



**FIVE-DAY YOGA COURSES** are offered that immerse the participant into the essence of Yoga, both into its philosophical and practical aspects. During these Courses, a student is taught everything that is essential to maintain a regular practice. Everyone coming to the *Himalayan Iyengar Yoga Centre* for the first time, must start with the Five-day Introductory Course (for Beginners). This applies to everyone, regardless of their previous Yoga experience or how advanced their practice. The Course is informative, motivational and - above all - experiential. If the student then wishes to continue at HIYC, they may join the Five-day Course for Continuing Students to explore the subject in greater detail. In order to encourage long-term study at the Centre, there is a different theme and focus each week.

**1. Five-day Yoga Course for Beginners:** These five-day courses are designed to introduce the Iyengar method of Yoga to the beginner student and to provide a working knowledge of how to continue one's daily practice after the course is completed. Corrective, rejuvenating/energizing and relaxing/meditative postures are the focus. Those with ailments are given specific therapeutic attention and guidelines. This course provides a fundamental framework and inspires one to explore deeper within.

Laila Sell or one of Sharat's trained teachers will conduct this Course. During the Course, we work on the foundations of Yoga in a unique way, which has been - and continues to be - personally researched and designed by Sharat. The fundamental framework and foundations of this science is often overlooked in other forms of Yoga.

**2. Five-day Yoga Course for Continuing Students:** After successfully completing the Five-day Yoga Course for Beginners, students who want to continue start class early in the morning and are instructed by Sharat. These students are taught additional postures and guided, according to the pace at which they develop.

Both Five-day Courses take 2.5 to 3.5 hours daily and cost 2500 INR. In order to support long-term study at our Centre, the weekly fee decreases after the second week and continues to decrease with each following week until it reaches 2000 INR.

These Courses commence every Friday morning at 8.00am at our **Arambol, North Goa Centre** – which operates during the Winter months (from early November until the end of March). Every Tuesday at 2.00pm, there is an Orientation meeting / Introductory talk for new students, during which time you may meet the teacher, learn more about the content & structure of the Course, register for the Course, and discuss any personal or health issues you may have. If you are unable to attend this Orientation meeting / Introductory talk on Tuesday afternoon, you may come to the Centre on Friday morning at 7.30am to check for availability in the Course and register. It is important that all students come to class on an empty stomach.

At our **Dharamkot, Dharamsala Centre** – which operates during the Spring and Summer months (from early April until the end of October) these courses commence Thursdays at 8.30 am. Every Monday at 1.30pm, there is an Orientation meeting / Introductory talk for new students, during which time you may meet the teacher, learn more about the content & structure of the Course, register for the Course, and discuss any personal or health issues you may have. If you are unable to attend this Orientation meeting / Introductory talk on Monday afternoon, you may come to the Centre on Thursday morning at 8am to check for availability in the Course and register. It is important that all students come to class on an empty stomach