

The Sacred Breath of Yoga



PRANAYAMA

Courses for
Beginners
Continuation
Advanced

by

Sri O. P. Tiwari

November and December 2009

KAIVALYADHAMA

YOGA FOR THE WORLD

The Courses

Beginners: 1-14 November 2009 - 30 Seats

For aspirants who have been practicing Yoga, but without emphasis on Pranayama. Participants must be able to sit for long durations on the floor with cushions.

Continuation: 15-29 November 2009 - 30 Seats

For practitioners who have completed a beginners course or have studied with Sri O. P. Tiwari before may join.

Advanced: 6-20 December 2009 - 15 Seats

Those practitioners who have been learning with Sri O. P. Tiwari and are practicing Pranayama 1:2:2 or more are eligible for this course.

Introduction

Kaivalyadhama, the oldest Yoga Institute in the world and with teaching, healthcare, scientific and philosophico-literary research faculties, is proud to announce a series of Pranayama courses for Yoga practitioners.

The purpose of these courses is to provide training in the intricate techniques of Pranayama together with its related Kriya, Mudra, and Bandha practices as described in traditional texts, and as verified and experienced by

the Masters. Both the practical as well as theoretical aspects of Pranayama will be taught during the courses.

Practical Aspects

Depending on the level of the course, the practices to be taught will be selected from the following:

Kriyas: Jal Neti, Sutra Neti, Vaman, Shankh Prakshalan, Tratak, and Nauli.

Asanas: (as a pre-requisite to Pranayama) Uddiyana, Agnisara Simha Mudra, Jeeva Bandh, and Brahma Mudra.

Bandhas: Moola Bandh and Jalandhar Bandh.

Pranayama: Surya Bhedan, Anuloma Viloma, Ujjayi, Bhastrika, Bhramari and Sheetli will be practised, Plavani, and Moorcha will be only discussed.

It is recommended that during the application process, participants inform us of their comfort and knowledge levels of Pranayama and Kumbhaka using the scales of 1-4 for each Pranayama with Kumbhaka, 1 being the lowest and 4 being the highest levels of experience.

Theoretical Aspects

Pranayama: what it is and what it does. Pranayama and its rationale. The historical evolution of Pranayama. Yoga:

Pranayama, the Sacred Breath of Yoga

psychology and western perspective. Yoga and personality integration. Yogic posture and self-development. Patanjali's philosophy. The concept of mind: ego and the intellect. The importance of Kriyas, Bandhas, and Mudras. Kundalini : the external force of growth. The concept of Vayu, Doshas, and diseases in Yoga. The essence of traditional texts in Yoga.

Course Schedule

From the 5.30 am wake-up bell, the day starts at 6.30 with Kriyas (cleansing), and then almost two hours of asana and Pranayama practice. After breakfast is a lecture and discussion session until lunch. The three-hour afternoon session is for library research or therapies, then an hour of Pranayama, ending with a walk before dinner. The final activity of the day is chanting and the sessions will conclude at 9 pm. In-between, the participants have the option of taking Ayurvedic and nature-cure treatments.

Course Faculty

Each of the Pranayama courses will be conducted by Sri O. P. Tiwari who is a one of the few masters today teaching Pranayama practice with a classical technique, where the

scientific outlook harmonises with wisdom. He was groomed under Kaivalyadhama's founder, Swami Kuvalayananda, and has more than four decades experience teaching the subtle aspects of Yoga.

He is a humble man who doesn't try to prove anything, but with integrity passes on the thought and practice of Yoga in the traditional way. This is how he believes the practice is most fruitful. He is part of the centuries-old vibrant tradition of Yoga, energetically and enthusiastically living and practicing it.

Booking and Cancellations

Send an email request to register your name. For booking, 100% of fees must be deposited. Cancellation 30 days before course starts is 100% refundable; within last 30 days, 90% of the fee will be deducted. All cancellations minus bank fees. Selection to attend any of the courses is on a first come first served basis as numbers are limited.

Course Fees (inc. full board)

1000 Euros - single room with common bathroom.
1200 Euros - twin *en suite* rooms (each person).
1500 Euros - single *en suite* room.

Pranayama, the Sacred Breath of Yoga

Kaivalyadhama

The Institute is set in its own beautiful 180 acres of parkland and gardens, and is found at Lonavala, approx. 120 kms from Mumbai and 60 kms from Pune on the main expressway and rail links. The Institute is approx 1.5 kms from the rail and bus stations where autorickshaws are available.

Out and About

Buddhist caves: Lonavala, once known as Leniwala (abode of caves) is situated in the environs of Sahyadri Hills. Nearby are famous ancient Buddhist caves. The oldest among the caves are Karla and Bhaja, about 5 kms from Lonavala. Karla is a passion to archaeologists, it was a 300 BC centre of training and pilgrimage for Buddhist monks, once boasted to have probably the largest assembly hall, named Caiya Griha.

Not far away are the Bhaja Caves which were exclusively for advanced spiritual practices such as meditation and mantra sadhana, and one still can have a feeling of the serenity and sanctity of the place.

Further afield: Not very far from Lonavala is situated Lauha Garh, once an impregnable fort of Chatrapati S Shivaji, whose

valour and grit protected the Indian culture from devastating invaders.

Two hours away, **Pune** is a bustling city of 2m people with a large university, many restaurants, cinemas, and plenty of shops. The world famous Osho Ashram can be visited with prior arrangement.

About 70km distance is the seaside town of Alibag, which marks the start of the Konkan Coast and is a popular haunt for Mumbai residents arriving by hydrofoil, bus or car. Then there is **Mumbai** itself which can be reached in around 3 hours by taxi. One of the world's largest cities, Mumbai has everything a visitor could ask for.

Contact

**Kaivalyadhama
Lonavala 410 403
Maharashtra
INDIA**

(+91) 02114 273039 or 273001

Direct line to Booking Office (+91) 02114 271001

Email: kdham@vsnl.com

www.kdham.com

KAIVALYADHAMA

YOGA FOR THE WORLD