

# **SOUND HEALING**

**APPLICATION OF MANTRA-S IN YOGA**

**with Dr. Kausthub Desikachar**

**in the AUTHENTIC tradition of  
T Krishnamacharya**

**20 - 23 October 2016**

**Sydney, Australia**

# SOUND HEALING APPLICATION OF MANTRAS IN YOGA

Among the many tools that are used in Yoga and Yoga Therapy, Mantra-s hold a special place for the yogin-s of the past, as they are the means to reach the core within us. Mantra-s are subtle tools that engage our internal faculties, and influence change within us. The power of mantra-s has commanded great respect among yogi-s of the past, and is often considered one of the most important tools of Yoga Practices, especially in the domain of healing and spirituality. Among many of its inherent benefits is its ability to heal and aid in the therapeutic process in a variety of situations. Be it through its inherent power of vibration, or the positive feeling it brings to the practitioners, it is widely acclaimed throughout history that Mantra-s hold an integral place in the realm of healing.

However, little is known about the principles and practice of mantra-s, especially among the yogi-s of the modern era, and in the domain of Yoga and Yoga Therapy. This inspiring and practical seminar will focus on the healing powers of mantras and how to apply them in yoga practice, for ourselves or our students.

In this seminar, participants will learn

- \* **What are Mantra-s and what are their roles in Yoga & Yoga Therapy**
- \* **The Sound principles of Mantra-s and how they are effective in Yoga & Yoga Therapy**
- \* **How can Mantra-s be applied in Asana, Pranayama, Meditation and other tools of Yoga**
- \* **How Mantra-s can help alleviate physiological and psychological illnesses**
- \* **How Mantras are useful in healing spiritual illnesses**

This seminar will be presented by Dr. Kausthub Desikachar, the current lineage holder of the Yoga Teaching tradition of Yogacharya T Krishnamacharya and TKV Desikachar. The seminar will be an ideal opportunity for students to delve into this topic in an indepth manner and find appropriate means to explore the subtle yet practical teachings of Mantra in the domain of Yoga Therapy. It will be open to all, and will be particularly suitable for those who wish to engage in the learning and practice of Yoga Therapy in a serious manner. It will also be invaluable to those who are considering delving further into the authentic teachings of Yogacharya T Krishnamacharya & TKV Desikachar.

## VENUE

Crows Nest Community Centre, 2 Ernest Place, North Sydney, NSW. 2065

## DATES

20 Oct - 23 Oct 2016

|                       |                                  |
|-----------------------|----------------------------------|
| 20 Oct. 2016 Thursday | 7.00pm - 9.00pm                  |
| 21 Oct. 2016 Friday   | 9.00am -12.00pm - 2.00 - 5.00pm  |
| 22 Oct. 2016 Saturday | 9.00am -12.00pm - 2.00 - 5.00pm  |
| 23 Oct. 2016 Sunday   | 9.00am - 12.00pm - 2.00 - 5.00pm |

## INVESTMENT

|              |   |
|--------------|---|
| <b>\$650</b> | Early Bird. Registration and payment <b>before 31 August 2016</b>     |
| <b>\$725</b> | Regular Price. Registration and payment from <b>01 September 2016</b> |

## CONTACT

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|---------------|--|--|
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## OTHER INFORMATION

Dr. Kausthub Desikachar will also be available for private Yoga Therapy consultations during his visit to Sydney. 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. Cost of consultation will be A\$120. In order to know the time slots available and to pre-register for these, kindly contact one of the local coordinators. Since only a limited number of places are available, it is advisable to pre-register for these.