



Intensive Course – Yoga and Ayurveda

18th February – 9th March 2011

Description

The Intensive Course - spanning two to three weeks, six days per week - is designed for those students who have taken a strong interest in furthering their Yoga practice and who wish to undertake an extensive exploration of this science. The daily program includes one and a half hours of Pranayama, four hours of Asanas, one and a half hours of relaxation and meditation, as well as one hour of Karma Yoga. Two healthy vegetarian meals, along with afternoon tea, are provided daily to all course participants. In addition to these Yoga practices, the Course also features one lecture by Sharat and one to two taped lectures in the evenings, per week.

The Intensive Courses should be considered a retreat, where a student can devote oneself entirely to self-exploration, change and transformation. The courses are rigorous and the daily program very thorough - beginning in the early morning and continuing until sunset - leaving very little or no time for other activities. We, therefore, advise participants to come prepared with all their personal needs prior to the commencement of the Course. All aspects of Yoga are learned on an experiential level, and dramatic changes are often felt by students.

A meeting takes place during the evening before the Course starts and is compulsory for all participants. The program and exact schedule will be introduced, jobs will be distributed and all questions will be clarified.

Yoga and Ayurveda are sciences stemming from the same philosophical background, Yoga being for the spirit and Ayurveda for the body. When working with our bodies in Hatha Yogic practice, the insight that Ayurveda provides is extremely valuable. It informs and helps us to develop a practice that brings a more profound harmony within.

During the Course, an Ayurvedic practitioner will provide us with the necessary knowledge to establish our body-mind constitution and diagnose problem, as and when they appear. Pulse reading, tongue diagnosis, and other examination techniques will be taught. Once the role of the elements and their influence on us is understood, Sharat will help us understand the influences that the Yogic postures have on the various constitutions and types, thus evolving a way of Yoga practice to establish and maintain balance. Above all, this course will increase our awareness of ourselves in relation to the outer world. The specific themes explored in this Course are:

- ☪ **What is Ayurveda? Misconceptions & Basic principles;**
- ☪ **Panchamahabhuta and Tridosha Theory;**
- ☪ **Five elements of nature: Body as an epitome of nature;**
- ☪ **Tridosha: Properties and functions;**
- ☪ **Tridosha and their actions on various systems of the body;**
- ☪ **Diagnostic & treatment methods of Ayurveda;**
- ☪ **Healthy body and healthy mind;**
- ☪ **Daily regimen and seasonal regimen;**
- ☪ **Prakriti parikshan · Determination of body constitution**

Booking and Deposit

The cost of the 3-week Intensive Course is 42,000 INR, plus 5,000 INR for accommodation in the huts at our Centre, totaling 47,000 INR. The Course fee is inclusive of all meals except on the days off. The deposit amount required to secure a place in the Course is 20,000 INR, which is inclusive of accommodation in a hut (single occupancy) from 18th February – 10th March 2011.

The balance amount which is INR 27,000 is to be paid 1 week prior to the start of the course.

Intensive Course Fee: 42,000 INR
Accommodation Fee: 5,000 INR
TOTAL FEES: 47,000 INR

*If you book 3 months in advance, you receive a 10% discount on the total Course fee.

You will be booked once when the payment is received for any HIYC course via Western Union or Demand Draft (only from India).

- If you submit the deposit via Western Union: Send it in the name of 'Pawan Kumar.' Once submitted, please send us the following details via email: transaction number, amount paid, and from which city it was made.
- If you are making the payment from within India: Send a Demand Draft (DD) from the State Bank of India in the name 'Sharat Arora' and centre addresses*.

*Please note: You can send it to the address **Dharamsala only from March till end of October** and to **Arambol from November till end of February** . .

Otherwise it will be NOT possible for us to receive the money!

The DD should be mailed by Registered Post to one of our addresses and you should inform us by email **before sending**. It is also a good idea to photocopy the DD and keep it safely. You will be booked once payment is received.

Example: If you will send money via DD for courses in July*(see above)

Recipient: Sharat Arora
Address: Himalayan Iyengar Yoga Centre
Village Dharamkot, Dharamsala
Himachal Pradesh (H.P.) 176219

Please note that the deposit, once submitted, is non-refundable

The Program

Course Duration: 21 days

Meeting - The meeting takes place on the evening before the course starts and is compulsory for all participants. The program and the exact schedule will be introduced, jobs will be distributed and all questions will be clarified.

Course Schedule - The course will start with a pooja and a purification practice.

Schedule Day 1 to 6

7.30 to 8.30 am	- Pooja (Prayers) and Pranayama
7.30 to 11.00 am	- Asana Class
11 am	- Brunch
12.00 to 2.00 pm	- Ayurveda Talks and, on alternate days, Talks on Yoga
3.00 to 4.30 pm	- Self-practice
4.30 to 5.30 pm	- Pranayama Relaxing
7.00 pm	- Dinner

Schedule: Day 7

This day shall be free for everybody. However it is compulsory for all participants to collectively practice the Pranayama (the time can be decided the day before) without the teacher. No lunch or dinner will be served.

Requirements for Participation

Listed below are the requirements, with which students have to comply in preparation for the course. They serve to keep the Intensive Courses open to those Yoga students with a true and genuine interest in personal growth and transformation.

- ✓ Completion of at least 3 weeks of training, or of several courses at Himalayan Iyengar Yoga Centre, in consecutive years.
- ✓ Daily practice of Sharat's style of Hatha Yoga is an absolutely indispensable prerequisite.
- ✓ Every participant should adapt a daily rhythm according to the Course schedule 3 weeks before it begins. This means moderation in terms of diet and establishing a sleeping pattern according to the Course schedule so that adapting to the rhythm of the program is made easier.
- ✓ Students are strongly encouraged to rid themselves of any addictions at least a few months prior to the start of the program, in order to prevent suffering from withdrawal symptoms during the duration of the Course.
- ✓ Every participant must arrive at least one week prior to the start of the program, to adapt to the climate and to prepare in the ongoing Five-day Course for the demands of the Intensive Course.
- ✓ Pregnant women must inform us of their status before the course commences and speak with Sharat about any concerns.
- ✓ Applicants may be called upon to have a personal meeting with Sharat.
- ✓ Every applicant is required to complete and sign a form, stating their agreement with the Course requirements, Code of Conduct, as well as the terms and conditions of payment. A photograph of the student will be attached to this form.

Through these requirements we aim to create a situation free of disturbance, which allows for complete dedication and devotion to the present moment, so that all participants have the opportunity to imbue their Yoga practice with spiritual depth.

Code of Conduct

Listed below are the rules and regulations, to which students must commit for the smooth functioning of the Intensive Course:

- The Course requires complete dedication, both on the part of the Teacher and on the part of every student. Therefore, it is recommended that students not living on campus, live as close as possible to the Centre in order to minimize opportunities for distraction. In this regard, students should not actively seek external stimuli or participate in activities not connected with Yoga. Prior to the start of the program, students will arrange to obtain everything they may need for the duration of the Course. With respect to reading, students are encouraged to only read material related to Yoga. A small library or book exchange can be created for this purpose.
- The Course requires the student's utmost dedication and openness to his/her own personal growth, which means readiness for change and transformation.
- Students are expected to devote themselves entirely to the Course, giving undivided attention and presence during class. Complete trust in the teacher and the teaching method are required. In the event the student feels unwell, it is still essential to attend all classes everyday.
- Students are expected to be punctual for all sessions during the duration of the Course.
- Students should be moderate in terms of the amount of food they eat. Any intake of food apart from the two main meals provided by the Centre is to be strictly avoided; one should be aware that overeating is detrimental to the program and purpose of the Course. It is also recommended that the afternoon break be utilized to rest and that students go to sleep early in the evening, to ensure full presence in class.
- During the Course, each participant is required to suspend any personal spiritual practice and to concentrate only and fully on the practice being taught during the Course.
- Positive criticism is welcome, in order to enhance the quality of learning and exploration.
- For the smooth functioning of this Course, each participant is required to take on necessary tasks that contribute to the work of the Centre. These tasks - or Karma Yoga - may occupy up to one hour per day.
- Each participant is experiencing their own processes as an individual, and should be completely aware of his/her thoughts, speech, and actions. Couples participating in the course may continue to share their accommodation; they should, however, avoid interrupting one another's individual processes. If one partner is not a participant, couples are required to separate during the duration of the Course.
- With the exception of tea, no drugs are to be consumed during the Intensive Course. The term "drug" not only refers to illicit drugs, but to alcohol, cigarettes and other stimulants (such as coffee) as well. Participants are encouraged to drop their habits 3-4 weeks prior to the start of the Course, to avoid experiencing withdrawal symptoms during the program.
- The environment outside the Centre cannot be controlled. Tolerance of external disturbances, on the part of students, is requested.

Terms and Conditions of Payment

A deposit is to be paid in order to secure a place in the Intensive Course. Students should submit deposits only if they are certain of their ability to comply with the Course requirements, the Code of Conduct, as well as the terms and conditions of payment. If completion of the required three rounds of Five-day Course at Himalayan Iyengar Yoga Centre has not been fulfilled at the time of booking, a place in the Intensive Course can be secured when submitting the deposit, with the understanding that the participant will fulfill this prerequisite. Full payment for the Course is to be submitted upon arrival to the Centre. It should be understood fully that money, once deposited, is not refundable, except if the participant:

Informs us three months prior to the beginning of the Course;

Becomes seriously sick or injured (a medical certificate is required in this case);

Has to leave to his/her home country, due to extreme conditions or personal crises;

Has been excluded from participation in the Course, due to not adhering to the requirements, Code of Conduct, or the terms and conditions of payment.

Under these circumstances, an amount of USD 25 will be withheld to cover the Centre's administrative expenses. In the event that the participant resigns during the duration of the Course, the refunded amount will only include the cost of the days not participating in the Course. An administrative fee of USD 25 will also be withheld. **If the applicant resigns due to other reasons no refund is possible.**

Disclaimer:

Please note and understand that we reserve the right to,

Undertake short-term changes in the program & structure of the Course

Make exceptions to the above procedure in individual cases

Change the price of Courses according to circumstances that are beyond our control

Exclude people from the Course who do not adhere to the above conditions, and who would therefore be a disturbance.

Himalayan Iyengar Yoga Centre (HIYC)



**Village Dharamkot, Dharamsala 176219, Himachal Pradesh, North India
Winter Centre : Madhlo Vaddo, Arambol, North Goa 403524**

*Please visit our website at: www.hiyogacentre.com
Join us on our [Facebook Page](#) & [Facebook Group](#)*