

# MUDRĀ-S & BANDHA-S

THE SECRET AND SUBTLE TOOLS OF YOGA

Yoga in the authentic tradition of  
**T Krishnamacharya & TKV Desikachar**

An experiential seminar with  
**Dr. Kausthub Desikachar**

**17 - 19 NOV 2017**  
**Kuala Lumpur, Malaysia**



**KRISHNAMACHARYA**  
HEALING AND YOGA  
FOUNDATION

# MUDRĀ-S & BANDHA-S

## The Secret and Subtle Tools of Yoga

The role of **Mudrā-s & Bandha-s** can serve as a vital instrument in this process of personal and spiritual evolution. Mudrā-s are very intricate tools of Yoga, that harness the fire within us to help nourish the inherent seeds of our capabilities. They are discussed extensively in classical texts such as Haṭhayogapradīpikā & Śiva Samhitā, as well as modern classics such as Yoga Makaranda of T Krishnamacharya.

When appropriately practiced together with a sophisticated system of breath and visualization, Mudra-s & Bandha-s touch different layers of the human system and aid in our positive transformation. Owing to the great power it can harness, the Yogi-s showed great respect to these tools and only learnt and practiced under watchful guidance.

This enriching seminar will explore the most important Mudrā-s in detail, presenting the core principles and frameworks within which they must be understood and practiced. The program will deal with presenting pre-requisites for the practice of each Mudrā, the technical nuances of their practice, benefits and contraindications.

This seminar will be most useful to serious practitioners of Yoga, as well as Yoga Teachers and Trainers who are wanting to take their practice to the next level.

This inspiring and practical seminar, taught by Dr. Kausthub Desikachar, the grandson of Yogacharya T Krishnamacharya, will be the ideal opportunity to delve into this topic and find appropriate means to explore the subtle yet practical teachings of Yoga. Assistive handouts will also be presented as an important learning tool. Dr. Kausthub Desikachar 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.

## DATES

**17 - 19 November 2017**

9.00am - 12.00pm & 1.30 - 03.30pm on 17 & 18 Nov 2017

9.00am - 12.00pm on 19 Nov 2017

## VENUE

**Gujarati Association Community Centre**

38, Lorong Maarof, Bangsar Park,

59000 Kuala Lumpur, Malaysia

## INVESTMENT

**RM 850**

Early Bird Price (Registration and payment on or **before 30 September 2017**)

**RM 1050**

Regular Price (Registration and payment **from 01 October 2017 onwards**)

## CONTACT & OTHER INFORMATION

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### Bank Transfer Details

Name of Beneficiary	Parul Nagindas Doshi
Name of Bank	CIMB
Account Number	8001514374

Kindly email or Whatsapp Banking slip for Proof of Payment to Parul Mehta

For more information on Dr. Kausthub Desikachar or the tradition he represents visit [www.khyf.net](http://www.khyf.net)