



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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ANTARANGA SĀDHANA

Patanjali's Astānga Yoga has 8 limbs. Of them the last 3 practises are grouped as 'Antaranga Sādhana-s' (internal practices).

The earlier practices (external practices) are comparatively easier, observable and verifiable. But, the internal practices are very subtle and the success depends on the mastery of the external practices.

Traditional Teaching methodology incorporates a number of steps. These steps are obligatory and they gradually and progressively guide the practitioners towards mastery.

These internal practices follow Pratyāhāra, where the mind takes an inevitable 'U' turn and is directed inwards. Mastery of Pratyāhāra is the essential prerequisite to enter into the Antaranga Sādhana practices.

Dear Yoga Practitioners, Teachers and Therapists,

Make use of this Seminar

- To get established with the Principles of practices of Dhāranā, Dhyāna and Samādhi.*
- To learn, practice and experience all the steps that are incorporated in Śrī. Krishnamācārya Tradition.*
- To review your understanding of Pratyāhāra, which is an necessary prerequisite for the practice of Antaranga Sādhana-s*
- To clear your doubts about all the principles of practices of Antaranga Sādhana-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 - 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