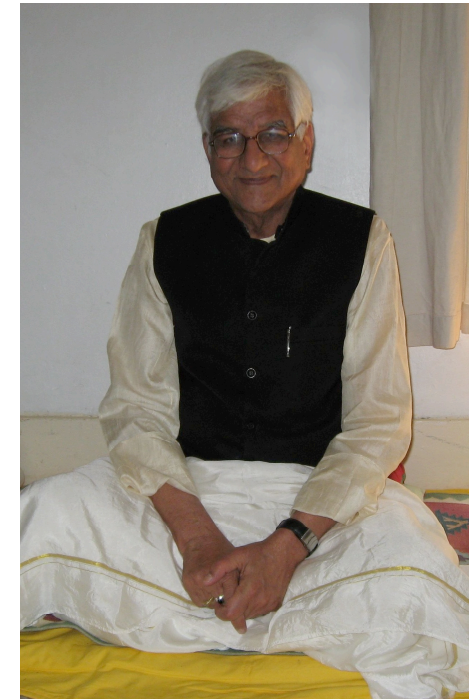


Yogadhama

Sri O.P. TIWARI



Teaching fee : 390 €.

Registration : *Rules of registration is based on "first paid, first registered".*

Deposit of 250 € (if already student of the school in 2012-2013) **or 265 €** (out of which 15 € for annual subscription to Yogadhama school). Final payment of 140 € to be made during the course.

Payments have to be made by cheque if from France **or by bank transfer for all payments from abroad (we can only accept bank transfers in this case).** Bank details sent when you register.

Conditions of reimbursement :

In case of withdrawal more than 2 months before the start of the course, money will be refunded, except 80 €. If you cancel within 2 months before the start of the course, the deposit money will be kept.

Accommodation 2013 tariffs : price simple full board **42 €** price per person per day. Many other options. Documentation will be sent when you register.

REGISTRATION FORM

To be sent to **Nathalie ANTHONY**
LES COPIES 48330 ST-ETIENNE-VALLEE-FSE
FRANCE

00 33 (0)4 66 45 71 36 – 00 33 (0)6 61 39 40 23

SURNAME : First name :

address :

Landline and mobile :

Profession:

Email address :

I register for the course from August 26th to September 1st 2013.

I pay deposit by cheque or bank transfer (compulsory for payments from abroad) to **YOGADHAMA**.

Date :

Signature :

Summer Course 2013 in France
at Saint-Antoine-l'Abbaye

from August 26th 3 p.m.
to September 1st 3 p.m.

PRANAYAMA, A crucial practice in traditional Yoga

Sri O.P. TIWARI, Nathalie ANTHONY et Sudhir TIWARI

This course is intended for people who want to understand, practise Pranayama and make progress in this practice in total confidence. Pranayama is one of the essential components of Yoga. It has been practised and studied scientifically at the KAIVALYLADHAMA centre in India since the beginning of the last century. Sri O.P. TIWARI has devoted his life to receiving and practising the tradition of the classic Pranayama of his master, Swami KUNVALAYANANDA who had himself learnt it from his master. It is therefore a very authentic teaching, based on the texts of Yoga and enriched by the traditional oral knowledge.

For advanced or average students.

Program of the course :

- Practices of PRANAYAMA, ASANAS and other Yogic practices

-Understanding Pranayama and traditional practices through the text of the "HATHA PRADIPIKA"

Understanding the text of the "Hatha Pradipika" is not an easy task because it is a book which dates between the middle of the 14th century and the middle of the 16th century and written according to the standards of that period. The traditional oral knowledge passed down from master helps us to clarify this fundamental text.

- Physiology of breathing
- Taking one's pulse
- Breathing exercise on the "Vitalizer"
- Traditional recitations

Site internet : www.yogadhama.com

Saint-Antoine Abbey in the Isere

For several years our courses have taken place at the Abbey of Saint-Antoine near VALENCE. We are given a competent and warm welcome by the "Communauté de l'Arche", created by Lanza del Vasto after he met Gandhi and Vinobha in 1948. The spirit of the community, which promotes non-violence, is particularly in keeping with our approach and allows our week to take place in a particularly serene and joyful atmosphere.

The very beautiful medieval village of Saint-Antoine-l'Abbaye has been a centre of pilgrimage and healing for thousands of years and it diffuses a very noticeable energy which is favourable to our well-being and to our practices.

Vegetarian food coming directly from a large organic vegetable garden.

