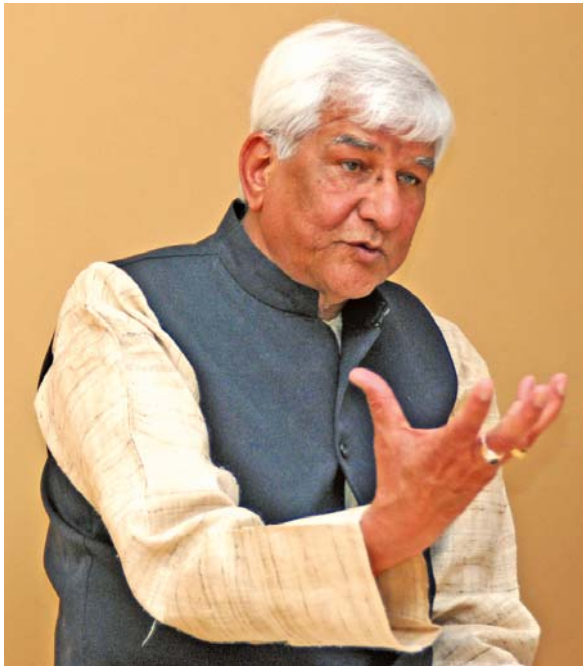


Kaivalyadhama announces its
Teacher Training Course in
Pranayama

Sacred Breath



Given by Sri O. P. Tiwari

**15 November to 14 December 2011
at Lonavla, Nr. Mumbai, India**

KAIVALYADHAMA

YOGA FOR THE WORLD

“Sacred Breath” Teacher

Introduction

The oldest Yoga Institute in the world is proud to announce a Teacher Training Course in Pranayama given by Sri O. P. Tiwari in 2011. The purpose of this Course is to provide training in the intricate techniques of Pranayama together with its related Kriya, Mudra, and Bandha practices as described in traditional texts, verified and experienced by the Masters. Both the practical as well as theoretical aspects of Pranayama will be exhaustively taught.

The objective of completing the course is for students to become Pranayama teachers in their own right or to add this qualification to their existing Yoga teaching qualifications.

Course Dates

The Course will run from 15 November to 14 December 2011. A maximum of 30 people can attend the Course and places will be given on a first come, first served basis. All attendees must be medically fit.

Course Contents

Prakruti assessment technique; pulse reading and prescription of specific Pranayama; rationale and evolution of Pranayama; physiology of respiration and Pranayama; the do's and don'ts of Pranayama; importance of food; study of Vata, Pitta and Kapha; the theory of Ayurvedic massage and Pranayama teaching practice.

Practical Aspects of the Course

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

Pranayama: 1. Anuloma Viloma, 2. Ujjayi, 3. Surya Bhedan, 4. Bhastrika, 5. Bharmari, 6. Sheetli. Plavani and Moorcha will be only discussed. All Pranayama techniques will be practiced with Kumbhaka .

Please note that the Course is designed for persons with a practicing knowledge of Pranayama and Kumbhaka, and will be intensive with much emphasis being given to the practices.

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

Training Course in 2011

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 practise. 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, the sessions will conclude at 9 pm.

Course Faculty

The Teacher Training Course will be conducted by Sri O.P. Tiwari who is one of the few masters today teaching Pranayama practice with a classical technique, where the scientific outlook harmonises with traditional wisdom. He was groomed under the guidance of Kaivalyadhama Institute's founder, Swami Kuvlyananda, and has more than 40 years experience teaching the subtle aspects of Yoga.

He is a humble man who doesn't try to prove anything, but with integrity sincerely 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 living tradition of Yoga, energetically and enthusiastically living and practicing it. Sri Tiwari will be ably assisted by Dr B. R. Sharma (PhD), Dr Jagdish Butada, Dr Sharad Bhalekar, G. S. Sahay, visiting faculty. The Administrator for the Course is Sri Subodh Tiwari.

Course Cost

The cost of the Course is Euros 3,100, which includes double shared board and lodging plus transport to and from Mumbai Airport.

Booking

Please send an email request to register your name. For booking, 50% of your fees should be deposited by 31 September 2011.

About Kaivalyadhama

The Institute is set in its own beautiful 180 acres of parkland and gardens, and is found at Lonavla, 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.



For further information and booking,
send letter, email or phone to

Sri Subodh Tiwari
Kaivalyadhama,

Swami Kuvalyananda Marg,
Lonavala - 410 403,
INDIA

Phone 02114 273039 / 273001

• Email : kdham@vsnl.com • Website: www.kdham.com