



Dr. N C's Yoga Vaidya Śāla

*Centre For Higher Learning in
Yoga, Yoga Therapy and Vedānta*



International Programs in Chennai, INDIA (2024 and 2025)



	SEMINAR TOPIC	DURATION (MON - FRI)	DATES
1	Yoga anu sāsānam	2 weeks	11.11.2024 to 22.11.2024
2	Samkhya Darśanam	1 week	25.11.2024 to 29.11.2024
3	Yoga Upaniśad-s	1 week	2.12.2024 to 6.12.2024
4	Śrsti krama	1 week	9.12.2024 to 13.12.2024
5	Three Paths of Yoga	1 week	16.12.2024 to 20.12.2024
6	Heart of YOGA THERAPY	2 weeks	6.01.2025 to 17.01.2025
7	Chanting is Yoga	1 week	20.01.2025 to 24.01.2025
8	YTTP (International) Module 3 & 4	3 weeks	27.01.2025 to 14.02.2025
9	Internship (France batch)	2 weeks	17.02.2025 to 28.02.2025
10	Antaranga Sādhana	1 week	3.03.2025 to 7.03.2025

**For registration and more details,
Email address: drncyvs@gmail.com
www.yogavaidyasala.net**



Dr. N C's Yoga Vaidya Śāla

*Centre For Higher Learning in
Yoga, Yoga Therapy and Vedānta*



YOGA ANU ŚĀSANAM *(Follow the commands of Yoga)*



Yoga is an intensively practical discipline; Practice is the only way to achieve Yogam.

The first stage of Yoga has 8 practical limbs; Yama, Niyama, Āsana, Prānāyāma, Pratiāhāra, Dhāranā, Dhyāna and Samādhi.

The imperative prerequisite for every practice is that the practitioners should imbibe themselves with all the principles with absolute clarity.

Patanjali instructs all the principles of practices in His text 'Yoga Sūtra' and this seminar explains all His teachings extensively and clearly.

This 2 weeks Seminar :

- *Explains all the principles pertaining to the practices of the first five limbs*
- *Elaborates the practical methodology of important Āsana-s in a classical and traditional way*
- *Discusses the learning, practicing and teaching methodologies of Prānāyāma and Pratyāhāra techniques based on Śrī. Krishnamacharya tradition*

Dear Yoga Practitioners, Teachers and Teacher Trainers,

Make use this course

- *To get comprehensive understanding of the nuances of the principles and practices of the first five limbs of Astānga Yoga*
- *To fine tune your practices and your teaching methodologies strictly in accordance with Patanjali and Śrī. Krishnamācārya.*
- *To transform every of your life activities into a Intense, Incessant and Perfect Action*
- *To enter into the higher study, Yoga Therapist Training, in the tradition of Śrī. Krishnamācārya. The contents of this Seminar is an absolute prerequisite for the advanced Yoga Therapists Training.*

Course fee : 800 euros for 2 weeks

VENUE :

Yoga Vaidya Śālā

Old number - 5, New number - 23
Chowdry Villa, Canal Bank Road
R. A. Puram, Chennai 600028.

WhatsApp no: +91 81245 02999

Facebook : Yoga Vaidya Śālā

Instagram : yogavaidyasala

Google Map : Dr.NC's YOGA VAIDYA SALA

TIME TABLE

7. 00 to 8. 00 - Āsana Practice

8. 00 to 9. 00 - Break

9. 00 to 10. 30 - Lecture - 1

10. 30 to 11. 00 - Tea Break

11. 00 to 12. 00 - Lecture - 11

12. 00 to 12. 30- Prānāyāma Practice

12. 30 to 14. 00 - Lunch Break

14. 00 to 15. 30 - Lecture - 111

15. 30 to 16. 00 - Tea Break

16. 00 to 17. 00 - Lecture - 1V

17. 00 to 17. 30 - Dhāranā Practice