



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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THREE PATHS OF YOGA



The goal of Yoga is to get re-united with our own essential Being eternally
The practices of Yoga guides every practitioner to regain the 'Lost Paradise'
And to re-establish our Being, in BLISS for ever

The one and the only obstacle that prevents our Yoga
is the remnants of our own life activities (karma), stored for aeons.
These debris are accumulated in our *manomayam* (*Sad Ūrmī-s, Samskāra-s* and
Vāsana-s) And in our *Vijnānamayam* (*Kleśa-s, Punya-s* and *Pāzpa-s*)

To cleanse all our accumulations,
Patanjali offers 3 paths (*Tri Mārga-s*)
Astānga Yoga, Kriyā Yoga and *Īśvara pranidhāna Yoga*

These 3 paths are NOT optional for the practitioners to choose and to tread
For, each path imperceptibly merge with the succeeding one
Start from your standpoint and complete the journey
You will reach the penultimate stage in Yoga
Then 'Something Happens' and You become Yoga!

This Seminar focuses on the following:

- Complete and Comprehensive discussions on the Principles and Practices of each path
- Practical sessions based on each path
- A complete revisit of the entire Yoga *Sūtra* Text

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