

YOGA WITH MENAKA DESIKACHAR

October 24-25, 2006

a fundraising event to benefit the **krishnamacharya yoga mandiram**

all proceeds from this seminar will be donated to the krishnamacharya yoga mandiram, a non-profit yoga healing center, based in india.

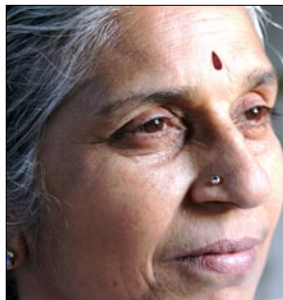
mantras in yoga . the power of sound

Mantras are sacred sounds that are pregnant with meaning and symbolism. They are often used in yoga practices to intensify the effect of the practices, as well as to obtain certain special benefits which the mantras represent. There are many kinds of mantras: those which honor the elements and divine beings, as well as concepts like compassion, faith etc.

Through this seminar, participants will learn about the definition of mantra, some of the special mantras, how to use them in yoga practices (asana, pranayama, and meditation), in what context they may and may not be used, as well as the special benefits they invoke.

The seminar will include asana, pranayama and meditation practices where mantras will be utilized, lecture presentations, and interactions where participants can share their experiences. This seminar is open to all, and will be as appealing to the beginner, as it will be enriching to the more advanced practitioner. Please bring your own mat, cushion, water and anything else you may need.

Menaka Desikachar



Menaka Desikachar began practicing yoga over three decades ago under the tutelage of her husband, TKV Desikachar. She is a founding member of the Krishnamacharya Yoga Mandiram (KYM), as well as a Senior Educator and Therapy Consultant. She is the founding Director of Vedavani, the chanting department of the KYM, and she serves as its Technical Director. She holds a degree in

Botany, as well as a special diploma in Yoga, presented to her by the legendary T Krishnamacharya. She has traveled the world teaching yoga, and she specializes in women's issues. She is also actively involved in various social projects, including teaching yoga to special needs children, homeless children, prisoners, and the socially and economically underprivileged.

Menaka Desikachar will be assisted at this seminar by two senior teachers of the KYM. Do not miss this unique opportunity to benefit from the expertise of Menaka Desikachar.

Registration & Information

Workshop Schedule

October 24 - 25, 2006

9:00am - 12:00pm & 2:30 to 5:30pm

Venue

Melbourne, Australia.

Exact Venue : TBA

Cost

TBA

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Workshop participation will be limited. Register early to avoid disappointment. No refunds on cancellation, except if workshop is cancelled.