

HEALTH, HEALING & BEYOND

YOGA FOR PERSONAL EVOLUTION



26 - 28 MAY 2017

CLINTON, ONTARIO, CANADA



KRISHNAMACHARYA
HEALING AND YOGA
FOUNDATION

HEALTH, HEALING & BEYOND

YOGA FOR PERSONAL EVOLUTION

Contrary to the current trend, Yoga did not evolve merely as a fitness routine, but rather originated to help people maintain health, promote healing and aid them in their personal and spiritual evolution. It was not only a theoretical philosophy or an hourly practice, but rather a path of life through which students decreased suffering, identified their inherent potentials and evolved into the best version of themselves.

What is unique about traditional Yoga is that it views each of us in an individualized and unique manner, as no two humans are the same. Each of us has other obstacles on our path and each of us has potentials that we have been endowed with. Yoga is about finding out about your potentials and becoming your most authentic self, rather than about conforming to homogeneity and following trends. In this process Yoga also looks at each human in a holistic manner where health and wellness are not just considered at the body level, but also at the energetic, psychological and spiritual dimensions. It is the reason why the range of Yoga's tools transcend the practice of physical postures and include breathing practices, meditation, chanting, symbolic gestures, visualization and much more.

Just like a farmer needs to cultivate each kind of crop in a unique manner, carefully choosing the right kind of soil, the season, and nourishment needed, Yoga also teaches us to work with each individual in a unique and caring manner that is respectful of their needs, capacities and most importantly their authentic potentials.

This weekend seminar has been planned and designed in such a manner that all participants will explore the process of Yoga and learn valuable tools to take back to their personal lives that can aid in their own personal evolution. It will help you empower yourself to walk on your own spiritual path of transformation. It is open to all and will offer a space to engage in meaningful conversation, honest reflection and sincere effort to embark and walk on our own spiritual journey. The seminar will include theme presentations, discussions and profound practices that will touch your heart.

DATES

26-28 May 2017 | Friday 6.30pm - 8.30pm, Saturday 9.00am - 12.00pm & 2.00pm - 5.00pm, Sunday 8.00am - 11.00am

VENUE

Clinton Town Hall, 23 Albert street, Clinton, Ontario N0M 1L0, Canada

COST & REGISTRATION

C\$ 225 + 5% tax	Early Bird Price	Register and pay on or before 30 April 2017
C\$ 245 + 5% tax	Regular Price	Register and pay from 01 May 2017

Interested participants must contact **Rachel Feddes** by phone **519-440-8397** or email **rachel_om@yahoo.ca** and a Paypal invoice will be sent for payment. On payment participation is confirmed.

FACULTY

Dr. Kausthub Desikachar is 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. His objectives include the sharing of the authentic teachings of Yoga to the modern era, as well as building bridges between different healing modalities to promote physical, emotional social and spiritual health. He is adviser to many organizations around the world including Korean Yoga Alliance, Pranamanas Yoga (Spain) and Be Yoga (Norway). In the past he was also an international adviser to the International Association of Yoga Therapists, as well as the British Wheel of Yoga. He has also authored and co-authored numerous books on yoga, such as "The Heart of Asana: A comprehensive manual on Classical Yoga Postures" and a biography on his grandfather, the great yoga acharya T. Krishnamacharya, called "The Yoga of the Yogi". He is known for his remarkable, deep and well versed knowledge and his ability to present the ancient teachings in a way that is profound as well as applicable for modern day practitioners.

For a detailed resume of Dr. Kausthub Desikachar kindly visit www.kausthub.com/resume

Dr. Kausthub Desikachar will also be available for private Yoga Therapy consultations during his visit. Through these sessions, consistent with the traditional teaching of Yoga, you can benefit by receiving an individualized and holistic daily practice, that will be suitable for your health and wellness needs. Cost of consultation will be C\$120. In order to know the time slots available and to pre-register for these, kindly contact the local coordinator. Since only a limited number of places are available, it is advisable to pre-register for these. Consultations will be scheduled during the seminar dates as well as on the 25 and 26 May 2017 during the day time.