

Yoga and Health

European Tour
July 2010
With specialist
teachers:

Dr N. Chandrasekaran - Saraswathi Vasudevan - Marc Beuvain
Brussels - London - Turin - Aix-en-Provence

The healing journey in yoga is a journey of self-discovery. It is healing from the inside out - a healing process where you are both doctor and patient, as YOU heal yourself.

Yoga offers a wide range of tools to achieve holistic health, many of them still little known today.

Three independent teachers come together in this unique workshop to present, clearly and directly, the means to achieve physical, mental, emotional, and spiritual health.

Lectures during the workshop will bring you understanding of the many yogic paths to holistic health, and practices will allow you to experience the different techniques presented. Volunteers will provide the opportunity for live case studies.



Body - the Magnificent Vehicle for Transformation

With Dr. N Chandrasekaran

Dr. N Chandrasekaran will be focusing on the physical aspect of holistic health. Yoga uses the body as a tool - a vehicle - for transformation and since time immemorial, yoga practices have explored and demonstrated the highest possibilities of the human body. A deeper understanding of the body, its uniqueness and complexities, will help us chart out intelligent means of maintaining and restoring health and harmony in the body so that we may pursue higher goals in yoga. Through practical workshop sessions and live case studies Dr. NC will guide you through the nuances of physical observation and how to adapt and apply the tools of yoga (especially asana) to serve the unique requirements of each individual.



Journeying from the Head to the Heart

With Saraswathi Vasudevan

Saraswathi will be focusing on the mental and emotional aspects of holistic health. When it comes to understanding the human mind, no other science or philosophy has been able to capture the depth and extent with such great precision and clarity as Yoga. While mind can be a great challenge, it can also be a powerful tool for healing. When emotional pain is seen as an obstacle, it can also be an opportunity for growth and transformation. How can we use our inner resources to transform pain and move to a state of clarity, stability and harmony? Through powerful breath work, meditation and visualization practices, Saraswathi will take you beyond the beaten path to explore how thoughts, attitudes, beliefs & emotions can empower you rather than challenge you.



The Big Question: Live or Survive?

With Marc Beuvain

Marc will be focusing on the spiritual aspects of holistic health. Yoga offers two different paths, two possible results of practice. The first just enables yogis to make survival more comfortable, more enjoyable. The yogis who choose the second path are no longer interested in animal survival, their endeavour is to live. If you are to walk this second path, the revelation of your true self is indispensable. Marc's teaching will allow you to understand to what degree your survival strategies are deployed, and how to de-programme this ancestral way of "living", and let the real you out. It is not an easy path to walk, as you challenge your own deeply rooted habits and fears, but the stakes are high: Immeasurable health and freedom.

Three inspirational teachers, each with their own unique experience of yoga, join hands for the first time. They bring you a seminar which is not only about sharing information but is above all a collective offering to the Aspirant in you, so that you may discover and re-discover a better way of living through yoga.

About the Teachers

Dr N Chandrasekaran, founder of the Viniyoga Healing Foundation of India, is an active practitioner of allopathic medicine. He was introduced to the therapeutic potentials of yoga in 1990, and has been a yoga therapist for the last eighteen years. His experience in medicine and in the yogic healing process enabled him to present an effective blend of the western medical system with the time-tested eastern heritage, helping people with a wide range of health problems.



Saraswathi Vasudevan has been studying and teaching yoga for nearly 20 years now. Trained in the Classical tradition, she specialises in personalised yoga therapy and training teachers, trainers and therapists. Recently she founded YogaVahini, with the aim of spreading the healing wisdom of Yoga through highly specialised training programs, workshops and retreats within and outside India. Saraswathi also holds Masters degrees in Nutrition and Psychology and is a trained facilitator.



Marc Beuvain views his role as a yoga teacher to be to “accompany individuals on a journey from emotional confusion and general distance from themselves, to a state of centredness, which leads to health on all levels.” Learning through intensive study in India, along with continued personal practice and research, Marc’s approach is an uncompromising quest to apply the ancient and often awe-inspiring teachings of yoga to even the most challenging aspects of modern living.



Practical details

The following practical information concerns the workshop in London only. The same workshop will also be given in Brussels (10-12 July), Turin (19-21 July) and Aix-en-Provence (25-28 July). For information about the other venues please contact jessie@marcbeuvain.com

Dates

14-16 July 2010

Three full days of teaching - exact timetable will be sent to you nearer the time.

Venue

The Columbia Hotel, 95-99 Lancaster Gate, W2 3NS
(Two minutes walk from Lancaster Gate station, central line)

What to bring

Please bring your yoga mat and notebook, along with any food and drink you will need throughout the day.

Who can come?

This workshop is open to everybody and suitable for all levels of experience.

Cost

For registrations by the 1st June: £240

For registrations from the 2nd June: £300

Free participation will be offered to anybody able to accommodate (in certain conditions) two or more teachers/organisers. Please contact Jessie for details.

How to book

Please send a letter with your details (name, address, phone number, email, experience in yoga) along with your deposit of £120 to Jessie Laverton, 310 Wood Lane, Sheffield, S6 5LR.

Methods of payment: Cheque/transfer

Cheque: Payable to Jessie Laverton

Transfer: Contact Jessie for bank details

The balance is to be paid during the workshop.

Please note your deposit is non-refundable if you cancel your booking.

More information

Any questions please contact the organiser:

jessie@marcbeuvain.com