



empowering the core: healing from within Part 3

with kausthub desikachar, melbourne 18–21 may, 2006

The yogic view of health and disease is unique. It sees the human system as a comprehensive structure, consisting of different layers, of which the physical body is only a part. To counter illness, yoga philosophy believes that the resources needed are within each individual. These resources need to be identified and activated in order to begin the healing process. The student becomes an active participant in their own healing process. Yoga is an empowering tool in the process of recovery.

The most important contribution of yoga is that whatever tools we utilize to counter sickness, it is our attitude towards the whole process of healing that reduces our suffering. **Yoga teaches us to deal with the body, and heal with the mind, through empowering our core – the heart.**

This workshop, the third in a series, will address some of the essential issues in the area of *adhyatmika cikitsa* (healing from within):

- Understand why yoga works in the healing process.
- Learn the importance of self empowerment in healing.
- Explore the role of faith and conviction in the healing process.
- Find out how to use the different tools of yoga like rituals, prayer and meditation, to heal from within
- Experience some of the practices that use these empowering tools.

T Krishnamacharya (1888–1989)

This man of great wisdom, worked untiringly towards the revival of this great healing tradition of yoga. He traveled far and wide to seek the best of Indian wisdom and found the common approach and practical foresight of the ancient masters. Combining his knowledge and experience he helped countless people and opened the field of yoga therapy to the scientific community.

TKV Desikachar

TKV Desikachar was a student of his father **T Krishnamacharya**, for three decades, during which time he was immersed in the practice and application of all the tools of Yoga. His study also included Vedanta philosophy and Ayurveda. He is the tradition bearer of these teachings establishing the Krishnamacharya Yoga Mandiram (KYM) and traveling internationally to present the many benefits of yoga and has authored many books which include *The Heart of Yoga* and *Health, Healing and Beyond*.

Kausthub Desikachar

Son and student of **TKV Desikachar**, Kausthub 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 a number of books, the most recent of which is, *The Yoga of the Yogi* a loving tribute to his auspicious grandfather **T. Krishnamacharya**. Kausthub is the Chief Executive 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.

Registration and Information Schedule

1. It is essential to have completed both Part 1 & 2 prior to commencing Part 3.
Review Program for those who haven't completed Part 1 and/or 2
Tuesday, 16 May, 6pm–9pm & Wednesday, May 17 (full day)
Early Bird: 28 Feb 2006 \$120, Normal Price \$170
2. Empowering the Core: Healing from within
Thursday, 18 May – Sunday, 21 May (full days)
Early Bird: 28 Feb 2006 \$400, Normal Price \$450

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yoga centre

For more information and to book:

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