



Dr. N C's Yoga Vaidya Śāla

*Centre For Higher Learning in
Yoga, Yoga Therapy and Vedānta*



International Programs in Chennai, INDIA (2024 and 2025)



	SEMINAR TOPIC	DURATION (MON - FRI)	DATES
1	Yoga anu sāsānam	2 weeks	11.11.2024 to 22.11.2024
2	Samkhya Darśanam	1 week	25.11.2024 to 29.11.2024
3	Yoga Upaniśad-s	1 week	2.12.2024 to 6.12.2024
4	Śrsti krama	1 week	9.12.2024 to 13.12.2024
5	Three Paths of Yoga	1 week	16.12.2024 to 20.12.2024
6	Heart of YOGA THERAPY	2 weeks	6.01.2025 to 17.01.2025
7	Chanting is Yoga	1 week	20.01.2025 to 24.01.2025
8	YTTP (International) Module 3 & 4	3 weeks	27.01.2025 to 14.02.2025
9	Internship (France batch)	2 weeks	17.02.2025 to 28.02.2025
10	Antaranga Sādhana	1 week	3.03.2025 to 7.03.2025

**For registration and more details,
Email address: drncyvs@gmail.com
www.yogavaidyasala.net**



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YOGA UPANIŚADS

The ultimate Source of Yoga is The Veda-s

***Patanjali has selected and compiled the Yoga as a separate Darśana from
The Veda-s only***

***Therefore, Tradition holds that The Veda-s are the Highest Authority for
Yoga***

And the Upaniśad-s, the knowledge portion, holds all the Wisdom of Yoga

***The Principles and Practices of Yoga are found scattered in many Upaniśad-s
Being the Ultimate Source, they are pure and much easy to comprehend and
to practice***

***They explain many intricate principles that are found in the Yoga Sūtra text
and***

They guide the practitioners all through their journey of Yoga

This Seminar aims at

- Bringing some of the Yoga Upaniśad-s to our understanding and practices***
- Expounding some of the deeper nuances in Yoga***
- Introducing some of the Principles and Practices of Yoga based on the
Upaniśad-s***

Course fee : 400 euros for 1 week

VENUE :

Yoga Vaidya Śālā

Old number - 5, New number - 23
Chowdry Villa, Canal Bank Road
R. A. Puram, Chennai 600028.

WhatsApp no: +91 81245 02999
Facebook : Yoga Vaidya Śālā
Instagram : yogavaidyasala
Google Map : Dr.NC's YOGA VAIDYA SALA

TIME TABLE

7. 00 to 8. 00 - Āsana Practice

8. 00 to 9. 00 - Break

9. 00 to 10. 30 - Lecture - 1

10. 30 to 11. 00 - Tea Break

11. 00 to 12. 00 - Lecture - 11

12. 00 to 12. 30- Prānāyāma Practice

12. 30 to 14. 00 - Lunch Break

14. 00 to 15. 30 - Lecture - 111

15. 30 to 16. 00 - Tea Break

16. 00 to 17. 00 - Lecture - 1V

17. 00 to 17. 30 - Dhāranā Practice