

# Yoga Beyond Asana

## Subtle Tools of Yoga for Daily Living

*an exclusive series of Yoga Workshops with Saraswathi Vasudevan*  
April 30 & May 1, 2011 in Kuala Lumpur

### **The Living Wisdom of Yoga**

#### **Daily lessons from the Yoga Sutra of Patanjali**

The Yoga Sutra of Patanjali written over 2000 years ago is the earliest text on Yoga and Human Psychology. This workshop will present the key concepts from the Yoga Sutra, the blue print for conscious living. Through interesting processes, practices and discussions, you will experience the teachings coming alive, to enrich your daily life with better understanding, greater excitement and powerful insights.

#### **What will you learn?**

The real meaning and purpose of yoga

Practical tools and techniques to sharpen the faculties of the mind and achieve a healthy body & mind

How to overcome the obstacles to growth and happiness

How to refine attitudes, perceptions and actions in daily life

Saturday 30th April, 2011, 10 am – 1.30 pm

### **An Introduction to Yoga Therapy**

#### **The art of personalized care**

The desire to evolve ways to alleviate human suffering has been the spur for all human knowledge from time immemorial. Yoga, as a complimentary system of healing, works on wisdom distilled through several centuries of practical experience and continuous refinement.

Yoga therapy evokes and engages the innate intelligence of the human system, addresses every aspect of the individual and facilitates healing that is holistic, comprehensive and life transforming.

#### **What will you learn?**

How does yoga therapy work?

How does it impact the various aspects of a person's life?

What are the tools used for healing?

How are these tools adapted to the individual?

The workshop will also have a live case study to demonstrate the process of yoga therapy and how a personalized practice is evolved.

Saturday 30th April 2011, 3.30 pm – 7.00 pm

### **Secrets of Breath**

#### **The essence of Pranayama**

Breath is our only constant companion, yet we remain so disconnected from this soul mate. Here's your opportunity to change that forever.

This workshop will lead you systematically through every step of linking consciously with the breath based on well-researched ancient Yogic principles and practice

#### **What will you learn?**

The power of conscious breathing, its impact on your body and mind.

The deeper basis of pranayama, its application in daily life

Role of Pranayama in healing and spiritual growth

Simple breathing practices that can be used everyday to energize yourself, de-stress, relax and rejuvenate.

Sunday 1st May, 2011, 10.30 am – 2.00 pm

### **Breathe in Health, Breathe out Stress**

#### **a yoga-based stress-management workshop**

Stress reduction through yoga is not just about relaxation practices.

Learning to understand stress and coping with it from a scientifically sound, yogic approach is the key to achieving better health, harmony and peace in daily life.

#### **What will you learn?**

An understanding of the biological basis for stress and how it impacts our system in so many ways. How to apply the yogic wisdom for overcoming stress and exploring the tools and techniques from the yogic repertoire. Simple, powerful practices that can strengthen your stress resilience and empower you to deal with the problems of everyday life effortlessly and with equanimity.

This workshop is suitable for everyone who experiences stress, and will also equip yoga teachers and healthcare professionals with new tools for clinical practice.

Sunday May 1, 2011 4 pm – 7.30 pm

## Who is teaching?

Saraswathi Vasudevan, Founder-Director of YogaVahini based in India, will lead the workshops. She has trained and taught for nearly 20 years in the Classical tradition of yoga that is strongly founded in the teachings of Patanjali and specializes in adapting yoga to the unique needs and abilities of each individual. She founded YogaVahini recently along with her husband and yoga teacher, Sundar, with the aim of sharing the ancient wisdom of Yoga to address the needs and challenges of modern life.

She holds two Masters Degrees (in Nutrition and Psychology) and a Post-Graduate Diploma in Yoga. Saraswathi is also a trained facilitator and works by integrating the traditional wisdom of Yoga with modern facilitation skills. She conducts workshops, retreats and regular teacher training and therapist training programs in India, she is also a visiting faculty for Yoga Therapy Toronto, Canada, Yoga Therapy Australia and Association Vicitra Yoga, France.

She will be assisted by her colleague C Annamalai, a senior teacher trained in the same tradition. Together, they bring the ancient wisdom of yoga accessible and relevant to modern day living -- directly from the land of Yoga.

## For whom?

These workshops will benefit yoga teachers, practitioners and enthusiasts interested in understanding and applying the many tools of yoga in your daily life and work. If you have been practising and teaching yoga for a long time, these workshops will help you to delve deeper into your understanding of yoga, expand your current knowledge and practice and widen the scope of your work.

If you are a beginner in this path, it will offer you just the right platform to have a comprehensive understanding of yoga, experience it and integrate it into your daily life.



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[www.yogavahini.com](http://www.yogavahini.com)

**Venue** | Bangsar Puteri Condo, Function Hall, Level 3,  
Jalan Medang Serai, Bangsar, Kuala-Lumpur

**Price** | Single workshop rm 120; all workshops rm 400

**Early bird offer** (before April 15th) single workshop rm 100; all workshops rm 350

*for consultations please make appointments for 2 April between 10 am and 2 pm or 3 pm and 6 pm*

**For registration contact** Seema Chandnani

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