

Sri T. Krishnamacharya “His Life and Teachings”

A Free Talk presented by A.G. Mohan

It is widely accepted that the greatest influence in the field of Yoga in recent times has been that of the legendary yogi of the last century Sri T. Krishnamacharya. .

Sri Krishnamacharya was largely responsible for the introduction of yoga to the west and was the teacher of our teachers; Sri Pattabhi Jois, BKS Iyengar, A.G. Mohan and TKV Desikachar to name but a few. The value of Sri Krishnamacharya's teaching is increasingly appreciated throughout the world and the power of his teaching continues to touch the lives of millions.

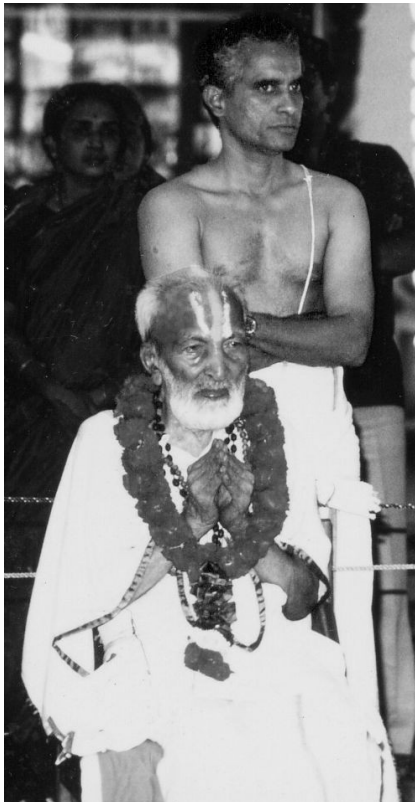
A.G. Mohan was a close personal student of Sri Krishnamacharya's for 18 years. He was the co-founder of the Krishnamacharya Yoga Mandiram in Chennai, India and it's Honorary Secretary from 1976 until Krishnamacharya's passing in 1989.

During this talk, he will share his experience of studying under Krishnamacharya and give insight to the life and teachings of this great man.

Attendance is free of charge and open to all, however please register your interest in attending this talk by contacting barbara@svastha.co.nz, ph: 021 170 2640

Date: Friday, 30th April 2010, 7pm

Venue: Blockhouse Bay Boat Club, Endeavour Street, Blockhouse Bay



In the ten days following this free talk, A.G. Mohan and his wife Indra Mohan will be presenting a series of Yoga Psychology related seminars including “The Essence of Yoga” an in-depth seminar on the Yogasutras of Patanjali and smaller workshops such as “Yoga for Emotional Wellness” and “Pranayama as Meditation”

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.

Please visit www.svastha.co.nz for more information on these seminars

A.G. Mohan with Sri Krishnamacharya at the Master's Centenary Celebration (1988)