

Life Mission and Lakulish Institute of Yoga Are Happy to Announce Overseas Students Annual Yoga Certificate Training Program

Active in the field of Yoga teaching, training, research and extension since more than a quarter century, breeding ground of several scores of star performers at State, National and International levels, and the only Institute collaborating in State sponsored Yoga training in the State, the Institute is pleased to announce the following forthcoming two/three-week residential programs for international participants and a two-day workshop on holistic living yoga. Participants will be able to avail of the ongoing Lakulish World Yogasan Championships and Conference on Yoga and Ayurveda being organized by the World Federation of Yoga and Culture, Gujarat from 22 to 24 February, 2008.

Dates:

1. Three Week Program

January 31 to February 20, 2008

2. Two Week Program

February 7 to February 20, 2008

Location: Malav, Gujarat State, India

Fee: Training Sessions are Free. Boarding and lodging, field trips and local transport are chargeable. Fees: \$800.00 U.S. (For 2 weeks Program); \$1200 .00 U.S. (For 3 weeks Program)

3. Workshop on Holistic Living Yoga: See separate announcement below.

Both Programs will be conducted by Acharya Yogendra Dev who will be specially traveling down from the USA where he is based, assisted by local instructors of the Lakulish Institute of Yoga. Those interested in learning yoga from qualified and experienced instructors are urged to avail of the offered package which is scientific, systematic and authentic and backed by the long experience of established practitioners more than ordinarily qualified from their practice of yoga as a spiritual sadhana (practice).

Certification:

The three week program is a Certificate Program and successful completion qualifies a trainee for the award of a Certificate of the Lakulish Institute of Yoga.

Place: Kripalu Ashram, At Malav Via Delol, Kalol Taluka, Panchmahal District, Gujarat, India. Tel.No. T 91-2676-233401 . (Malav is accessible via Ahmedabad or Vadodara, both cities well connected by road, rail and air with the rest of the country. Participants will be provided transport to and from Vadodara).

Curriculum: The course will be conducted by Acharya Yogendra Dev assisted by experienced teachers of the Institute qualified to impart instruction on Ayurveda, naturopathy, and yoga. Instruction will be in the English language. The instructional package consists of lectures, demonstrations and practice. Subject to any specific

modifications and adaptations to meet the requirements of individual students having regard to their age, state of health and other factors, the program will traverse theory and practice aimed at purification of body and mind, understanding the life and body wisdom. The practice component will contain 150 Asans, 4 types of Pranayams, Shatkriyas (Cleansing Processes), relaxation techniques and meditation, diagnosis of body type and specific diet. The theoretical component will cover Ashtang yoga, Divine yoga, subtle science of Prana (vital energy), metaphysics of Sankhya, yoga and Vedanta (who am I?), the Universe in a Nutshell as per scriptures, Karma yoga, introduction to Ayurveda, science of diet and cooking. Spiritual hymns, etc.

The course will be conducted in a natural and spiritual atmosphere. Participants may have an opportunity to meet the advanced yogi Swami Rajarshi Muni.

Extracurricular Activity:

Over and above the class work, there will be entertainment programs, demonstration of classical dance, site visits etc. Participants themselves will be given the opportunity to produce and present their own recreational programs in collaboration with local artists.

Tours and Excursions:

Time permitting, program may include organized group tours and excursions to one or more of the following places:

1. Kayavarohan, which is a famous pilgrimage place and where Swami Rajarshi Muni's Ashram is situated (105 KM from Malav.)
2. Rajrajeshwardham, the newly established headquarters of Life Mission and its several projects and Swami Rajarshi Muni's new Ashram. (250 KM from Malav).
3. Pavagadh- Champaner, a UNESCO World Heritage site. (45 KM from Malav).
4. Other short field trips to nearby places of interest.

Boarding, Lodging, Housekeeping etc.: Two-, Three-bed rooms, shared accommodation. All meals will be vegetarian yogic diet inclusive of Tea/Coffee twice daily and breakfast, lunch and dinner.

Laundry services will be provided.

Transport for excursions and field trips will be provided.

Course materials will be provided.

Life Mission's overseas programs are conducted by Acharya Yogendradev who has considerable experience in yoga teaching and training. He is a disciple of Swami Rajarshi Muni and was initiated by him in the renunciant order of the Life Mission Fellowship in May 2002 preparatory to being sent abroad for the specific purpose of imparting training in yoga and spreading the knowledge and practice of this ancient Indian science. He has been teaching yoga and yoga therapy in the United States, Canada and Taiwan.

Yogendradev has conducted extensive yoga classes in San Diego, Los Angeles, San Jose, New Jersey, New York, Pennsylvania, Atlanta, Savannah, Chicago, Kentucky, Florida,

and Detroit in the U.S.A. and Toronto, Ontario and Parksville, British Columbia in Canada. He has also conducted Certification causes in different Hua Yen monasteries at various locations in Taiwan. The students in the overseas courses he has conducted had included Americans, Canadians, Indians, Iranians, Chinese and Taiwanese.

For inquiries and registration, overseas Students should contact:

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