

IYENGAR YOGA RETREAT

An intensive approach...

Rishikesh

Swami Dayananda Ashram,
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Swami Dayananda Ashram, Rishikesh

Welcome to Swami Dayananda Ashram, Rishikesh. Thank you for your interest in these yoga courses or retreats we offer.

All these Iyengar Yoga Courses are conceived by **CERTIFIED IYENGAR YOGA teacher SRI. NANDAKUMAR** and conducts along with other ashram teachers.



Guruji BKS Iyengar

Iyengar yoga is a scientific, disciplined and deeply researched system developed over 60 years by BKS Iyengar, known by his students as "Guruji".

This system of yoga is unique in many ways like emphasis on alignment & precision, sequencing of asanas, props, therapeutics and timing. Iyengar yoga cultivates awareness and "self-knowing" through precise insistence and love. Students start from the exterior and move to the interior.



Swami Dayananda Ashram, Rishikesh, situated on the banks of the Holy Ganga, is a unique centre for the study of Vedanta and Sanskrit grammar. The ashram was established during the 1960s by His Holiness Swami Dayananda Saraswati, who is an internationally recognized teacher of Vedanta and foremost scholar of Sanskrit.

Swami Dayananda Saraswati



A WARM WELCOME TO BODY, MIND & SOUL



Having studied with both the masters of Yoga and Vedanta, Sri. Nanda shares his yogic knowledge with the vision of Vedanta. From morning to evening, you will be engaged in different sessions of Asana, Pranayama, Meditation, Chanting, Audio-video shows of Sri.Iyengar classes, discussions on Yoga Philosophy, Music & Bhajans. All courses are residential intensive courses with single accommodation with yogic cuisine.

We warmly invite you to take advantage of this holistic approach towards yoga. We encourage you to take positive steps towards yoga knowledge and achieving a healthier, happier lifestyle by participating in one of these Iyengar yoga courses. If, after reading this brochure, you have any further questions or queries or have been inspired to reserve a place on one of our courses please write to yogadooth@gmail.com

- it w'll change the way you practice yoga.

Sri. Nandakumar is a Certified Iyengar yoga teacher and has been regularly studying with Guruj Sri. B.K.S.Iyengar, Sri. Gitaaj and with Sri. Prashanthji. He initiated his studies on yoga in the early 1990s at the SKY Centre and at the Krishnamacharya Yoga Mandiram in Tamil Nadu, South India.

With a keen interest in "spiritual studies" Nanda decided to move to Rishikesh to pursue further more. It was here under the guidance of Br.Rudradevaj, he built his foundation on Iyengar yoga. He has also had the fortunate opportunity to study under Senior Iyengar yoga master Sri Ramanand Patel, USA and later at the Iyengar Institute at Pune. Nanda is not only a student of Yoga but one of Vedanta as taught by H.H. Swami Dayananda Saraswati and has lived and studied at the ashram for many years. This had given him a unique insight to impart his yoga knowledge with the vision of Vedanta. Though he has good knowledge, he is happy to introduce himself as a student rather than a teacher.



TYPICAL COURSE SCHEDULE

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|---------------------|-------------------|
| 06.00 AM - 06.30 AM | Chanting |
| 06.30 AM - 09.00 AM | Asanas |
| 09.00 AM | Breakfast |
| 11.30 AM - 12.30 PM | Video Sessions |
| 12.30 PM | Lunch |
| 03.00 PM | Tea |
| 03.30 PM - 04.30 PM | Basic Sanskrit |
| 05.00 PM - 06.30 PM | Asana & Pranayama |
| 07.00 PM - 07.30 PM | Meditation |
| 07.30 PM - 08.30 PM | Dinner |
| 08.30 PM - 09.30 PM | Sahanga & Bhajans |

(Please note that the above schedule is typical course schedule. The schedule timings are subject to vary from course to course, so your schedule may not match exactly what is shown here. You will receive exact daily schedule upon your arrival at the ashram.)

OUTING PROGRAM During the course, students will venture out for outing program together. It may be for rafting, trekking or sight seeing. It will be decided at the beginning of course.



A TYPICAL DAY IN THE IYENGAR YOGA COURSE

Living in the atmosphere of ashram and learning yoga will take you to a new direction in life. In a residential course like this, you need not to do any other daily chores. Practicing all the aspects of yoga throughout a day will reveal you the truth behind life. We recommend that you make a commitment and promise to yourself that you will take this invaluable opportunity to thoroughly focus on what you are learning, while enjoying the surroundings of Himalayas.

6.00 am - You start your day with half an hour chanting, Sanskrit Slokas (songs) and Vedic Mantras Reciting in rhythm in the early morning awaken all the cells of body. It alerts the mind to concentrate and helps you to focus on what you're going to learn later.

6.30 am - In the morning asana session, you will experience the art of yoga practice. Every day different sequences with clear instructions from the teacher will reveal new methods and approaches of asana practice.

9.00 am - Time to replenish..... Delicious fruits, cereals and hot drinks will be provided for breakfast. After breakfast, free time to access ashram library and to do other personal things.

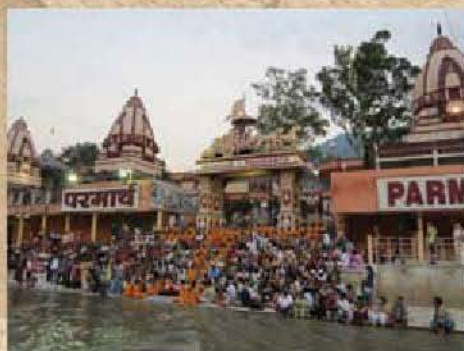
11.30 am - Learning from the masters will always reveal us the unknown world. Films of Yogacharya B.K.S. Iyengar's classes and practice, Swami Dayananda's talks and other films which connected to yoga will be shown & discussed in this session.

12.30 pm - Lunch of delicious vegetarian cuisine.

3.00 pm - Tea time.



Rafting In Rishikesh



Famous Rishikesh Aarthi...



Classical Music



Ravishing Rishikesh

A TYPICAL DAY IN THE IYENGAR YOGA COURSE

3.30 pm - When the yoga system is explained in Sanskrit you may at first feel bewildered and overwhelmed. This class will introduce you to basic Sanskrit script and pronunciation. By the end of the classes you will have rudimentary understanding that will hopefully inspire you to further study.

5.00 pm - In the evening session of Asana & Pranayama, the technical details of asana and the art of breathing will be unfolded along with the use of props. Many experiments will be undertaken to understand your body and mind.

6.30 pm - A guided meditation to complete your yoga practice.

7.30 pm - Dinner time.

8.30 pm - A time to unfold the mysteries of Yoga through Lectures, Q&A and discussion. Guest teachers will be invited to give talks on Yoga & Ayurveda. Also enjoy Kirtans, Bhajans and Music concerts from different musicians.

FEE DETAILS

For course fee details, please write to yogadooth@gmail.com

For Application form & Online registration please visit to www.yoga-rishikesh.com



Parting With Fun



Shiva statue at Rishikesh