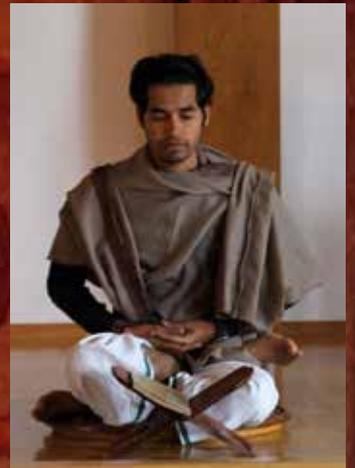


BACK TO THE SOURCE

-SPECIAL COURSE AT YOGA GURUKULA-
17-30 SEPTEMBER 2017



Yogagurukula offers a beginner's special course "Back to the Source" in September 2017. This course is suitable especially for those who are coming to India or Yogagurukula for the first time. In this two-week course we establish the daily asana practice or go deeper into it. There will be a philosophy class on 8 limbs of yoga and about the Yoga Sutras of Patanjali. This allows us to understand more of our daily practice and the yogic life style. There will be also a chanting class and a short evening meditation.



This program offers you to learn "YOGA" from Dr Vidwan Vijaya Kumar. Vijaya's Gurukula is set in the tranquil atmosphere of the historical village of Pandeshwara, in coastal southwest India. It is an ideal place to practise yoga in the land of its origin, offering an authentic environment for learning yoga from a teacher who is widely recognized for his skill and appeal. His method of teaching is based on the passing down of ancient Indian knowledge through generations. Sharing all aspects of yoga Vijaya is particularly skilled, not only in the practices of yoga, but also in communicating his profound knowledge of traditional Indian philosophies. The word Gurukula means a home of a teacher, a guru. When the students are living with the teacher it creates a special environment for teaching and learning. This allows both the students and the teacher to observe each other and to develop. It is the most recommended teaching style in the ancient Indian tradition. Since Vijaya opened up Yoga Gurukula, many people from all over the world had visited there to learn from him. By long term observation and practice, a student is given a variety of spiritual and practical educations from the teacher, according to the student's ability. For more information on Vijaya and his Yoga Gurukula, please visit: www.yogagurukula.in



The program includes:

- Morning asana practice (Monday: led-class, Tuesday-Saturday: Mysore style class, Sunday-rest day)
- Morning philosophy class (Monday - Friday)
- Short evening meditation (Monday - Friday)
- Chanting class (Monday - Saturday)
- A day trip on Saturday

Philosophy classes will be based on: - Ashta anga, practice and theory on 8 limbs of yoga according to Patanjali Yoga Sutra and more...

Course Fee:

Aus \$1290/ 919€/ 63000 inr

Includes:

- all the classes and a day trip (as above)
- accommodation (simple single room with shared bathroom)
- meals (breakfast, lunch and dinner- all vegetarian)

Not included: Airfare, insurance (highly recommended), airport transfers (can be arranged with extra fee), any personal spending.

Note: Students will need to arrive either on 15 or 16 September. Students who wish to stay there extra days/weeks/months or arrive earlier, please let us know.

Bookings and inquiries:

Australia: liviogayumi@gmail.com 0435 021 072 (Yumi and Leon)

Finland/India/all the other countries: yogagurukula@gmail.com