



empowering the core healing from within

blue mountains, australia
17 - 21 may, 2006

with
kausthub desikachar

Empowering the Core: Healing from within

The yogic view of health and disease is as unique as it is striking. It views 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 and that all it needs is to identify this and utilize it. Here the role of the student is active in the healing process. Thus rather than requiring passive participation, yoga is a tool that empowers the student in the process of recovery.

The most important contribution of yoga is that whatever be the 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.

T Krishnamacharya (1988-1989), 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 great wisdom and experience he helped countless people and opened the field of yoga therapy to the scientific community.

This workshop, a third in a series, will address some of the core 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, meditation etc. to heal from within.
- Experience some of the practices that use these empowering tools.

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. In addition to co-authoring two books with his father, Vedic Chant Companion and Viniyoga of Yoga, he has also authored a book on teaching yoga to children that is published in French. His most recent publication, **The Yoga of the Yogi** is a loving tribute

to his grandfather, the great Yogi, 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. He is currently working on his PhD in the Psychology Department at Madras University where he is conducting research on the role of yoga in enhancing quality of life. Kausthub lives in India with his wife and infant daughter, where he works to bring yoga to the socially and economically under-privileged.

Registration & Information

Schedule

09:00 - 10:30	: Lecture Session or Interactive Workshop
11:00 - 12:00	: Practice Session
15:00 - 16:30	: Lecture Session or Interactive Workshop
17:00 - 18:00	: Meditative Practice

Price

Early Bird Price	A\$ 495 (Registration before December 31, 2005)
Normal Price	A\$ 545 (Registration from January 1, 2006 onwards)

Venue

to be announced

To Register Contact

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