

**Mantra in Bhāvanā**

**Definitions of Mantra**

**Components of Mantra**

**Mantra in Prāṇāyāma**

**Mantra & Spirituality**

**Purposes of Mantra**

**Mantra Abhyāsa Krama**

**Mantra in Nyāsa**

**Important Mantras & their meanings**

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. Assistive handouts will also be provided prior to each session. An audio recording will be sent to the participants for further reference and archiving.

## DATES

**Tuesdays 4:00pm - 4.00pm India Time**

**17 Jan**

**14 Feb**

**14 Mar**

**18 Apr**

**16 May**

**20 Jun**

**18 Jul**

**08 Aug**

**05 Sep**

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.

## INVESTMENT

**€84** 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](mailto:yoga@kausthub.com)