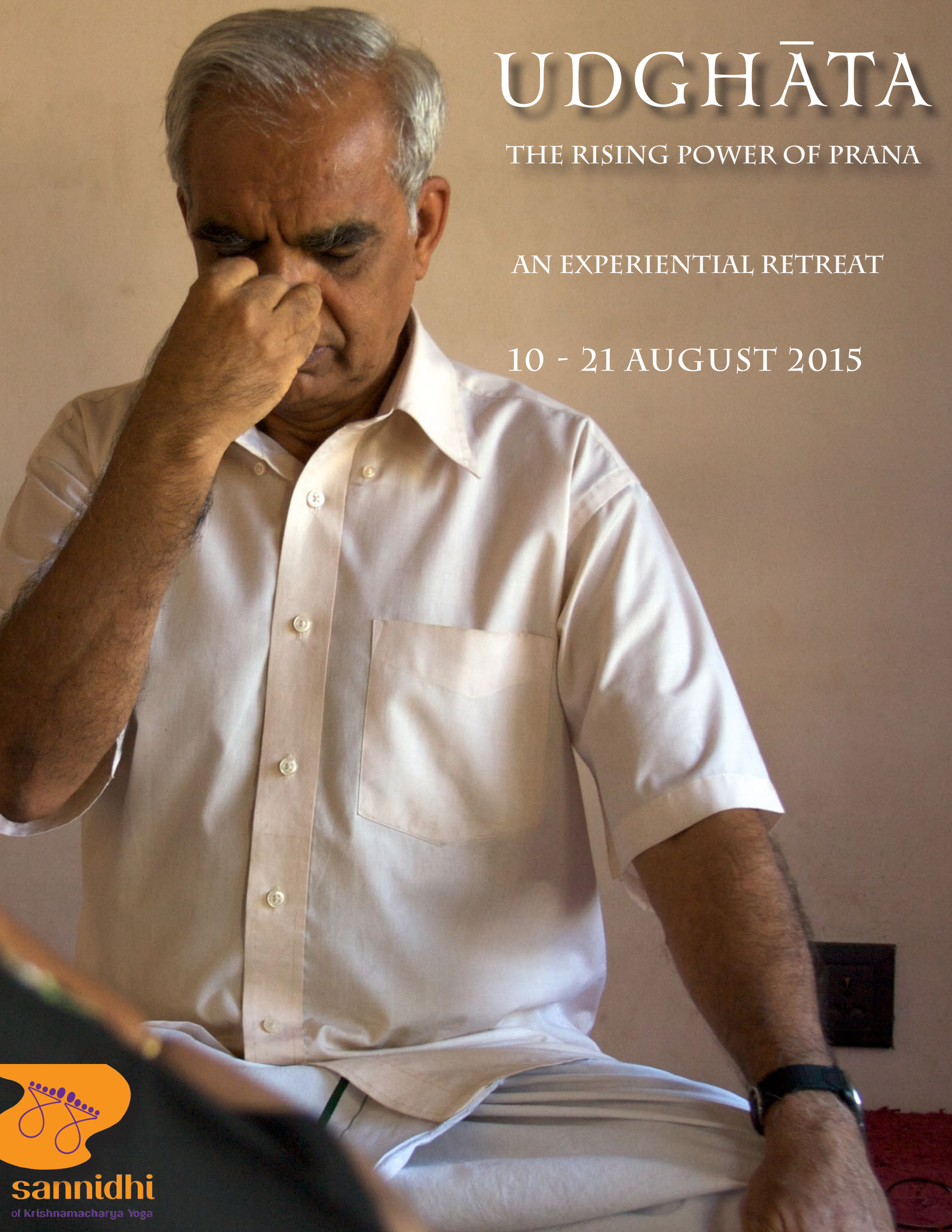


# UDGHĀTA

THE RISING POWER OF PRANA

AN EXPERIENTIAL RETREAT

10 - 21 AUGUST 2015



In the classical Yoga texts, it is said that the more quiet a mind is, the closer the energetic-body will be attached to the physical-body, and the less Prāṇa will be wasted. Ideally this energy should be concentrated in the spine (Merudaṇḍa). But it is often scattered elsewhere through blockages in the system. According to Haṭhayoga Pradīpikā, the upward movement of Prāṇa along the spine is seen as the a very vital ingredient in any serious practitioner's progress. This concept called Udghāta was highly revered by the Yogin-s as a catalyst to initiate the many positive changes that Prāṇa can facilitate.

Combining with advanced techniques of Prāṇāyāma, Nyāsa, Mudrā-s, Bandha-s and Mantra-s, the Haṭhayogin-s worked towards this goal so that their own personal evolution and expression of their seed potential manifested in the most efficient manner.

The Yogin-s believed that such experiences of Udghāta would help us transcend the mind, connect with the heart and explore the bountiful potentials that are hidden deep within our multiple layers. They also believed that it would help the Yogi connect to the spiritual side of life and be in harmony with the world inside and outside.

This experiential seminar taught in a serene and safe environment will explore the more advanced practices of Prāṇāyāma and work towards removing blockages in the system that scatter Prāṇa outside the body. The practices will include Nyāsa, Mudrā, Bandha and Mantra, so that the participants can engage in this deep practice of Haṭhayoga and can experience Udghāta and the consequent result of Prāṇa's containment within their own bodies.

Main Concepts covered during this experiential retreat are:

**The Concept of Prāṇa**

**Detailed Prāṇāyāma Techniques**

**Concept of Udghāta**

**Nyāsa in Prāṇāyāma**

**Definitions of Prāṇāyāma**

**Components of Prāṇāyāma**

**Bandha-s in Prāṇāyāma**

**Mantra-s in Prāṇāyāma**

**Purposes of Prāṇāyāma**

**Prāṇa & Kuṇḍalinī**

**Prāṇāyāma & Mudrā-s**

**Experiential Practices**

The course is recommended to all serious practitioners of Yoga that have already gained a basic knowledge about Prāṇāyāma, as well as Yoga Teachers and Therapists and students who want to take their own practice a step further and take a deep insight into the power of their own breath and its impact on their own unique creative potentials. **The main faculty for the seminar will be Dr. Kausthub Desikachar**, and ably assisted by supporting faculty of Sannidhi of Krishnamacharya Yoga. This seminar can also be taken towards continuing education credit.

## DATES

Seminar starts | 9:00 am on **10 Aug 2015**

Seminar Ends | 5.00 pm on **21 Aug 2015**

A detailed day to day timetable will be sent out to participants closer to the seminar date.

## INVESTMENT

**€545** Tuition Fee | 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](mailto: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:**

FOR OFFICIAL USE ONLY