

PRINCIPLES and PRACTICE of ĀSANA

Most of the people equate Yoga to Āsana

We know that āsana is only a part of Yoga, one among the eight parts (Astānga yoga)

The very purpose of āsana is

to go beyond the body and to get established with the Breath

Real Yoga begins only from the point of Breath and Prānā

Unfortunately, most of the practitioners

begin with āsana and spend their entire lives in the practice of āsana-s only.

*Yoga Sūtra gives all the Principles that are to be applied to achieve the goal of Yoga,
to guide the practitioners to go beyond the body.*

This Webinar exhaustively discusses the *Three Yoga Sūtra-s* (2. 46, 47, 48) through which

Patanjali instructs:

- *the definition of āsana*
- *the qualities of the practitioners while in yoga,*
- *how to achieve the state of āsana,*
- *What are the obstacles to achieve āsana*
- *What are the principles that are to be followed by which the goal of āsana is achieved*
- *How the Principles are to be converted into Practice*
- *How long one should practice āsana? and*
- *How to verify whether the practitioners have mastered āsana and are ready to go beyond āsana and beyond body.*

Dear *āsana* practitioners and *āsana* Teachers, make use of this webinar to

- Establish yourself with the classical and traditional way of practice of Āsana.
- Be sure of the simple way, charted by Patanjali, to go beyond the body.
- Be aware of what is NOT āsana.

Date : July 17 and 18, Saturday and Sunday

Time : 16.30 to 20.00 (Indian Standard Time)

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