



THE SECRETS OF YOGA

(YOGA RAHASYA)

FEBRUARY 10 TO 14, 2020
CHENNAI, INDIA

SECRETS OF YOGA

- ✘ Traditionally, the Vedic Masters follow an unique way of teaching.
- ✘ Every knowledge system has two inherent divisions. The first one is **principles**.
- ✘ These principles can be discussed, analysed and taught to everyone in the society.
- ✘ As a result the knowledge system is exposed to all.
- ✘ Out of all these people, some would show genuine interest to peruse further, to get established in the practical experience of the knowledge system.
- ✘ Great Masters select such ardent students and impart them the **secrets** of **practice**.
- ✘ In olden days these teachings were imparted only personally, no texts were available.
- ✘ Later written texts came forth. But, their methodology of instructions were so cryptic that they require a teacher's interpretation and guidance.
- ✘ There are many texts available in yoga belonging to this category; the foremost being **Yoga Rahasya**. This text is an invaluable and imperative guide to all sincere followers of the practice of yoga.
- ✘ It instructs us all the nuances of the practice of every limb of yoga, guides the practitioners to move on from body to breath, from breath to prāna and through the help of prāna to establish in the Goal.

IN THIS SEMINAR

- ✘ The intelligent steps involved in the practice of Āsana, Prānāyāma, Dhāranā are elaborately discussed. This understanding ensures gradual and definite progression on the path of yoga.
- ✘ The secrets of the practice of higher techniques like bandha-s, mantrā-s and bhāvana.
- ✘ The secrets of cleansing and increasing the efficiency of physiological activities (kośās, nādi-s).
- ✘ The principles and practice of therapeutic application of yoga
- ✘ The practice of yoga during pregnancy.
- ✘ **Refresh your understanding**
- ✘ **Clarify all your doubts and**
- ✘ **Strengthen your clarity on Yoga Rahasya**



With

Dr. N.CHANDRASEKARAN, MBBS,
Founder - Yoga Vaidya Śāla, one of the world's most experienced yoga therapist, a western medical doctor, an international Yoga teacher and Therapist trainer and author.

VENUE AND FEE DETAILS

VENUE: VR Home, #7, 2nd Street,
Dr.Radhakrishnan Salai,
Mylapore, Chennai 600 004

Course fee includes single or twin shared accommodation at the venue, breakfast, tea/coffee, lunch and dinner. Apart from traditional South and North Indian food, menu will include a choice of fresh fruits.

For clarifications and further information, please write to drncyvs@gmail.com.