

# THE POWER OF YOGA

Exploring Āsana & Prāṇāyāma & their Energetic potentials

with Dr. Kausthub Desikachar

Yoga in the authentic tradition of

**T Krishnamacharya & TKV Desikachar**

**09 - 11 NOV 2018**

**SYDNEY, AUSTRALIA**

**VINIYOGA** by



**KRISHNAMACHARYA**  
HEALING AND YOGA  
FOUNDATION

# THE POWER OF YOGA

## Exploring Āsana & Prāṇāyāma & their energetic potentials

Throughout the world, numerous practitioners of Yoga are beginning to venture into the non-physical dimensions of Yoga. People now realize that the tools of Yoga are far more profound than superficial gross movements and postures. When Āsana is looked at as merely physical practices and Pranayama as simply breath regulation exercises, Yoga doesn't seem to offer all the answers to the intelligent modern seeker. Such serious seekers are now turning to the **Viniyoga®** tradition of Ācārya T Krishnamacharya and TKV Desikachar for deeper insights into Yogic practices.

The **Viniyoga®** tradition traces its origins to the ninth century Yogi Nāthamuni and is among the oldest traditions of Yoga in the world. It holistically integrates Yogic tools based on a classical understanding of the human system, rather than a modern perspective, which was nonexistent at the time the practices were devised. A key to understanding the Yogic tools is the concept of Prana (life energy), which according to the ancient Yogis was the essential to every spiritual practice. The Yogis perceived Prana very well and devised all tools of Yoga based on this subtle energetic principle.

Āsana and Pranayama, two of Yoga's most popular tools were based on this principle. When Āsana and Pranayama are understood through the concept of Prana, they become much more subtle and profound in their reach and effects. It becomes imperative for modern day practitioners to understand the tools of Yoga through this principle and apply them appropriately for their own personal practices, as well as when teaching students—be it for personal well being or for Yoga as a Therapy.

This enriching seminar will explore Asana and Pranayama through their energetic principles, how they are classified according to their energetic effects, and how to apply them in different contexts for efficient and appropriate results. It will also include robust and powerful practices that can be experienced in a safe environment. 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 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.

## DATES

**09 -11 November 2018** | Seminar starts at 6.30pm on 09 November 2018 and ends 5.00pm on 11 November 2018.

## VENUE

Crows Nest Community Centre, 2 Ernest Place, North Sydney, NSW 2065, AUSTRALIA

## COST & REGISTRATION

**\$ 395** Early Bird Price Register and pay on or before **31 August 2018**  
**\$ 480** Regular Price Register and pay from **01 September 2018**

## CONTACT

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## FACULTY

Dr. Kausthub Desikachar is the successor and current lineage holder of the classical **Viniyoga®** 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](http://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 \$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.