

SAMANTRAKA

EXPLORING THE POWER OF MANTRA IN ASANA AND PRANAYAMA

AN EXPERIENTIAL SEMINAR WITH

DR. KAUSTHUB DESIKACHAR

MELBOURNE, AUSTRALIA

JUNE 8-10, 2018



KRISHNAMACHARYA
HEALING AND YOGA
FOUNDATION

SAMANTRAKA

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Asana-s and Pranayama form important tools of Yoga. However, rather than being just physical and respiratory practices, Yogis incorporated Mantra-s to make them potent energetic practices; the goal of Yoga being more often to influence Prana or life force.

Utilising mantra-s not only emphasises the mind-body-breath connection (a key to yoga practice) but also generates specific vibrations in the body represented by the chant.

Each mantra had particular meaning and potency which, combined with the Asana-s and Pranayama intensified the practice and thus influenced the subtle layers of our human system.

There were, however, subtle guidelines to be considered when utilising mantra-s in Asana and Pranayama practice: when utilised appropriately they could unleash very powerful effects in the dimensions of Yoga Therapy and in individual spiritual evolution.

The purpose of this seminar is to explore the utilization of manta-s in Asana and pranayama and to take it to the next level of practice. Guidelines on how to choose the appropriate mantras and how to suitably utilise them in order to deepen and make more meaningful the individual yoga experience will be investigated.

The seminar is open to all and will be particularly suited for those teachers and students, who wish to journey to the core of Yoga's philosophical roots, and practically apply them to daily practice.

It will also be invaluable to those who are considering delving further into the authentic teachings of Yogacharya T Krishnamacharya and TKV Desikachar.

This practical seminar will be hosted in a beautiful studio in the heart of the city.



TEACHER

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.

DATES

Seminar Starts 9:30am on 8 June 2018
Seminar Ends 4:30pm on 10 June 2018

Except on the last day, the seminar schedule will be 9.30am - 12:30pm & 2.00pm - 5.00pm. Coffee/Tea breaks will also be part of each of the three sessions.

SEMINAR FEE

395 AUD **Early Bird Price**
Register and Pay by 29 March 2018

460 AUD **Regular Price**
Register and Pay from 03 April 2018

CONTACT PERSON

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VENUE

MANGALA STUDIOS OF YOGA & CREATIVE DANCE
73 GRATTAN STREET, CARLTON, VICTORIA 3053

OTHER INFORMATION

Dr. Kausthub Desikachar will also be available for private Yoga Therapy consultations during the seminar. 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. When necessary, a confidential translator may also be arranged for your benefit.

Cost of the consultation will be \$120 and can be paid through Paypal or cash. If payment is through Paypal, a 5% processing fee will be added. Since only a limited number of places are available, it is advisable to pre-register for these.