



SVASTHA - YOGA OF KRISHNAMACHARYA

INTENSIVE YOGA PROGRAM

7 August – 21 August 2009

CZECH REPUBLIC

Introduction

This program is a high-yield intensive for yoga teachers and serious yoga students who wish to learn the teachings of Krishnamacharya from a direct source. It will encapsulate and present the fundamental principles of classical yoga with a focus on therapy, developing upon the approach of Krishnamacharya—movement, breathing, sequencing, basics of Ayurveda, review of classical yoga psychology from the Yogasutras of Patanjali.

The entire program will be taught by the Mohans, well-known experts in the field of yoga therapy, and will also serve as an integration module for yoga teachers planning to attend their in-depth yoga therapy program.

Teachers

The course will be conducted by A.G. Mohan, Indra Mohan and Ganesh Mohan.

A.G. Mohan was a personal disciple of the legendary yogi of the last century, Sri Krishnamacharya, for 18 years.

Indra Mohan received a postgraduate diploma in yoga from Krishnamacharya and has been teaching yoga for various health conditions for more than 25 years.

Ganesh Mohan, their son, is a doctor, trained in both conventional medicine and Ayurveda.

The Mohans are well-known experts in the field of yoga therapy. A.G. Mohan's first book, *Yoga for Body, Breath and Mind*, was published in 1993, with a foreword from Sri Krishnamacharya himself. Their second book, *Yoga Therapy: A Therapeutic Guide to the Use of Yoga and Ayurveda for Health and Fitness* was released in December 2004 (Shambhala Publications).

Prerequisites

- Yoga teachers from all schools seeking a greater understanding of authentic principles of yoga are eligible to attend
- Serious yoga students will also be considered

Venue

Myškův mlýn, Czech Republic

www.myskuv-mlyn.cz

Cost

€ 1,500 for the full intensive.

The program fee is payable by **31 June 2009**. Bank account details will be given to those who register for the program.

Program fees do not include transportation, accommodation or meals. Full board and lodging for two weeks is €370 for a shared room (2-3 beds) and €580 – €790 for a single room. The accommodation fee is payable on arrival.

Contact

For more information on Svastha Yoga and Ayurveda, please visit www.svastha.com.

For registration forms, booking and more information on the program, please contact Lucie Königová on lucie@yogina.cz or +420 603 252 959.

Program Contents

I. Psychology and Philosophy

1. Concise study of the psychology, philosophy, and practices of classical yoga—the second chapter of the Yogasutras of Patanjali (*sadhana pada*) and key concepts of the first chapter (*samadhi pada*) will be covered.

II. Asana

1. Movement and breathing fundamentals with focus on the body core and psychology.
2. Core asanas essential for fitness and therapy—classical asana, practical modifications, vinyasa, guidelines to practice safely, preparation, balancing, some common variations.

III. Sequencing

1. How to sequence postures for fitness needs.
2. How to plan and design sequences.

IV. Pranayama

1. Theory and psychology of the practice of pranayama.
2. Important types of pranayama with practice.

3. Overview of relaxation breathing.

V. Meditation: Principles of theory (why) and practice (what and how)

VI. Sound and chanting

1. Guidelines for using sound and chanting in asana, for meditation, and other purposes.
2. Peace chants.

VII. Ayurveda

1. Basic Ayurvedic fundamentals and relation to yoga.
2. The concept of the *doshas* and *prakrti* (Ayurvedic constitution).
3. Concept of the *vegās* (natural urges).
4. *Prana* and *agni*.

VIII. Related Topics

1. Practical approach to the *mudras* and the *bandhas*, the concept of the cakras, and their role in classical and contemporary yoga.
2. Origin and role of different labels of classical yoga (karma yoga, bhakti yoga, jnana yoga etc).