

# **Yoga and Health**

## **European Tour July 2010**

With Dr N Chandrasekaran, Saraswathi Vasudevan and Marc Beuvain

**Brussels - London - Turin - Aix-en-Provence**

# **Programme**

[www.marcbeuvain.com](http://www.marcbeuvain.com)

## **Body: Magnificent Vehicle for Transformation**

With Dr N Chandrasekaran

### **The Human constitution:**

Respecting the intelligence of the body; understanding its complexity by learning to see and listen to its messages.

### **Adhyaya:**

Complete study of the student before one applies the tools.

How to examine the spine, neck, lower back, joints, muscles, prana system, etc.

How to infer messages from observation.

### **Setting goals:**

Defining tangible, measurable, realistic goals - short term and long term, using practical illustrations and examples.

### **What are the tools and how are they applied?**

Adapting postures and breathing techniques for the individual according to their specific needs and state of health.

Examples of adaptations for specific health conditions.

### **Vinyasa in healing:**

Specific steps in progression, moving from what is possible to highest possibilities.

### **Empowering the individual through yoga:**

Applying yoga to common health problems at the physical/physiological level. Guidelines for practice, teaching, life style management, applications for specific illnesses/conditions.

There will be hands-on training in how to assess, set goals and apply the tools through workshop sessions.

Through live case studies (of volunteers from the participants), a deeper understanding of the healing process and its nuances can be obtained.

## Journeying from the Head to the Heart

With Saraswathi Vasudevan

### **The problem: Vrtti Sarupyam**

Almost all of our suffering comes from faulty perception where the mind is confused, distracted, distressed or dull. Understanding how to move from distorted perception to improved clarity is the first step. The various superficial activities of the mind need to be appeased. How can we do this?

### **The cause: Avidya Ksetram**

Exploring the deeper aspects of the mind, what creates and sustains habit patterns? What nourishes the seed and the roots? How are our attitudes, beliefs, thoughts and actions produced? What potentialities manipulate the mind energy?

### **Moving towards the goal: Viveka**

What possibilities exist when the discriminative knowledge begins to flow? Through practice and investigation, can I experience glimpses of the higher potentials of the mind?

### **The tools: Hanopayam**

How to use the resources we are gifted with: natural intelligence of the body and power of the breath? How to sharpen the mind, refine intentions and strengthen our conviction for change?

### **The process: become the gardener of your life**

How to tend the mind field, replace negative mental, emotional potentialities with healthy, positive ones? What nourishment can we provide? What is the spirit of action?

### **And, who is the gardener?**

Drawing the wisdom from the Yoga Sutra of Patanjali, the workshop will focus on deeper transformative work with the intellect and emotional dimensions of our existence. Wherever we are, whatever be our stage of life or concerns, the understanding and application of these learnings will help to both inspire and empower you. You will see how the most complex dimension of our existence - the mind - can be dealt with in a simple manner with intelligent application of the tools such as the body, breath and the mind itself.

Practice sessions will include asana, pranayama, meditation and visualization that will help you deepen and expand your awareness and appreciation of every dimension of your being.

## The Big Question: Live or Survive?

With Marc Beuvain

### Uncharted territory: Yoga gives us a map of ourselves

According to yoga there are two main dimensions to the human being: one is spiritual and one is material. We've all heard of spirituality, but how exactly does yoga define the spiritual being within us? In what ways does this being differ from the subtler parts of our material make-up such as our emotions, our breath and our mind?

This part of the workshop aims to bring you a very clear understanding of who we are at the deepest level. It will also allow you to assess your own state of spiritual health.

### Why the war: The Ultimate Confusion

Even once we have reached an intellectual understanding of what our spiritual being is, its practical identification can remain elusive for many years. Most of the time, general confusion reigns between our spiritual being, and all the other aspects of ourselves.

Why do we identify ourselves with our matter rather than our spiritual being and what are the consequences of this confusion?

How can the self-control and awareness acquired through yoga help us to be more in tune with our deepest selves?

What is the importance of truthful action, speech, and thought in reaching spiritual health?

### The Big Question - Live or Survive?

In the yoga sutras Patanjali talks about two different paths in yoga practice, samanam and sodhanam. One allows us to calm our matter and obtain a better quality of life, but without changing perspective. The second path allows us to access our spiritual being, bringing us a whole new perspective of life.

Without this change of perspective the emotional conflicts which lead to poor health can still be triggered. But when you live according to your deepest truth, compromises need no longer be made.

### Choosing life:

The second path, which leads to ultimate freedom and health, is often dismissed as inaccessible to the average modern day westerner. In the yoga sutras however, it is not described as being reserved for a spiritual elite. Patanjali simply describes the conditions necessary to begin the journey. This part of the workshop will introduce you to the different ways we can prepare ourselves for spiritual transformation.