

LAYERS OF OURSELVES

understanding the five layers of our unique human being

MELBOURNE

16 - 20 JUNE 2010

an advanced yoga intensive with

KAUSTHUB DESIKACHAR

The comprehension of our human system by the ancient oriental philosophies differ significantly from the way modern medical science perceives and understands the human body. These unique perceptions form the basis of the fundamental philosophical frameworks that originate from these ancient cultures.

The philosophies of Yoga and Ayurveda that come from India, share a common approach in understanding of the human entity, which itself originates from the ancient teachings of the Veda-s. Presented as an inter-dependant layer of five dimensions, each influencing the other strongly, the human body is seen as a holistic and complex entity. Hence the influence of one layer, radiates to the other, be it in a positive or a negative way. This apart the role of the consciousness, which is the resident life source that brings alive these layers, cannot be overlooked.

Hence the perception of the human being, as well as the application of health and healing practices on them, was based on a multifaceted approach, that brought together the manifest forms of human nature, with the un-manifest source of life. This is why the

practices suggested by Yoga and Ayurveda seem more potent than they appear, and begin to show results in multiple layers, especially when applied in the area of health and healing.

A sound understanding of these systems and their operations becomes a necessity for every Yoga teacher and Yoga therapist, so that it is not only helpful in diagnostics of illness, but also in the application of Yoga in areas of wellness and healing.

This 5-day seminar is open to all, and will be particularly suitable for Yoga teachers, Yoga therapists and other health-care professionals. The seminar will not only explore the theoretical frameworks of these five layers, but also understanding through discussion and practice, how the tools of yoga can influence the five dimensions.

This seminar will be taught by Kausthub Desikachar, who is a KHYF Yoga Therapist Trainer. KHYF Members can accumulate CEU Credit by participation in this seminar. This seminar is especially designed for Oceania members of KHYF as an opportunity for Continuing Education.

Venue

Agama Yoga Centre

216 Richardson Street, Middle Park, 3206 Victoria, **Australia**

email barbarabrian@bigpond.com **phone** +61 3 9690 0678

Seminar Schedule

Seminar begins 15:00h on 16 June 2010

Seminar ends 12:00h on 20 June 2010

Seminar Cost

Early Bird Price (Registration Prior to February 28, 2010)

US \$ 275 for KHYF Members **US\$ 325** for non-KHYF Members

Normal Price (Registration After March 1, 2010)

US\$ 325 for KHYF Members **US\$ 375** for non-KHYF Members

Registration

Please complete the enclosed registration form, and send it along with payment to Krishnamacharya Healing & Yoga Foundation. Payment can be made through credit card, cheque or wire transfer. Registration will be confirmed when payment has been received. No refunds or transfers allowed on cancellation.

Kausthub Desikachar



Kausthub Desikachar, son and student of TKV Desikachar, began studying yoga when he was nine years old. After completing his dual masters degree, he committed himself to becoming a full-time student and teacher of yoga. He has authored several books on yoga including, The Yoga of the Yogi, a biography of his grandfather, the great Yogi, T. Krishnamacharya, as well as Masters in Focus, which is a photographic tribute to five of the greatest yoga masters of our time.

Kausthub is the co-founder of the Krishnamacharya Healing and Yoga Foundation (KHYF) and also the chief administrator of the Krishnamacharya Yoga Mandiram (KYM), where he is a Senior Teacher and Yoga Therapy Consultant. He is also a patron of the British Wheel of Yoga, and an advisor to the International Association of Yoga Therapists. He is currently working on his PhD in the Psychology Department, at Madras University and conducting research on the role of yoga in enhancing quality of life. Kausthub lives in India with his wife and daughter.

REGISTRATION FORM

LAYERS OF OURSELVES

an Intensive seminar with **Kausthub Desikachar**

Melbourne, **16-20 June 2010**

First Name		Last Name	
Address		City & Postal Code	
State		Country	
Telephone		e-mail	
KHYF ID (15 digit ID)		Name of Mentor	
<input type="checkbox"/> No, I am not a KHYF Member			

I am a **KHYF Member**. I will pay the

- Early Bird Price** **US\$ 275** (Registration on or before 28 February 2010)
 Normal Price **US\$ 325** (Registration from 1 March 2010)

I am a **non- KHYF Member**. I will pay the

- Early Bird Price** **US\$ 325** (Registration on or before 28 February 2010)
 Normal Price **US\$ 375** (Registration from 1 March 2010)

Mode of Payment (Choose one)

- Credit Card** An invoice will be raised via the KHYF website, through which payment can be made. A 4% processing fee will be added.
 Cheque Please enclose cheque made payable in the name of "**Krishnamacharya Healing & Yoga Foundation**" and send it to our office
 Bank Transfer The KHYF will send bank transfer details on request. Bank charges on both ends must be borne by participant.

Date

Signature

Registration is only complete on receiving full payment.

Please fax, e-mail or mail the registration form to the following address:

Krishnamacharya Healing & Yoga Foundation

2 (Old # 12) Kandaswamy Street, Off RK Mutt Road, Chennai 600028, INDIA

Phone: +91.44.42066856 **Fax:** +91.44.24934653 **Email:** courses@khyf.net