



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**



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SAMKHYA DARŚANAM

Six Darśana-s are compiled from the Ultimate Source - The Veda-s

They are : Nyāya, Vaiśeṣika, Sāmkhya, Yoga, Pūrva Mīmāṃsa and Vedānta

Practice of each Darśanam guides the practitioners

to SEE, to LIVE in and to BE in The TOTALITY, eternally.

Of the Six, Sāmkhya and Yoga Darśana-s are considered as sisters

Yoga Darśanam, in simple words is, Samkhya with the addition of Īśvara.

Therefore, complete Clarity on Yoga is not possible

without the comprehensive establishment in Sāmkhya Darśanam

Samkhya enumerates and explains exhaustively

all the 24 Truths (tattva-s) that constitute our Body and Mind

Yoga provides practical technicalities

to master and to move beyond both, our Body and Mind

Dear Yoga Practitioners, Teachers and Therapists,

Use this Seminar

- *To Strengthen your understanding on Samkhya Darśanam*
- *To Clear all your doubts on Samkhya and its link with Yoga*
- *To know about 24 tattva-s and their importance to Yoga path*

Course fee : 400 euros for 1 week

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