

MAHĀBHŪTĀ

YOGA AND THE FIVE ELEMENTS

AN EXPERIENTIAL RETREAT WITH

DR. KAUSTHUB DESIKACHAR

PFAFFING, GERMANY

01 - 04 SEPTEMBER 2016

All the Vedic schools of philosophy, especially Sāṃkhya, Yoga and Āyurveda, view the world and the whole universe as an integrated entity made up of five fundamental elements that are called “pañca bhūta-s”. From the Vedic point of view, the five elements come alive and manifest in various forms when linked to consciousness through the phenomenon called Prāṇa. Our body, from the time of conception onwards, is made up of the five elements and is subject to these elemental energetic principles throughout our lives. It is important to understand that the old schools of healing such as Yoga and Āyurveda understood our existence based on prāṇa and the five elements, which in turn influence the make up of our constitution (doṣa) and the functioning of our cakra-s. Therefore not only all of our physique, but also our behavior through our actions, emotions, speech and thoughts as well as our relationship with our environment is closely connected to these principles.

The Yogasūtra states that continued meditation on the five elements makes us not only understand and manipulate the elements within us, but also a master the macrocosmos. There are many stories of great Yogis in the past who had a profound understanding and mastery over the elements and thus were able to influence their own bodies and the environment in a way that seems incredible for modern minds, be it not being harmed by fire, walking on water or passing through walls. Our acharya T.Krishnamacharya had such a deep understanding of the subtle anatomy of our body, that he was even able to stop his heartbeat on multiple occasions, a feat many believed was not possible.

Even if we might not reach such a level of mastery in this life, it becomes imperative for Yoga Teachers and Yoga Therapists to understand clearly these elemental principles, so that a deeper understanding of the tools of Yoga can occur. This practical seminar will be hosted in a beautiful environment near mountains, lakes and forests that facilitates a deeper connection with the elements.

This practical seminar will explore the following topics:

**Evolution of the Bhūta-s
Guṇas-s & the Bhūta-s
Indriya-s & the Bhūta-s
Mind & the Bhūta-s
Yoga Therapy & the Bhūta-s**

**Characteristics of each Bhūta
Asana-s & the Bhūta-s
Pranayama & the Bhūta-s
Meditation & the Bhūta-s
Mantra & the Bhūta-s**

**Functions of the Bhūta-s
Organs and the Bhūtas
Cakra-s & the Bhūta-s
Emotions & the Bhūta-s
Trauma & the Bhūta-s**

The seminar is open to all, and will be particularly suitable for those who wish to journey to the core of yoga’s philosophical roots, and its practical implementation in daily practice. It will also be invaluable to those who are considering delving further into the authentic teachings of Yogacharya T Krishnamacharya.

FACULTY

Dr. Kausthub Desikachar is the successor and current lineage holder of the classical Yoga tradition of T Krishnamacharya & TKV Desikachar. He is an acclaimed yoga teacher, yoga therapist, healer and spiritual adviser. His objectives include the sharing of the authentic teachings of Yoga to the modern era, as well as building bridges between different healing modalities to promote physical, emotional social and spiritual health.

Kausthub began studying yoga when he was 9 years old under the guidance of his teacher and father TKV Desikachar and started teaching at the age of 13. After completing his dual Masters degree, he committed himself to becoming a full-time student and teacher of Yoga. Also in 2011, he concluded his doctoral studies from the University of Madras, where his topic of research was “Effect of Individualized Yoga Training on Quality of Life.” Besides teaching, Kausthub also works as a yoga therapist and offers clients astute and effective solutions for all sorts of physical, mental and emotional imbalances and problems. He has also authored and co-authored numerous books on yoga, such as “The Heart of Asana: A comprehensive manual on Classical Yoga Postures” and a biography on his grandfather, the great yoga acharya T. Krishnamacharya, called “The Yoga of the Yogi”.

Kausthub is known for his remarkable, deep and well versed knowledge and his ability to present the ancient teachings in a way that is profound as well as applicable for modern day practitioners. His teachings are especially beneficial for yoga teachers as he helps them grasp the fullness and deep insights of the ancient teachings so that they are able to apply them in a competent and sincere way. He is also the co-founder of the online journal **‘Synergies in Healing Journal.’**

DATES

Seminar starts 4:00pm on 01 Sep 2016 | Participants check in around noon. Lunch provided on arrival.
Seminar Ends 12.00pm on 04 Sep 2016 | Participants check out after lunch.

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

INVESTMENT

€640 Tuition + Full Board in Ensuite Single Room **€615** Tuition + Full Board in Single Room Non-Ensuite
€580 Tuition + Full Board in Ensuite Double Room **€555** Tuition + Full Board in Double Room Non-Ensuite
€500 Tuition + Non-Resident Participant (Only Meals included)

Cost includes full tuition fee plus room (for residents) and the delicious vegetarian meals starting from lunch on the first day (01 September), until lunch on the last day (04 September). Exquisite coffee / cappuccino from award-winning local coffee roaster, Tea and a big bowl of fruit will also be available for all participants at no additional cost. Full board includes a rich breakfast buffet with changing, freshly cooked cereals and fresh porridge. The lunch menu is made of three courses - luscious salads with delicious dressings, main course and dessert. Evening dinner includes soups, baked oven dishes, cheese, spreads, baked vegetables or potatoes on the plate, and sometimes even freshly home baked breads.

All rooms have harmonious proportions. The rooms are simple and individually furnished and adorned by powerful, warm artwork. Thus making the rooms a personal oasis of tranquility. There are choices of Single and Double rooms, either with own bathroom (Ensuite) or with shared bathroom (Non-ensuite) options. Rooms will be allotted on a first come-first serve basis. So kindly register early to ensure your preferred choice of booking. All Teaching rooms will include Yoga mats, cushions and stools. Participants need not bring these, unless they want to utilize their own.

Interested participants can kindly provide registration details using enclosed registration form and email to kausthub@khyf.net. An invoice through Paypal will be raised, and on receipt of payment participation is confirmed. Kindly note that there are limited spots available for this retreat. Hence early booking is suggested.

Dr. Kausthub Desikachar will also be available for private Yoga Therapy consultations during the seminar. Through these sessions, consistent with the traditional teaching of Yoga, you can benefit by receiving an individualized and holistic daily practice, that will be suitable for your health and wellness needs. When necessary, a confidential translator may also be arranged for your benefit. Cost of the consultation will be €75 and can either be pre-paid through Bank transfer, Paypal or through cash. If payment is through Paypal, a 5% processing fee will be added. Since only a limited number of places are available, it is advisable to pre-register for these.

VENUE

Seminarhaus Holzmannstett, Holzmannstett 1, D-83539 Pfaffing, Germany

www.holzmannstett.de

The serene settings of Seminarhaus Holzmannstett, where the retreat will be held is conveniently located only around 53 kilometers from Munich. It is located in rural Bavaria and beautiful forest trails within walking distance.

Car Directions from Munich | A 99-exit Haar-left, towards Wasserburg. B 304-approximately 3 km after Kirchseeon right, in the direction of Grafing/Rosenheim- in Grafing after the crossing turn right, go straight on, then watch it and turn left in a deep right turn in the direction of Rott/Jakobneuhartig. Approximately 6 km after Jakobneuhartig directly after the sign "Hart" turn right towards Holzmannstett

Car Directions from Rosenheim, Wasserburg, Landshut | B15 exit direction Ramerberg- in Ramerberg direction Lehen- in Leben in the turnabout towards Grafing- after 50m turn right towards Grafing- in Hart (600m) directly after the last house on the left- Holzmannstett

By Train | Participants can plan to arrive in **Ramerberg** Station, from where the staff at the Seminarhaus can pick them up. Participants can also arrive at **Grafing-Bahnhof** Station and can take a short taxi drive on their own.

OTHER INFORMATION

The seminar will be conducted in English and translated into German. Kindly note that smoking and pets are not allowed in this retreat center.

REGISTRATION FORM

First Name _____

Last Name _____

Email ID _____ Phone _____

Address (Street & Apartment #) _____

Address (Locality) _____

City State and Area Code _____

Country _____

ACCOMMODATION OPTIONS (Please choose your preferred option)

Double Occupancy Ensuite

I want to share my room with _____

Double Occupancy Non-Ensuite

I want to share my room with _____

Single Occupancy Ensuite (I understand there is limited number of Single Rooms, offered on a first come - first serve basis)

Single Occupancy Non-Ensuite (I understand there is limited number of Single Rooms, offered on a first come - first serve basis)

Non - Resident Participant

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

PICKUP OPTION

Yes, I wish to avail of the pick up service from Ramerberg station, and will inform of my expected arrival on or before 15 Aug 2016

No, I will arrive on my own

INDIVIDUAL LESSON BOOKING (Please choose one payment option only)

Yes, I wish to book a private one-to-one lesson with Dr. Kausthub Desikachar, during the seminar.

I wish to pre-pay for it through Paypal.

I wish to pre-pay for it through bank transfer.

I will pay cash at the venue.

Date :

Signature:

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