

THE ESSENCE OF YOGA

The Yogasutras of Patanjali

with International Yoga Teachers A.G. and Indra Mohan

Auckland, NEW ZEALAND

MAY 2010

Yoga offers a unique insight into the functioning of our MINDS

While millions of people practice yoga for greater physical health and vitality, the true benefit of practice is the positive effect on our mental state. Patanjali's Yogasutras offer practical tools to maximise our mental and emotional wellbeing and direct us towards a state of personal empowerment.

Authored from a state of complete peace and stillness, the Yogasutras and their commentaries offer a unique perspective on the functioning of our mind from its source. To fully comprehend the transformative power available - to us all - through the practice of yoga, it is essential to understand this ancient text.

For the serious practitioner, the Yogasutras form the foundation of all yoga practice.

This seminar will present an overview of the entire text, with detailed discussion on the important portions of each of the four chapters. The sage Vyasa's commentary of the Yogasutras, authored in the 5th century, will be the basis of the seminars, ensuring the information presented is indisputably authentic, untainted and accepted by all schools and traditions of yoga. This seminar is a path to access the classical teachings of yoga philosophy as directly as possible.

You will learn the practices and psychology of yoga and how to apply them in your life in today's world - what is possible, what is difficult, what is distant.

The presentation of this seminar will be rational, clear and simple, allowing this ancient wisdom to come alive in a contemporary context. There will be no convoluted expressions, incomprehensible concepts or excess Sanskrit verbiage.

YOU WILL GAIN:

- * The ability to maintain a clear, positive frame of mind through various life experiences.
- * A greater understanding of your mind and patterns of behaviour.
- * Greater clarity about the connections and relationships you seek and sustain, the role they play in your life, as well as their boundaries and limitations.
- * A greater understanding of eastern philosophies and their underlying psychology.
- * The removal of any doubts or confusion surrounding spiritual practice and personal transformation.

a life changing seminar with true yoga masters

This is a rare opportunity, for all those interested in Yoga or Eastern Philosophy, to study with true masters of yoga, A.G. and Indra Mohan who have dedicated their lives to the study, practice and teaching of yoga, on their first visit to New Zealand.



A.G. Mohan was a personal student of the legendary Sri T. Krishnamacharya for 18 years. Author of *Yoga for Body, Breath and Mind* and co-author, with his wife Indra and son Ganesh, of *Yoga Therapy*, and the forthcoming book, *Krishnamacharya: His Life and Teachings* (Shambhala Publications, July 2010), A.G. Mohan has also translated the Yoga Yajnavalkya, one of the most important classical texts on yoga.

Indra Mohan is one of the few people to have received a post-graduate diploma in Yoga from Sri T. Krishnamacharya. She has been teaching and practicing Yoga for over 30 years and is known for her skill as a yoga therapist.

The Mohans are the leading authorities on the therapeutic applications of yoga and ayurveda. Their teachings are clear, practical and applicable for today while still maintaining the integrity of the ancient message. The teaching of the Mohans is currently offered under the banner of Svastha Yoga and Ayurveda. For more information on the Mohans please visit their website: www.svastha.com

Venue : Blockhouse Bay Boat Club, Blockhouse Bay Beach Reserve
Endeavour Street, Blockhouse Bay, Auckland, NEW ZEALAND

Schedule :

Sunday 2nd May 2010: 9.00am – 11.00am, 1.00pm – 4.00pm
Monday 3rd - Friday 7th May 2010: 6.00am – 8.00am, 5.30pm – 8.30pm
30 Hours in Total

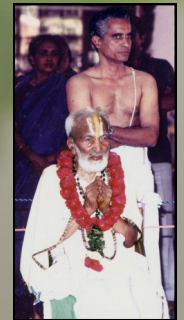
Cost:

Early Bird Price NZ\$725 (payment before 15th April 2010)
Regular Price NZ\$775

Contact and Registration:

Barbara Coley: Email: barbara@svastha.co.nz
Phone: +64 21 170 2640 www.svastha.co.nz

During their visit the Mohans will also present a series of shorter workshops, please see over for details.



A.G. Mohan with Sri Krishnamacharya at the master's centenary celebration

During their visit to New Zealand the Mohans will also be presenting the following workshops:

Yoga and Indian Logic

To understand any of the ancient presentations on Yoga, Ayurveda, Buddhism etc Indian logic is essential. This workshop will focus on the essential aspects of Indian logic for developing critical thinking and evaluation. This is especially important with the growing interest and the various offerings in the field of yoga and will also be beneficial in helping us to make good decisions in everyday life.

Saturday 1st May 2010, 3 hours: 9.00am – 12.00pm

NZ\$100.00

Sound as Meditation

Sound is a powerful tool to bring tranquillity to the mind and promote mental and physical wellness. This workshop will explain how sound can be used in various ways; as an aid to meditation, a part of meditation or as meditation by itself—the use of sound to quiet the mind. This workshop will include discussion of core psychological principles, the significance of a mantra, the basic tenets of Vedic chanting, the use of sound in asana and pranayama and other topics as relevant.

Saturday 1st May 2010, 3 hours: 2.00pm - 5.00pm

NZ\$100.00

Yoga for an Empowered Mind and Positive Relationships

We often make resolutions, only to see them fall by the wayside. A decision is made to make some change in our life, but often we are unable to find the discipline and methods to implement them and stick with them.

We connect with people in various roles. In our personal life, we have our partner, our family, friends, acquaintances. In our workplace, we interact with our colleagues, our boss, our clients. We even have connections with strangers, with the person we exchanged a story with on a flight, or with the salesperson behind the counter in a clothing store.

Relationships are intrinsic to our life. Some connections are merely passing, and others shape years of our life, perhaps even most of it. The ability to build healthy relationships that support us but do not bind us in a negative way is crucial to personal fulfilment. And relationships all start from our mind, from our intentions and emotions.

Classical yoga describes methods to remove distractions from the mind, and function from a calm, alert, inner state of being. In such a state of mind, we have positive emotions and make clear decisions. Yoga also explains how we can build positive connections and emotions, with people, and even with situations and events in our life.

Who Should Attend?

Anyone interested in understanding the working of the mind and how to use effective ancient yoga practices for greater calm, clarity and focus in their daily life, and more positive, fulfilling relationships.

Saturday 8th May 2010, 5 hours: 9.00am - 11.00am , 1.00 pm - 4.00pm

NZ\$170.00

Yoga Psychology and Women's Health - presented by Indra Mohan

Women undergo many physiological changes from their teens to their later years which can impact their mind in several ways in different life situations. The practice of yoga can greatly help in overcoming many of the issues that women face in their lives. This workshop (exclusively for women) will focus on how the psychological and physiological aspects can be dealt with proper practice of yoga.

Saturday 8th May 2010, 2 hours: 4.30pm - 6.30pm

NZ\$70.00

Yoga for Emotional Wellness

All of us long for lasting happiness and peace of mind, however not only do external life events disturb us, we are also troubled from within by the flux of emotions in our mind. None of us are free from anger, fear and worry. Yoga is a timeless, ancient science that helps us understand how our mind works. It offers powerful tools to reduce unwanted, negative emotions and turn the nature of our mind towards fulfilment and calm. In this workshop, we will first discuss yoga's perspective on emotions and then explore practical techniques that will assist us to maintain mental balance.

Sunday 9th May 2010, 2 hours: 9.00am - 11.00am

NZ\$70.00

Pranayama as Meditation

The importance of Pranayama in the path of yoga cannot be overstated. It plays a vital role as it influences both bodily health and mental well-being. In this workshop, we will see why Pranayama is considered one of the most powerful aids to meditation in classical yoga.

Sunday 9th May 2010, 2 hours: 1.00pm-3.00pm

NZ\$70.00

Feel Good and Transformational Practices in Yoga

With the increasing interest in yoga many styles and brands of yoga have become available. While it is good to have such a wide choice, it can lead to confusion and the danger of missing one of the main goals of yoga, that is to bring clarity to our minds, peace to our lives and to enjoy a yoga practice which leads us to personal transformation. This interactive lecture will focus on some of the essential features of a transformational practice.

Sunday 9th May 2010, 2 hours: 3.30pm - 5.30pm

NZ\$70.00

Venue: The Blockhouse Bay Boat Club, Endeavour Street, Blockhouse Bay, Auckland, NEW ZEALAND

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