



seminars 2004

Explore the breathing body - the yoga of pranayama with **Kausthub Desikachar**

The yoga of Yoga Rahaysa with **Ante Celar**

explore the
breathing
body

the yoga of pranayama

with Kausthub Desikachar

Stockholm Sweden
July 26-29 2004



Kausthub Desikachar

Son and student of TKV Desikachar, Kausthub began his yoga lessons very early in life. By the time he was 13, he started teaching children, and is today recognised as one of the specialists in teaching yoga to children. After completing his masters degree in university, Kausthub decided to become a full time yoga teacher, and transmit the message of yoga all over the world. He obtained a post graduate diploma in yoga from the Krishnamacharya Yoga Mandiram. Today he is not only a senior teacher at this center, but also its chief administrator. Kausthub has been travelling all over the world and teaches various aspects of yoga at different seminars, workshops, conferences and also in universities. Kausthub lives in India with his family, and continues his daily yoga education with his teacher.

explore the breathing body

Breath is one of the most central tools in yoga. It is used not only as an indicator of the quality of our well-being, but also to influence our health, state of mind and stamina. Through the breath, many things about our human system can be understood, explored and nurtured. This is one of the reasons why breath has been considered the most vital component of yoga.

The subtle tool of conscious regulation of the breath (Pranayama) is hence vital to yoga practices. Being very subtle and powerful, pranayama needs to be practiced with care and caution, failing which it will become more dangerous than useful.

Pranayama may be used to influence not just our physical body, but also the different layers we are made up of. Prana (or breath) is the vital breath that pervades to every part of our human system, including our body, mind, personality traits as well as our emotions. Hence it has the potential to reach and make impacts on every one of these levels, if utilized very carefully. This is where the precisions of its utilization come in handy.

The first master who compiled yoga teachings into the yoga sutra's was a great sage called Patanjali. He has very beautifully explained the spirit behind the practice of pranayama, which will form the theme of this four day workshop.

This informative and experiential workshop will focus on:

- the definition of pranayama
- the components of pranayama
- important techniques of pranayama
- the tools that are used in pranayama
- Application of pranayama to explore and nurture our breathing body.

The seminar will be held in Stockholm July 26-29 2004.

The
yoga
of
yoga Rahasya with Ante Celar

Karlstad Sweden March 5-7 2004

Östersund Sweden September 24-26 2004

The yoga of **yoga** Rahasya

The text “Yoga Rahasya” is one of the most important contributions from Nathamuni, a ninth century yogi. The title means “Secrets of yoga” and this wonderful masterpiece offers many deep insights into the use and applications of yoga.

The text was lost for a very long time until T. Krishnamacharya, one of Nathamuni’s direct descendants, received the teachings of Yoga Rahasya as a young boy. This work formed an important source of reference for T. Krishnamacharya’s teaching, and has touched many people directly or indirectly.

Important concepts discussed in this classical text include: Importance of yoga for women, yoga for pregnancy, yoga for different stages of life and yoga as a therapeutic tool.

The seminars of the yoga of Yoga Rahasya includes lectures, work-shops, practices, meditative experiences and dialogs.

During 2004 there will be a weekend seminar in Karlstad March 5-7 and one seminar in Östersund September 24-26.

These seminars are part of a serie but can also be attended separately. Each seminar has a different subject.



Ante Celar

Ante Celar traveled to India in 1993 for the first time, where he discovered yoga. It had such a powerful impact on him that after returning back to Germany his interest in learning more about this discipline intensified. In 1998 he decided to take a one year leave from his studies in University to visit India and study yoga. Here he met Kausthub Desikachar in Chennai, and spent almost one whole year studying on a daily basis, the various aspects of yoga. Besides some of the most important and practical texts on yoga philosophy he also learned from his teacher the approach on how to teach yoga to children and youngsters. Ante teaches both to groups as well as individuals on a one on one basis. He continues to visit India regularly to deepen his knowledge with his teacher.

Explore the breathing body, Stockholm, July 26-29

Seminar dates: July 26–29 2004. The seminar will start at 8.00 on Monday and it will end at 18.00 on Thursday.

Location: Idrottshögskolan, Lidingövägen 1, Stockholm, Sweden.

Accommodation: Accommodation is not included and is arranged by the participants themselves.

Food: Breakfast and teabreaks are included in the seminar fee.

Register: To register please send in the form or register on the website or via telephone. Registration will stop on July 5 or when the seminar is full. You will be sent a confirmation letter with information about how to get to the seminar place and how to pay.

Seminar fee: Normal tariff: 3500 SEK, Student/family tariff: 3200 SEK

The yoga of yoga Rahasya, Karlstad, March 5-7

Seminar dates: March 5–7 2004. The seminar will start at 17.00 on Friday and it will end at 13.00 on Sunday.

Location: Ängsbacka kursgård in Molkom, 30 km north from Karlstad, Sweden.

Accommodation: Double rooms are available for 200 SEK/night. Please book ahead.

Food: Vegetarian food is arranged for everyone. You pay on arrival, cost 500 SEK for the weekend.

Register: To register please send in the form or register on the website or via telephone. You will be sent a

confirmation letter with information about how to get to the seminar place and how to pay.

Seminar fee: Normal tariff: 1500 SEK, Student/family tariff: 1200 SEK

The yoga of yoga Rahasya, Östersund, Sep 24-26

Seminar dates: September 24–26 2004. The seminar will start at 17.00 on Friday and it will end at 13.00 on Sunday.

Location: Birka Folkhögskola in Ås, 10 km west from Östersund, Sweden.

Accommodation: Rooms are available. Please book ahead.

Food: Vegetarian food is arranged for everyone. You pay on arrival.

Register: To register please send in the form or register on the website or via telephone. Registration will stop on September 15. You will be sent a confirmation letter with information about how to get to the seminar place and how to pay.

Seminar fee: Normal tariff: 1500 SEK, Student/family tariff: 1200 SEK

The spirit of yoga

The Spirit of Yoga, is a series of workshops and seminars aimed at presenting the teaching of Yoga in a systematic manner. The series includes two weekend seminars and one week long seminar each year. The seminar serie is organized by Hanna Persson and Karina Jonsson. To get more information about the seminars, don't hesitate to contact them.

Contact

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www.spiritofyoga.se

Registration form

- Karlstad March 5-7 Stockholm July 26-29
 Östersund September 24-26

Name: _____

Address: _____

Postal nr: _____

City: _____

Phone: _____

Message: _____

- Student/Family tariff Normal tariff
 Accomodation
 Allergic to

Stamp

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