

Antaranga Sādhana ***(Dhāranā, Dhyāna and Samādhi)***

Yoga has both External (*Bahiranga*) and Internal (*Antaranga*) Practices (*Sādhana*).

Of the two the external practices are preparatory whereas the internal practices enable the practitioners to move closer to their goal.

Internal practices are more subtle, more intense and more powerful. These practices are a possibility only for advanced practitioners, whose state of mind is well equipped through their preparatory practices.

Most of the practitioners are in the process of their preparatory practices.
Then why should they care and study about the advanced practices now?

In a way, the advanced practices are the GOAL of the preparatory practices.
The achievement of the Goal is possible ONLY when the Goal is clear to the practitioners.

Therefore, be endowed with a very lucid understanding of the Dhāranā, Dhyāna and Samādhi. This will help you in mastering and moving beyond Āsana, Prānāyāma and Pratiāhāra practices easily.

Dear Yoga Practitioners, Yoga Teachers and Yoga Therapists

Please make use of this opportunity

- To verify and to enhance your understanding on the inner practices
- To know the principles involved in the practice of these inner Sādhana-s
- To get exposed to the nuances in the practice of these deeper techniques

Date - 18 and 19 of December, 2021

Days - Saturday and Sunday

Time - 16.30 to 20.00 (Indian Standard Time)

Course fee - 60 euros or equivalent

Please note :

Classes would be conducted in English

Class--notes would be provided to all participants within three days after the webinar. So participants are requested to focus on the classes rather than on taking elaborate notes.

The classes are NOT interactive sessions. Therefore, the participants are requested to send all their Quires through email. All questions will be collected, answered and sent to all participants along with the class notes.

Please spread this message to your friends and colleagues.

BANK DETAILS

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To register for the webinars, please fill in the registration details and send it to drncyvs@gmail.com

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