

# DEAL WITH THE BODY, HEAL WITH THE MIND.

AN EXPLORATION OF YOGATHERAPY WITH  
**DR. KAUSTHUB DESIKACHAR**

LONDON, UK  
23 - 25 MARCH 2018



**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 seminar 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 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**.

## 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 began studying yoga when he was 9 years old under the guidance of his teacher and father TKV Desikachar and started teaching at the age of 13. After completing his dual Masters degree, he committed himself to becoming a full-time student and teacher of Yoga. In 2011, he concluded his doctoral studies from the University of Madras, where his topic of research was "Effect of Individualized Yoga Training on Quality of Life." Besides teaching, he also works as a yoga therapist and offers clients astute and effective solutions for all sorts of physical, mental and emotional imbalances and problems.

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 authored and co-authored numerous books on yoga, such as "The Heart of Asana: A comprehensive manual on Classical Yoga Postures" and a biography of his grandfather, the great Yogācārya 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. His teachings are especially beneficial for yoga teachers as he helps them grasp the fullness and deep insights of the ancient teachings so that they are able to apply them in a competent and sincere way. He is also the co-founder of the online journal '**Synergies in Healing Journal**.'

# VENUE

## Bharatiya Vidya Bhavan

4a Castletown Road, West Kensington, London W14 9HE UK

**Website:** <http://www.bhavan.net/contact-us>

## How to get there

By Tube: Nearest Tube station: West Kensington on District Line

Other stations at walking distance: Barons Court Station on District and Picadilly line

# DATES

Seminar starts 9:30am on **23 March 2018**

Seminar Ends 1.00pm on **25 March 2018**

A detailed timetable will be sent out closer to the seminar date.

# INVESTMENT

**£ 240** Early Bird Price

Registration and payment on or before 31 December 2017

**£ 275** Normal Price

Registration and payment on or after 01 January 2018

# PRIVATE CONSULTATIONS

Dr. Kausthub Desikachar will be available for private Yoga Therapy consultations prior to the seminar (**21 & 22 March 2018**). 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. Each session will last approximately 45 minutes. Cost of the private consultation will be **£75**. Prebooking is strongly recommended.

If the students wish to continue contact with Dr. Kausthub Desikachar and move forward on their one-to-one Yoga journey, they can do so over Skype on a regular basis. Or if they prefer local support to continue their process, they can be put in contact with one of our qualified teachers in the UK.

# CONTACT

The local contacts/hosts of this seminar and their contact information are presented below. Feel free to contact them to register for the seminar or if you have any questions or inquiries related to the same.

## Vidhi Sohdi

**Email** vsohdi@gmail.com

**Phone** +44 7462 813937

## Sarah Ryan

**Email** saryan6630@aol.com

**Phone** +44 7523 752353

To book a place, you need to pay **Sarah Ryan** and email her, saryan6630@aol.com with your name, address and phone number. You can pay either by sending her a cheque to Sarah Ryan, The Old Bakery, Milborne St Andrew, Blandford Forum DT11 0JB, or by BACS MRS S G RYAN, 20-49-76, 80771635

# OTHER INFORMATION

Participants will have to make their own accomodation arrangements.

If you need a place to stay, then the following websites should give you plenty of options:

<https://uk.hotels.com/de1699572/hotels-near-west-kensington-underground-station-london-united-kingdom/>

[www.travelstay.com/](http://www.travelstay.com/)

[www.booking.com/Kensington/Hotels](http://www.booking.com/Kensington/Hotels)

[www.trivago.co.uk/Hotel-Stay/Kensington](http://www.trivago.co.uk/Hotel-Stay/Kensington)

[www.airbnb.co.uk/](http://www.airbnb.co.uk/)

[www.laterooms.com/London/W14-8SN](http://www.laterooms.com/London/W14-8SN)