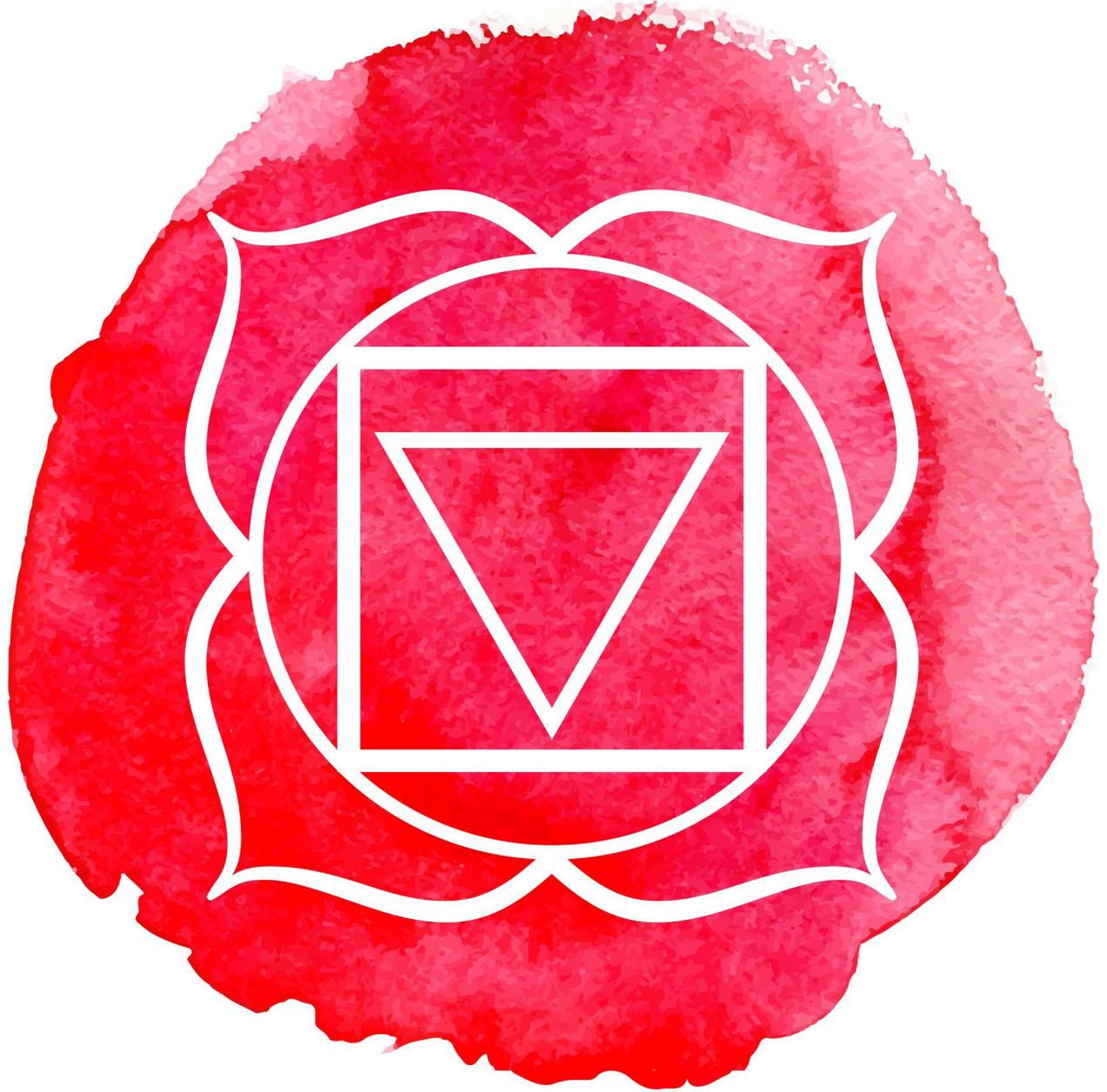


THE SEVEN CAKRA-S

EXPLORING THE ENERGY CENTRES

with Dr. Kausthub Desikachar



VINIYOGA

03 - 05 MAY 2019

BAYFIELD, ONTARIO, CANADA

THE SEVEN CAKRA-S | EXPLORING THE ENERGY CENTERS

The Yogin-s understood the human body differently from how we perceive it today. Apart from understanding it as a complex physiological structure, the Yogin-s also realized that we are made up of an intricate subtle body. An important part of this subtle entity is the major energy centers known as Cakra-s, which are linked together through subtle channels called the Nāḍi-s. Each of these Cakra-s is associated with vital physiological and emotional functions. Hence the Yogin-s firmly believed that any imbalance in the Cakra-s could result in physiological and emotional illness and vice versa.

Thus they had a deep and profound understanding of the Cakra-s and also developed tools and methods to influence them when they were in a state of disharmony. In fact this understanding of the subtle body was the main basis for evolving the multiple tools of Yoga. For each modern Yoga practitioner it is important to learn the way Yogin-s saw the human body through this understanding of the subtle anatomy and how Yoga's tools can be utilized to influence the energy centers in the body. When the Cakra-s are properly understood and Yoga's tools are appropriately administered, they become powerful allies in the path of health and expansion of hidden potential.

This immersion course will provide a solid platform for serious practitioners to explore this topic of Cakra-s in depth. Profound practices specifically focused on each cakra will also be offered. 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.

The main themes covered in this course will be the following:

Concept & Location of Cakra-s

Characteristics of Cakra-s

Cakra-s & Prāṇa

Dhyānam & Cakra-s

Bhūta-s and the Cakra-s

Functions of Cakra-s

Emotions & the Cakra-s

Āsana & the Cakra-s

Bijamantra-s & Cakra-s

Evolution of Cakra-s

Dysfunctions of Cakra-s

Associated Trauma-s of Cakra-s

Prāṇāyāma & Cakra-s

The Guṇa-s and Cakra-s

Spiritual current of Cakra-s

DATES

03-05 May 2019 | 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 **31 March 2019**

C\$ 395 + 5% tax

Regular Price

Register and pay from **01 April 2019**

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\$125. 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. Consultations may be scheduled during the seminar dates as well as on the 01 and 02 May 2019 during the day time.