

MUDRA-S & BANDHA-S

THE SUBTLE TOOLS OF YOGA

with Dr. Kausthub Desikachar



Yoga in the authentic tradition of
T Krishnamacharya & TKV Desikachar

VINIYOGA by



KRISHNAMACHARYA
HEALING AND YOGA
FOUNDATION

04 - 06 MAY 2018

BAYFIELD, ONTARIO, CANADA

MUDRA-S & BANDHA-S 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 program 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. Dr. Kausthub Desikachar 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. Participants can take this course towards continuing education credit with **Yoga Alliance**.

DATES

04-06 May 2018 | 9.00am - 12.00pm & 2.00pm - 5.00pm

VENUE

Bayfield Town Hall, 11 Clan Gregor Square, Bayfield, Ontario.

COST & REGISTRATION

C\$ 345 + 5% tax	Early Bird Price	Register and pay on or before 30 April 2018
C\$ 395 + 5% tax	Regular Price	Register and pay from 01 May 2018

Interested participants must contact **Rachel Feddes** by phone **519-440-8397** or email **rachel_om@yahoo.ca** and a Paypal invoice will be sent for payment. On payment participation is confirmed.

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 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 also authored and co-authored numerous books on yoga, such as "The Heart of Asana: A comprehensive manual on Classical Yoga Postures" and a biography on his grandfather, the great yoga acharya 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.

For a detailed resume of Dr. Kausthub Desikachar kindly visit **www.kausthub.com/resume**

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 C\$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.