



Dr. N C's Yoga Vaidya Śāla

Centre For Higher Learning in Yoga, Yoga Therapy and Vedānta



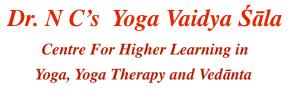
International Programs in Chennai, INDIA (2024 and 2025)

	SEMINAR TOPIC	DURATION (MON - FRI)	DATES
1	Yoga anu sāsanam	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











YOGA UPANIŚADS

The ultimate Source of Yoga is The Veda-s

Patanjali has selected and compiled the Yoga as a separate Darśana from The Veda-s only

Therefore, Tradition holds that The Veda-s are the Highest Authority for Yoga

And the Upaniśad-s, the knowledge portion, holds all the Wisdom of Yoga

The Principles and Practices of Yoga are found scattered in many Upaniśad-s Being the Ultimate Source, they are pure and much easy to comprehend and to practice

They explain many intricate principles that are found in the Yoga Sūtra text and

They guide the practitioners all through their journey of Yoga

This Seminar aims at

- Bringing some of the Yoga Upaniśad-s to our understanding and practices
- Expounding some of the deeper nuances in Yoga
- Introducing some of the Principles and Practices of Yoga based on the Upaniśad-s

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 - \bar{A} sana 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