

MUDRA-S & BANDHA-S

THE SUBTLE TOOLS OF YOGA

Yoga in the authentic tradition of
T Krishnamacharya & TKV Desikachar

An experiential seminar with
Dr. Kausthub Desikachar

03 - 05 June 2017

Raumati South, NZ



KRISHNAMACHARYA
HEALING AND YOGA
FOUNDATION

MUDRA-S & BANDHA-S THE SUBTLE TOOLS OF YOGA

The limitless human potential is often deeply hidden within us, not just beneath our psyche, but also within the layers of conscious and unconscious patterning. Unlocking them to fully manifest into our lives is a key aspect of personal growth and spiritual development. This process requires sustained effort and the practice of powerful tools, under careful guidance and supervision. The role of **Mudrā-s & Bandha-s** can serve as a vital instrument in this process of personal 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. They also understood and considered all the pre-requisites these tools required, before practicing themselves or teaching them to others.

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. The seminar will present previously unknown material on these very subtle concepts of Yoga and how to apply them carefully in personal practice or in the practice of students. 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. Guidelines of self-observation on the effects of such practices will also be provided and participants will also be offered opportunities to explore these further.

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

Seminar starts 9.00am on 03 June 2017
Seminar Ends 5.00pm on 05 June 2017

VENUE

Raumati South Hall, Tennis Court Road
Raumati South, New Zealand

INVESTMENT

NZ\$ 315 Early Bird Price (Register on or before 14 February 2017)
NZ\$ 375 Regular Price (Registration from 15 February 2017 onwards)

CONTACT & OTHER INFORMATION

Interested participants can kindly contact Ruth Diggins via ruthyoga@paradise.net.nz or through phone **04-905-6224** or **021-258-6865** to register for this very special event.

Mudrā & Bandha practices are very powerful and potent ancient practices that can affect the practitioner on different levels, especially emotionally and spiritually. Even though we explore these practices in the safe environment of the seminar, please note that the practices might affect you. If you feel this might be an issue for you or you have any questions before your participation, please don't hesitate to contact us at any time.

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

For more information on Dr. Kausthub Desikachar visit www.kausthub.com