

# **Holistic Living Yoga and Cultural Awareness Workshop (4 days)**

**Dates:** February 25 to 28, 2008

**Location:** City of Surat, Gujarat State, India.

**Fee:** No charge for Instructional component.. A fee of \$250.00 U.S. per head is payable to cover boarding, lodging and transportation.

## **Program Content.**

The workshop will include among other topics, the following:

- Introduction to Ayurved
- Diagnosis of Body Type and Specific Diet by Type
- Science of Diet and the Four Pillars of Life
- Cooking Classes
- Yoga Therapy for Common Diseases
- Yoga Dance
- Breathing Exercises (Pranayam)
- Anatomy of Yoga and Higher Stages of Yoga
- Demonstration of the Shatkriyas ( Six Cleansing Processes )
- Who Am I?
- The Universe in a Nutshell as per Indian Scriptures

## **Cultural Awareness Travel Program. (2 days)**

The program includes a two-day travel component. The objective is to give participants exposure and understanding of the cultural context of yoga science and practice. The organized group tours and excursions will take in the following places:

1. Kayavarohan. a famous, ancient pilgrimage place situated some 175 KM from Surat. It is of particular significance in the spiritual lineage to which Acharya Yogendradev belongs and in the traditions of which yoga is imparted in the lineage.
2. Rajrajeshwardham is the newly commissioned headquarters of Life Mission and its several projects and spiritual activities. Swami Rajarshi Muni's new Ashram is also located here. It is a newly established spiritual center where some events of momentous significance have already taken place, laying the foundations for its future as a major pilgrimage center of India. The site is some 350 KM from Surat.