

SACRED CONNECTIONS

YOGA & THE ART OF HEALTHY RELATIONSHIPS

A WEEKEND SEMINAR WITH

DR. KAUSTHUB DESIKACHAR

LONDON, UK

29 - 31 MARCH 2019



KRISHNAMACHARYA
HEALING AND YOGA
FOUNDATION



VINIYOGA

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“Yoga is relationship” - Sir T.K.V. Desikachar

If we inquire into the state of our existence, we soon realize that the quality of our life mainly depends on the quality of our relationships. All the relationships we share can be categorised into three fundamental sets - The relationship we have with our own self, the relationship we have with others and the environment and the relationship we have with the divine or source consciousness.

Yoga philosophy teaches us that in essence, these three relationships are all inter-connected and even sustain each other. The way we relate, value, see and treat ourselves determines how we relate, value, see and treat others and the environment around us. Similarly, the more we connect to our own higher self, the more we will feel guided by the source consciousness that connects us all. All projections that we play out in our daily life, from simple judgments of others to negative behavioral patterns that we repeat in relationships, mirror core beliefs and imprints that we have accumulated in our life or that have been transmitted through upbringing and ancestry. Yoga calls these imprints *Vāsana*-s (when they are subconscious / subliminal) or *Smṛti*-s (when they become part of our memory). Yoga helps us not only to realize and understand these patterns and projections from a place of clarity, but also to clear energetic imprints that do not serve us on our paths.

This experiential and meditative seminar will support participants in their own realizations of energetic blockages and projections that undermine their ability to connect to themselves, others and the divine. The seminar will not only give space and inspiration for self-exploration (*Svādhyāya*), but will also offer an understanding of how the different relationships are connected to our energetic anatomy and how they can be addressed through the tools of Yoga.

Relevant themes that concern relationships will be explored through discussion, meditation and dialog. The seminar will offer a safe space for sacred practices that will connect us to our hearts and support the healing work needed to restore the imbalances in our three sets of relationships. Special focus will be given to healing practices that will stimulate a better connection to the self, to others and to the divine.

This seminar is recommended for everyone who is on a spiritual path and who wants to form a better relationship with themselves, others or the divine. It is also highly recommended for anyone who wants to work on and heal himself or herself from the imprints that may have accumulated through their own life experiences and traumas, or from their ancestors.

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.

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/>

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 **29 March 2018**

Seminar Ends 1.00pm on **31 March 2018**

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

INVESTMENT

£ 260 Early Bird Price

Registration and payment on or before 31 December 2018

£ 295 Normal Price

Registration and payment on or after 01 January 2019

PRIVATE CONSULTATIONS

Dr. Kausthub Desikachar will be available for private Yoga Therapy consultations on Friday and Saturday after the seminar, and on Sunday afternoon. 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 up to 40 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.

Sarah Ryan

Email saryan6630@gmail.com

Phone +44 7523 752353

To book a place, you need to pay **Sarah Ryan** and email her, **saryan6630@gmail.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

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/

www.booking.com/Kensington/Hotels

www.trivago.co.uk/Hotel-Stay/Kensington

www.airbnb.co.uk/

www.laterooms.com/London/W14-8SN