

# Ancient Scriptures, Eastern Wisdom & the Path to Freedom

*with the Mohans*

This 3-day intensive will explore Eastern philosophy, starting from the oldest texts—the **Upanishads**—and the most ancient philosophy—**Samkhya**. The Upanishads are inspirational insights of sages, recorded in Sanskrit, often in verse, from thousands of years in the past. **Samkhya** is the first systematic Eastern philosophy from which all others, including the teachings of the Buddha, take their origin.

From here we will move on to yoga psychology, based on the most definitive work on yoga, the **Yogasutras of Patanjali**. Then the **Bhagavad Gita** will be summarized and important sections explained. A complex composition of 700 verses, with many facets, the **Bhagavad Gita** is above all a work on yoga that offers many practical insights.

Finally, we will delve into the connections of the **Dhammapada**, the iconic text encapsulating the teachings of the Buddha, with the **Yogasutras** and **Samkhya**.

The program will be presented by **A.G. Mohan**, supported by **Indra** and **Ganesh Mohan**. The Mohans are well-known experts in the field of yoga therapy. **A.G. Mohan** was a personal disciple of the legendary yogi of the last century, Sri Krishnamacharya, for 18 years and is the author of two books (*Yoga for Body, Breath and Mind* and *Yoga Therapy: A Therapeutic Guide to the Use of Yoga and Ayurveda for Health and Fitness*). **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.

**Dates:** 1 – 3 August 2009

**Venue:** Taiji Akademie, Polská 1, Prague, Czech Republic ([www.taiji.cz](http://www.taiji.cz))

**Schedule:** 9.00 am – 3.30 pm (lunch break from 1.00 pm to 2.00 pm)

**Cost:** CZK 3,500 (registration upon the payment of a deposit of CZK 1,500 by 10 July 2009)

The workshop fee does not include transportation, accommodation or meals.

**Contact:** For more information on the Mohans please visit [www.svastha.com](http://www.svastha.com).

For registration forms, booking, account details and more information please contact Lucie Königová on [lucie@yogina.cz](mailto:lucie@yogina.cz) or +420 603 252 959.