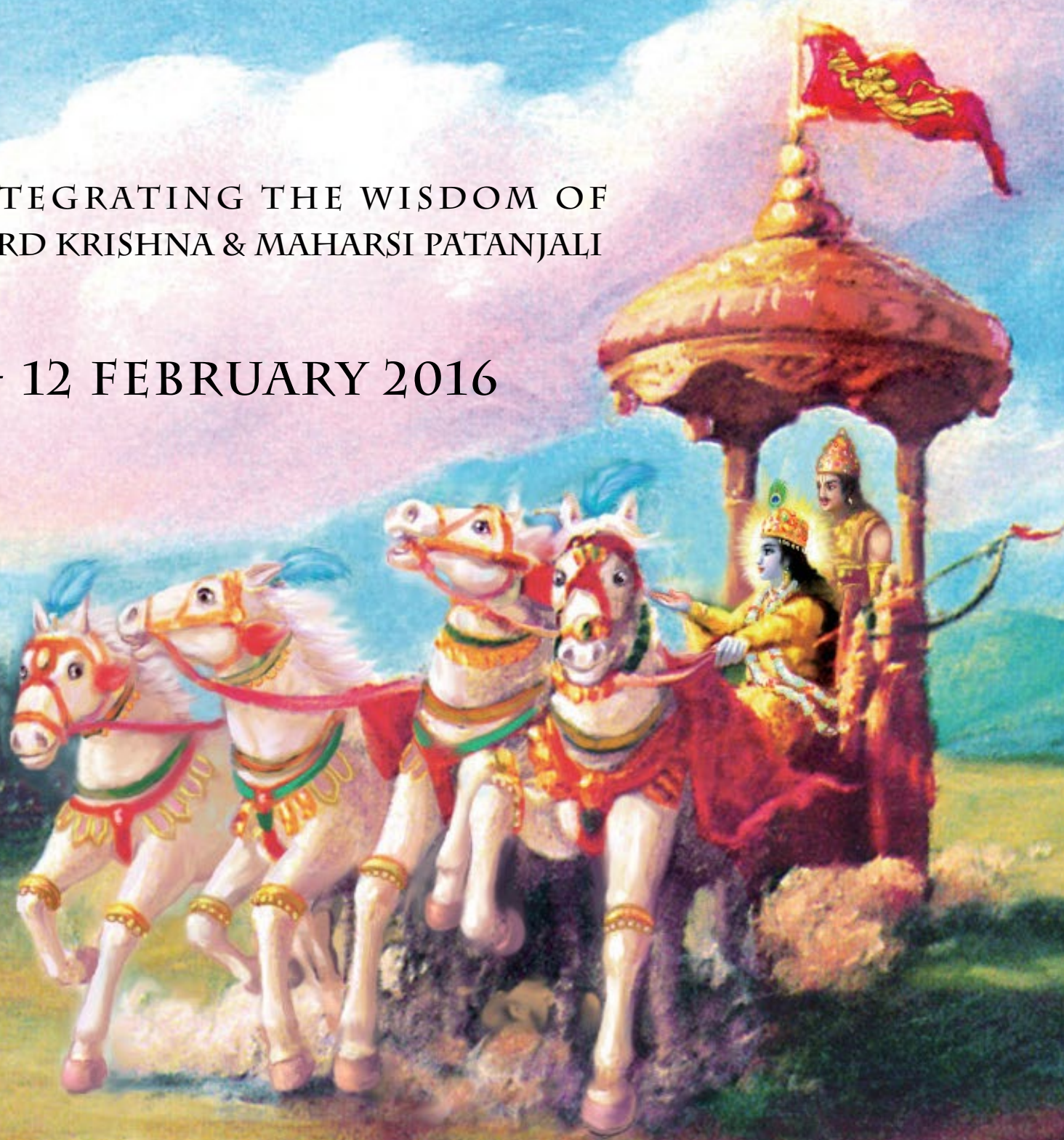# THE YOGA OF THE
BHAGAVAD-GITA

INTEGRATING THE WISDOM OF
LORD KRISHNA & MAHARSI PATANJALI

1 - 12 FEBRUARY 2016

YOGA IN THE AUTHENTIC TRADITION OF
T KRISHNAMACHARYA

sannidhi
of krishnamacharya Yoga

THE YOGA OF THE BHAGAVAD-GITA

The Bhagavad-gītā, often know as The Gītā, is one of the most popular scriptures in the Vedic tradition. It presents a range of philosophical topics that offer helpful ideas about how to live our life. The text is a synthesis of high quality of the core teachings from the Vedic culture, and hence is also often called as an Upaniṣad, despite it not being part of the four Veda-s. It combines many different elements from Sāṃkhya, Yoga and Vedānta philosophy and therefore provides insight in different facets of the Vedic tradition.

There are so many valuable lessons that can be taken from this very special text. Because it also presents many essential principle teachings of Yoga, it is also called as a Yogaśāstra (Yogic scripture). Many important principles such as techniques of Prāṇāyāma, Yama & Niyama, Concepts of Dhyānam, that find an exalted place in the Yoga tradition, are also expounded in the Bhagavad-gītā.

This retreat is proposed with the intention of presenting the key aspects of the Yogic teachings of the Bhagavad-gītā. This two week retreat will be an enriching experience for Yoga students and practitioners of all traditions. Themes discussed from the perspective of the Bhagavad-gīta include the following key concepts of life and Yoga:

Definitions of Yoga	**Principles of Prāṇāyāma**	**Concepts from Meditation**
Concept of Āhāra-niyama	**Yama & Niyama**	**Svadharma**
Svādhyāya	**Kinds of Vairāgyam**	**Guidelines on Abhyāsa**
Śraddhā & Bhakti	**Īśvara-praṇidhāna**	**Karma-yoga**

Great masters like Ācārya T Krishnamacharya and modern masters like TKV Desikachar strongly advocated the study of this wonderful text as part of Yoga training and studies. Their many astute observations of this text will also be shared during the retreat. Key commentaries from Ācarya Rāmānujācārya and Ādi Śankarācārya will also form essential components of the seminar.

This experiential seminar taught in a serene and safe environment will explore some of these key topics in a practical manner. **The main faculty for the seminar will be Mrs. Menaka Desikachar and Dr. Kausthub Desikachar** and will be ably assisted by support faculty of the Sannidhi of Krishnamacharya Yoga. The course is recommended to all serious practitioners and teachers of Yoga, Chanting or those who have a love for Indian Philosophy. The seminar will include sessions of chanting of the Bhagavad-gītā, presentation of meanings and concepts from the relevant sections, discussions on the connections these concepts share with Yogasūtra of Patañjali, and experiential practices integrating the teachings in a practical manner. Special lectures by renowned scholars on this topic will also be part of the program.

DATES
01 Feb - **12 Feb 2016** | Participants are advised to come a day or two early to acclimatize with the environment and also complete all registration formalities.

INVESTMENT
€545 Early Bird Price | Registration and payment on or before 31 October 2015
€595 Normal Price | Registration and payment from 01 November 2015
Participants can pay through cash, wire transfer or credit card (Paypal). For all Paypal payments a transaction tax of 4.5% will be added. For bank transfers, participants must cover bank charges on both ends.

VENUE
The training program will be conducted in the serene setting of Sannidhi of Krishnamacharya Yoga, located at:

Sannidhi of Krishnamacharya Yoga
6 (Old #5) Stone Link Avenue, R A Puram, Chennai 600028, India
Phone **+91.44.42066856**   Email   **courses@sky-yoga.net**

REGISTRATION FORM

First Name

Last Name

Email ID   Phone

Address (Street & Apartment #)

Address (Locality)

City State and Area Code

Country

ACCOMMODATION (Kindly provide us details of where you will be staying when you attend the course)

[ ] Hotel

[ ] Apartment or B & B

[ ] Other

PAYMENT OPTION (Please choose one option only)

[ ] Credit Card   An invoice will be raised online through Paypal

[ ] Wire Transfer   Bank Transfer details will be emailed to you on request

[ ] Cash Payment

Date :   **Signature:**

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