

Krishnamacharya Yoga

**6 Day Workshop with Ganesh Mohan 01.06.2010 – 06.06.2010,
Yogalounge München/Pullach**

Yoga for Body, Breath and Mind: Practice Methods 01.06.2010

We all want to be flexible, strong and have stamina. We would also like to have a calm and clear mind. But we need to be sure that we are pursuing these goals effectively and safely.

For example, some practical questions could be: How much flexibility is enough? How to stretch safely and avoid injuries? How to increase strength through asanas?

In yoga practice, we should use the breath and the mind to assist the body in achieving these goals.

In this workshop, you will be exposed to some traditional ideas of yoga practice, involving different aspects of body movement, breath modulation, mindfulness and visualization, combined with concepts from modern science.

Duration

1 day

Traditional Yoga: The What, Why and How of Pranayama 02.06.2010

Pranayama is the ancient science of working with the breath. It is one of the most important pillars of yoga practice, with numerous uses. The great yogi Krishnamacharya used to lay great emphasis on pranayama.

In this workshop we will discuss topics such as the following, drawing upon traditional sources:

- How do the ancient Sanskrit yoga texts define and describe pranayama?
- Why should we do pranayama? What can pranayama do for us?
- What is the connection between pranayama and the mind?
- Classification and types of pranayama.

You will also be guided in practicing:

- Essential techniques to practice pranayama effectively.
- Method of practicing different types of pranayama.
- How to transition from asana to pranayama.
- How to prepare the body and breath for pranayama.

Duration

1 day

For further questions

info@svastha-yoga.de (Norbert Mundstock)

www.svastha-yoga.de

The Essence of Yoga Philosophy and Psychology: The Yogasutras of Patanjali **03.06.2010 – 04.06.2010**

Authored 2000 years ago by the sage Patanjali, the dense work known as the Yogasutras, consists of just 195 short sentences. It is, however, the universally acknowledged basis of all yoga schools and traditions. Further, it presents the essence of all Eastern philosophy and psychology with unerring precision.

This workshop is an opportunity to understand the essence of yoga, through the yogasutras. The presentation will be authoritative, based on the traditional Sanskrit commentaries. However, we will, at all times, use clear, simple and direct language. No unnecessary Sanskrit words or vague ideas.

This workshop is suitable for yoga students and teachers of all styles, levels and experience. The only requirement is interest in a clear understanding of yoga psychology and philosophy, and through that, our own mind.

The lecture sessions will be interspersed with practices, including different forms of reflection, meditation, pranayama, and some asana.

Duration

2 days

Yoga Therapy: A Healthy Back and Recovering from Back Pain **05.06.2010 - 06.06.2010**

In this hands-on workshop, we will begin by discussing the essential structure and function of the back and from there, we will explore the following topics and more:

Why do people develop back pain?

What can you do in your yoga practice to keep your back fit?

How can you avoid injuring your back during yoga or other exercises?

If you already have a history of back pain, what should you do, or avoid in your yoga practice?

How can you take some of these principles of back care into your daily life?

This workshop will incorporate the principles of traditional yoga with modern medical science and research on back pain.

Duration

2 days

For further questions

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