

MAHĀMUDRĀ

unlocking subtle energy using the subtle tools of Yoga

29 JAN - 09 FEB 2018

AN INTENSIVE ĀSANA AND MUDRĀ RETREAT

IN THE AUTHENTIC TRADITION OF
T KRISHNAMACHARYA & TKV DESIKACHAR



KRISHNAMACHARYA
HEALING AND YOGA
FOUNDATION

MAHĀMUDRĀ *unlocking subtle energy using the subtle tools of Yoga*

The limitless human potential is often deeply hidden within us, not just beneath our psyche, but also within the layers of conscious and unconscious patterning. Unlocking them to fully manifest into our lives is a key aspect of personal growth and spiritual development. This process requires sustained effort and the practice of powerful tools, under careful guidance and supervision. The role of **Mudrā-s & Bandha-s** can serve as a vital instrument in this process of personal evolution. Mudrā-s are very intricate tools of Yoga, that harness the fire within us to help nourish the inherent seeds of our capabilities. They are discussed extensively in classical texts such as Haṭhayogapradīpikā & Śiva Samhitā, as well as modern classics such as Yoga Makaranda of T Krishnamacharya.

When appropriately practiced together with a sophisticated system of breath and visualization, Mudra-s & Bandha-s touch different layers of the human system and aid in our positive transformation. Owing to the great power it can harness, the Yogi-s showed great respect to these tools and only learnt and practiced under watchful guidance. They also understood and considered all the pre-requisites these tools required, before practicing themselves or teaching them to others.

This enriching seminar will explore the most important Mudrā-s in detail, presenting the core principles and frameworks within which they must be understood and practiced. The retreat will deal with presenting pre-requisites for the practice of each Mudrā, the technical nuances of their practice, benefits and contraindications. The seminar will present previously unknown material on these very subtle concepts of Yoga and how to apply them carefully in personal practice or in the practice of students. This seminar will be most useful to serious practitioners of Yoga, as well as Yoga Teachers and Trainers who are wanting to take their practice to the next level. 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.

We warmly invite you to engage in this very special retreat to begin or sustain your spiritual journey. An approximate timetable* of the program will be the following:

9.00am	Theme Presentation	2.00pm	Theme Presentation
10.00am	Practical Workshop	3.00pm	Practical Workshop
11.10am	Practice	4.10pm	Practice

* - This Timetable is only approximate, and will be confirmed to participants closer to actual date of retreat.

The course is recommended to all serious practitioners of Yoga or anyone who is seeking to engage in a deep and sincere inquiry into spirituality. Those also looking to heal themselves spiritually or looking to make profound changes in their lives will also find this retreat supportive. **The main faculty for the seminar will be Dr. Kausthub Desikachar**, who will be ably assisted by other senior KHYF Faculty Members. Assistive handouts will also be offered to all participants to assist indepth learning. **Please note** that Mudrā & Bandha practices are very powerful and potent ancient practices that can affect the practitioner on different levels, especially emotionally and spiritually. Even though we explore these practices in the safe environment of the seminar, please note that the practices might affect you at profound levels. If you feel this might be an issue for you or you have any questions before your participation, please don't hesitate to contact us at any time.

DATES

29 Jan - 09 Feb 2018 | Participants are advised to come a day or two early to acclimatize with the environment and complete all registration formalities. Classes will be from Monday to Friday each week.

INVESTMENT

€545 Early Bird Price | Registration and payment on or before 31 October 2017

€595 Normal Price | Registration and payment from 01 November 2017

Participants can pay through cash, wire transfer or credit card (Paypal). For all Paypal payments a transaction tax of 5% will be added. For bank transfers, participants must cover bank charges on both ends. Teachers bringing groups of five or more will be offered a reduction in price dependant on the size of the group. To register kindly fill the enclosed registration form and send it to our office.

VENUE

The training program will be conducted in the serene setting of Krishnamacharya Healing & Yoga Foundation, located at:

Krishnamacharya Healing & Yoga Foundation.

60 (Old #79) Greenways Road Extension, R A Puram, Chennai 600028, India

Phone **+91.44.42066856**

Email **courses@khyf.net**

Please print this form and write clearly and in BOLD Letters

REGISTRATION FORM

First Name _____

Last Name _____

Email ID _____ Phone _____

Address (Street & Apartment #) _____

Address (Locality) _____

City State and Area Code _____

Country _____

ACCOMMODATION (Kindly provide us details of where you will be staying when you attend the course)

Hotel _____

Apartment or B & B _____

Other _____

PAYMENT OPTION (Please choose one option only)

Credit Card An invoice will be raised online through Paypal

Wire Transfer Bank Transfer details will be emailed to you on request

Cash Payment

Date :

Signature:

FOR OFFICIAL USE ONLY | MAHĀMUDRĀ 2018