



Yoga is the art and science of living
and is concern with evolution of mind and body.
Swamy Satyananda Saraswati

About us:

We are a non profit group of Yoga teachers who aim to spread the message of Yoga philosophy and its practice to every individual! All our courses are donation based - no fees apply for training, lectures or spiritual practices; 100% of your donation goes to a charity fund of you choice. However, since we do not own any property, the student must pay for food and accommodation. We always welcome Yoga teachers, groups of students and families with kids.

Our courses are designed for people living under the stress of big cities. Our practice emphasizes deferent relaxation techniques and the development of awareness, while stressing less on the physical aspect of yoga.

Spirituality and self realization is our final goal, so all religions and beliefs are equally respected as long as peace and tranquility is maintained.

Kriya Kundalini Yoga Courses:

During the first two stages of beginners course you will learn basic techniques of Hatha Yoga together with premeditative practices, controlled breathing and Kriya oriented techniques. Kriyas are given during intermediate course for your own safety and well being.

Our rules:

We treat each other with kindness, understanding, patience and compassion.

- Personal sadhanas are very welcome to practice.
- No drugs, no alcohol, no smoking in our retreat.
- Mouna (silence) until lunch and during meals.
- No noise after 22:00.
- We serve healthy, vegetarian food only, such as thali and much more...

Retreat schedule:

05:30-06:00 --- Wake up call
06:00-06:30 --- Shatkarmas (cleansing)
06:30-07:15 --- Meditation and/or Yoga Nidra
07:15-07:30 --- Mantra chanting
07:30-09:00 --- Asana and Pranayama
09:15-10:00 --- Breakfast: porridge, fruits, tea
10:00-12:00 --- Free time, sightseeing
12:00-12:45 --- Lunch: vegetarian thali
12:45-15:00 --- Free time
15:00-16:00 --- Lessons / Discussions on Yoga & Hindu philosophy
16:15-18:00 --- Asana and Pranayama
18:15-19:00 --- Pooja and Kirtan
19:00-19:45 --- Dinner: vegetarian thali
21:00-22:00 --- Meditation and/or Yoga Nidra

Our Courses & Dates:

Two weeks beginners course stage one:

Introduction into Kriya and Hatha Yoga includes:

- Surya Namaskar; movement and breathing sequence.
- Asanas: 8 main and 24 supplementary, contradictions, benefits and precautions.
- Pranayama: nady shoodana, full Yogy breathing, bhramary and ujay breathing.
- Shatkarmas: yala nety, kapalabhaty.
- Introduction into Mantra Yoga: jappa and kirtan.
- Premeditative techniques: shavasana part 1-2, Yoga nidra.
- Introduction into mudras: nasagra, jnana mudras.
- Relaxation and visualization techniques.

Two weeks beginners course stage two:

Two months of stage one practice is required before attempting stage two.

- Surya Namaskar awareness and internal mantra chanting sequence.
- Asanas: 8 main and 24 supplementary stage 2, awareness and breathing upgrade.
- Pranayama: nady shoodana, bhramary, ujay, bhastrika and sitkary breathing techniques.
- Shatkarmas: sutra nety, trataka.
- Introduction to bandhas.
- Concentration techniques.

Intermediate and advance:

One month course that requires at least one year of stage two practice .

- Focused on advance awareness and meditation techniques
- Development of chakra awareness and mastery over mind control.
- Introduction to Kriyas.

We provide: Yoga mats, nety pods, books, drinking water.

Yoga courses are available in English and Russian.

Available: Laundry service, stove or boiler - extra charge.

Starting Dates:

Two weeks beginners course stage one starts on:

15th of August, September, November, December, January, February, March, April 2008-09

Two weeks beginners course stage two starts on:

1st of September, November, December, January, February, March, April, May 2008-09

Intermediate and advance courses are due to a special announce, depending on a particular teacher and time of the year.

We organize tours and help with tickets and transportation.

To reach us:

- On demand: taxi pick up from Dubolim, GOA \$50/car (5 seats).
- You can take a train from Delhi, Mumbai or Mangalore to "Gokarna Road" train station.
- From "Gokarna Road" train station take a Riksha or taxi (250-300Rp) to Namaste Farm Guest House on Cuddly beach.
- Direct sleeper buses available from Goa or Bangalore.

Accommodations:

12 houses located about 5 min walk to the beach.

Room for two & food - \$20/day per person. Private washroom, Internet connection, kitchenette, fan, mosquito net...

Accommodation in retreat is limited to 20 students so, please, try to book in advance, especially during high tourist season November to March. April to October we have special price on accommodation in our retreat \$125 per week. Drop in and daily lessons are possible as long as main course permits.

Jyoti Shivam retreat:

India, Karnataka, Gokarna, Cuddly beach, Namaste Farm Guest House, +9-08386-295206
ask for Serge.

e-mail: arutperumjyoty@gmail.com

web: www.jyotishivam.com

If you wish to register for one of our courses, please e-mail to: arutperumjyoty@gmail.com providing the following information and allow one week to process:

- Your full name:
- Date of birth:
- Course type and date:
- Desired accommodation:
- Do you have any background in Yoga practice, if yes, specify:
- Do you have any serious health problems or trauma, high blood pressure, heart problems etc, please specify:
- Do you agree with our rules and regulations:
- Personal information and additional requests as you wish: