

stability in change

yoga as a catalyst

with **Kausthub Desikachar**

Östersund Sweden November 9-11 2004

At the core of yoga philosophy is the precept that change is inevitable and if one is not prepared for this change, then one suffers. Hence one of the central paradigms in yoga is to identify, accept and work with change so that we build for ourselves a life of stability and harmony.

Is it possible to remain stable in the midst of change? Is it possible to retain equanimity in joy and sorrow? We make plans to do certain things, but then when things change and our goals are not met, we feel very agitated. How is this possible to have a stable mind in such situations? What are the tools that help in this direction? These are but a few questions

that are addressed in Patanjali's Yoga Sutras, the master text on yoga philosophy. Stability is a key ingredient for success in this world of change. This text will form the basis for this three-day workshop that will explore the role of yoga as a catalyst towards achieving such stability of body and mind.

The three-day workshop will focus on how to understand the numerous tools offered by yoga that deal with changes in attitudes and life style patterns. Consequently, each participant will be in a position to design for himself/herself a unique solution to cope with change, a solution that is tailor-made to the individual.



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.

Seminar dates and location:

The seminar will be held at Gamla Teatern, Östersund, November 9–11 2004. The seminar will start at 8.30 on Tuesday and it will end at 17.30 on Thursday.

Register:

To register please register on the website www.spiritofyoga.se, via telephone +46(0)63-103075, or via email info@spiritofyoga.se. Registration will stop on November 1 or whenever 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: 2500 SEK, Student/family tariff: 2200 SEK