

DEAL WITH THE BODY HEAL WITH THE MIND

AN EXPLORATION OF YOGA THERAPY

with **Dr. Kausthub Desikachar**

2 - 4 June 2018, Raumati South, NZ

1



Yoga in the authentic tradition of
T Krishnamacharya & TKV Desikachar

VINIYOGA by



KRISHNAMACHARYA
HEALING AND YOGA
FOUNDATION

DEAL WITH THE BODY, HEAL WITH THE MIND.

Yoga, an ancient philosophy and practice that originated in India, has been a system of health and well-being for thousands of years. Its rich approach combined with its simplicity in implementation has sustained its role in nourishing people for generations. One of the key advantages of a system like Yoga is that it views the human system as a holistic entity and hence approaches health and well being too from this perspective. This is why it offers so many tools in the healing process that address the holistic human system. Though Yoga is today associated mostly with postures, it is just one of the many tools that yoga has to offer. Some of the most profound tools in Yoga include conscious breathing regulation, meditation, life-style changes, visualizations, use of vocal sounds and food specifications among many others. This makes the healing process very comprehensive and extremely specific to the individual.

The other key advantage of Yoga is that it empowers people in the healing process. Rather than being a passive recipient of treatment, the student is actively engaged in the path to well-being and is primarily responsible for his/her recovery. The role of the teacher becomes to act as a mere guide in directing the student to the tools for recovery and teaching the right way to implement them. Once this is done, it is then the role of the student to practice it diligently, observe changes, and notify the teacher for any changes. Thus the healing comes from within the student, rather than from the outside. This powerful system has helped many millions of care seekers to find holistic solutions to address a range of health concerns.

This great art was perfected and presented by T Krishnamacharya, one of the most important yogis of our modern times. It was continued and shared around the world by his son and most prominent student TKV Desikachar. Both of them healed and revived many people from all kinds of problems through this holistic, yet simple approach. Their work is now being carried on Dr. Kausthub Desikachar, co-founder and chief Yoga Therapist of the Krishnamacharya Healing & Yoga Foundation.

This practical first seminar of two, will explore the foundational principles of Yoga Therapy, from its classical Yogic roots. It will present Yoga's framework of understanding and observing the human body in a holistic manner, the models of Yoga Therapy presented in the classical texts, as well as fundamental principles on choosing an appropriate treatment strategy. The weekend immersion will include both theoretical presentations and workshops on observation, as well as energizing practices encompassing the multi-dimensional tools of Yoga.

This exclusive seminar series is open to all, and will be particularly suitable for those who wish to dive deep into the authentic form of Yoga Therapy, and its practical implementation as a complementary health care paradigm. In order to facilitate a more personal and deeper experience of learning, **participation will be limited**. Hence it is strongly advised to book early to secure your spot. A Certificate of Participation will be issued to all participants, who can take this course towards continuing education credit with **Yoga Alliance**.

This seminar series will function as a prerequisite to the KHYF Yoga therapy course being offered in NZ for the first time in 2020, for those who have not completed a teacher training qualification in this lineage.

DATES

Seminar starts 9.00am on 02 June 2018
Seminar Ends 5.00pm on 04 June 2018

VENUE

Raumati South Hall, Tennis Court Road
Raumati South, New Zealand

INVESTMENT

NZ\$ 315 Early Bird Price (Register on or before 14 February 2018)
NZ\$ 375 Regular Price (Registration from 15 February 2018 onwards)

CONTACT & OTHER INFORMATION

Interested participants can kindly contact Ruth Diggins via ruthdiggins.yoga@gmail.com or through phone **04-905-6224 or 021-258-6865** to register for this very special event.

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 \$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.

For more information on Dr. Kausthub Desikachar visit www.kausthub.com