



Iyengar yoga courses

At

Swami Dayananda Ashram,
(Arsha Vidya Pitham),

Purani Jhadi, Rishikesh - 249201, Uttarakhand, India.

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A WARM WELCOME TO BODY, MIND & SOUL

Welcome to Swami Dayananda Ashram, Rishikesh. Thank you for your interest in these yoga courses or retreats we offer.

All these Iyengar Yoga Courses are conceived by Iyengar yoga teacher Sri. Nandakumar and he conducts along with other teachers Shri. Diwan Singh and Br.Guhathma Caitanya.

Iyengar yoga is a scientific, disciplined and deeply researched system developed over 60 years by BKS Iyengar, known by his students as "Guruji".



This system of yoga is unique in many ways like emphasis on alignment & precision, sequencing of asanas, props, therapeutics and timing. Iyengar yoga cultivates awareness and "self-knowing" through precise insistence and love. Students start from the exterior and move to the interior.

Swami Dayananda Ashram, Rishikesh, situated on the banks of the Holy Ganga, is a unique centre for the study of Vedanta and Sanskrit grammar. The ashram was established during the 1960s by His Holiness Swami Dayananda Saraswati, who is an internationally recognized teacher of Vedanta and foremost scholar of Sanskrit.



A WARM WELCOME TO BODY, MIND & SOUL



Having studied with both the masters of Yoga and Vedanta, Sri. Nanda shares his yogic knowledge with the vision of Vedanta. From morning to evening, you will be engaged in different sessions of Asana, Pranayama, Meditation, Chanting, Audio-video shows of Sri.Iyengar classes, discussions on Yoga Philosophy, Music & Bhajans All courses are residential intensive courses with single accommodation with yogic cuisine.

We warmly invite you to take advantage of this holistic approach towards yoga. We encourage you to take positive steps towards yoga knowledge and achieving a healthier, happier lifestyle by participating in one of these Iyengar yoga courses. If, after reading this brochure, you have any further questions or queries or have been inspired to reserve a place on one of our courses please write to yogiyaar@hotmail.com - it may change the way you practice yoga.

KNOW YOUR TEACHERS



Shri. Nandakumar is an Iyengar yoga teacher and has been regularly studying with Guruji Shri. B.K.S. Iyengar, Shri. Gitaji and with Shri. Prashanthji. He initiated his studies on yoga in the early 1990s at the SKY Centre and the Krishnamacharya Yoga Mandiram in Tamil Nadu, South India.

With a keen interest in "spiritual studies" Nanda decided to move to Rishikesh to pursue his studies. It was here under the guidance of Br. Rudradevaji that he built his foundation of Iyengar yoga. He has also had the fortunate opportunity to study under Senior Iyengar teacher Sri Ramanada Patel, USA and later at the Iyengar Institute at Pune. Nanda is not only a student of Yoga but one of Vedanta as taught by H.H. Swami Dayananda Saraswati and has lived and studied at the ashram for many years. This had given him a unique insight to impart his yoga knowledge with the vision of Vedanta. Though he has vast knowledge, he is happy to introduce himself as a student rather than a teacher.



Shri. Diwan Singh is also an Iyengar yoga teacher and studied with Br. Rudradevaji and Shri. Sharath Arora of

Himalayan Iyengar Yoga Centre, Dharamshala. While living in Italy he studied with senior teacher Ms. Maria Paulo. On returning to India he continues his studies with Iyengar family at Pune. Shri. Diwan Singh is also a Vipassana meditator and regularly attending Vipassana meditation courses. He is living and teaching regular classes at Rishikesh.



Br. Guhatma Chaitanya is a distinguished teacher of Vedanta, Sanskrit and the Patanjali Yoga Sutras.

His diction in chanting Vedic mantras and slokas is par excellence. His teaching methodology is innovative, simple and easily understood. Being a protégé of His Holiness Swami Dayananda Saraswati, his Vedanta learning has been initiated and encouraged additionally by Swami Paramartananda, Swami Omkarananda and Swami Brahmavidyananda. Sri Guhatma is constantly involved in progressive Vedantic teaching in the institution established by H.H. Swami Dayananda Saraswati.



FORTHCOMING COURSE DATES

October 1-8

November 5-14

February 4-13 (2009)

April 19-26 (2009)

TYPICAL COURSE SCHEDULE

06.00 AM - 06.30 AM : Chanting

06.30 AM - 09.00 AM : Asana

09.00 AM : Breakfast

11.30 AM - 12.30 PM : Video Session

12.30 PM : Lunch

03.00 PM : Tea

03.30 PM - 04.30 PM : Basic Sanskrit

05.00 PM - 06.30 PM : Asana & Pranayama

07.00 PM - 07.30 PM : Meditation

07.30 PM - 08.30 PM : Dinner

08.30 PM - 09.30 PM : Satsanga & Bhajans.

(Please note that the above schedule is typical course schedule. The schedule timings are subject to vary from course to course, so your schedule may not match exactly what is shown here. You will receive exact daily schedule upon your arrival at the ashram.)

OUTING PROGRAM

During the course, students will venture out for outing program together. It may be for Rafting, Trekking or Sight-seeing. It will be decided at the beginning of course.



A TYPICAL DAY IN THE IYENGAR YOGA COURSE

Living in the atmosphere of ashram and learning yoga will take you to a new direction in life. In a residential course like this, you need not to do any other daily chores. Practicing all the aspects of yoga throughout a day will reveal you the truth behind life. We recommend that you make a commitment and promise to yourself that you will take this invaluable opportunity to thoroughly focus on what you are learning, while enjoying the surroundings of Himalayas.



6.00 am – You start your day with half an hour chanting,

Sanskrit Slokas (songs) Reciting and Vedic Mantras in rhythm in the early morning awaken all the cells of body. It alerts the mind to concentrate and helps you to focus on what you're going to learn later.



Green Path...

6.30 am - In the morning asana session, you will experience the art of yoga practice. Every day different sequences with clear instructions from the teacher will reveal new methods and approaches of asana practice.

9.00 am – Time to replenish..... Delicious fruits, cereals and hot drinks will be provided for

breakfast. After breakfast, free time to access ashram library and to do other personal things.

11.30 am - Learning from the masters will always reveal us the unknown world. Films of Yogacharya B.K.S. Iyengar's classes and practice, Swami Dayananda's talks and other films which connected to yoga will be shown & discussed in this session.

12.30 pm – Lunch of delicious vegetarian cuisine.

3.00 pm - Tea time.



Enjoying with Books...

A TYPICAL DAY IN THE IYENGAR YOGA COURSE

3.30 pm - When the yoga system is explained in Sanskrit you may at first feel bewildered and overwhelmed .This class will introduce you to basic Sanskrit script and pronunciation. By the end of the classes you will have rudimentary understanding that will hopefully inspire you to further study.

5.00 pm - In the evening session of Asana & Pranayama, the technical details of asana and the art of breathing will be unfolded along with the use of props. Many experiments will be undertaken to understand your body and mind.



Parting with Fun...

6.30 pm - A guided meditation to complete your yoga practice.

7.30 pm - Dinner time.

8.30 pm - A time to unfold the mysteries of Yoga through Lectures, Q&A and discussion. Guest teachers will be invited to give talks on Yoga & Ayurveda. Also enjoy Kirtans, Bhajans and Music concerts from different musicians.



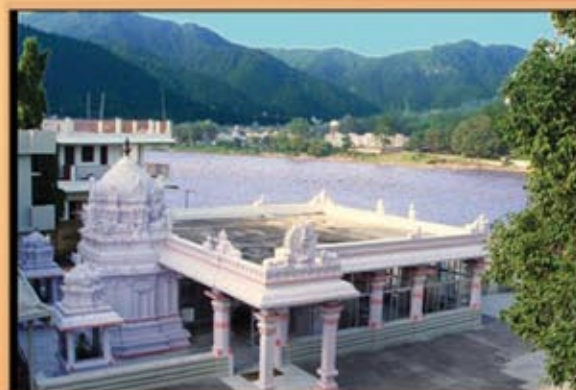
FEE DETAILS

For course fee details, please write to yogiyaar@hotmail.com

For Application form & Online registration please visit to www.dayananda.org

If you're inspired and have the motivation to stride further in your yoga practice please write to yogiyaar@hotmail.com to book a course.

Begin the process of knowing Body, Mind & Soul by just sending a mail - right now.



Breathtaking view from yoga hall....

