



KAIVALYADHAMA

YOGA FOR THE WORLD

Kaivalyadhama

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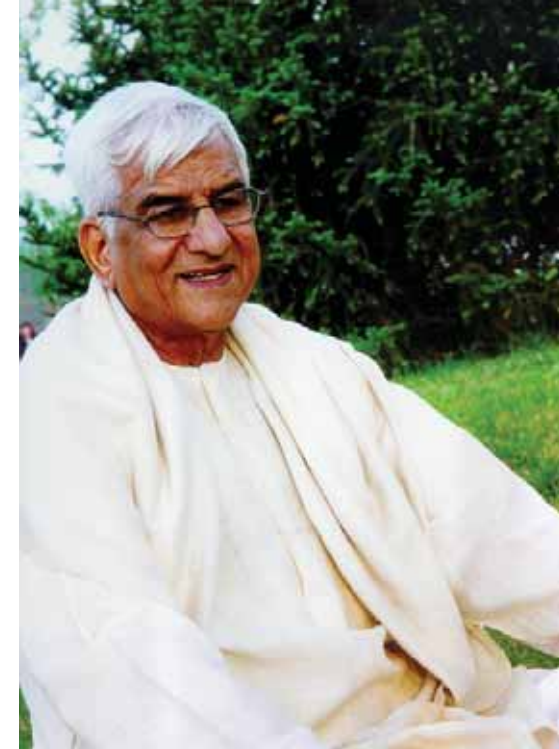
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The First Certification Course
for Pranayama

“Sacred Breath”



Pranayama Master Sri O. P. Tiwari

At Lonavla, Nr. Mumbai, India

16 November—14 December 2008

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The “Sacred” Breath Pranayama Certificate Course

Introduction

The oldest Yoga Institute in the world is proud to announce the first Pranayama Certification Course of its kind. 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 during this course.

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

Practical Aspects of the Course

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

Selected Asana as a pre-requisite to Pranayama: Uddiyana, Agnisara Simha Mudra, Jeeva Bandh, Brahma Mudra.

Bandhas: Moola Bandh, Jalandhar Bandh.

Pranayama: Surya Bhedan, Anuloma Viloma, Ujjayi, Bhastrika, Bharmari, 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 during the application process 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.

Theoretical aspects of the Course

Pranayama: what it is and what it does. Pranayama and its rationale. Historical evolution of pranayama. Yoga: Psychology and Western Perspective. Yoga and personality integration. Yogic posture and self-development. Patanjali's philosophy. The concept of mind: ego and intellect. The importance of Kriyas, Bandhas, and Mudras. Kundalini: the external force of growth. 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 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 “Sacred Breath” 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 Kuvalyananda, 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 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), Principal R. S. Bhogal, Dr Subhash (MD), and Dr Vartika (PhD).

Course Cost

Foreign Nationals: Single *en suite* room €1,000 (One thousand Euros or equivalent). Single room with shared bathroom €800 (eight hundred Euros or equivalent). This is a promotional price and the cost for the next course will need to be increased.

Indian Nationals: Single *en suite* room Rs 50,000 (fifty thousand only). Single room with shared bathroom Rs 40,000 (forty thousand only). The Course fee includes all practical sessions, theory, board and lodging. It does not include Naturopathy or Ayurvedic therapies which are charged *a la carte*.

Booking

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

Cancellation Policy

Cancellation before 15 October, the fee is 100% refundable; cancellation after 15 October, 90% of the fee will be deducted. Selection to attend the Course will be on first come first basis as numbers are limited.

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.

Overleaf are photos of the Philosophico-Literary Dept., Yoga College, Scientific Research Dept., Yogic Hospital, and main drive.