



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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[THE HEART OF YOGA THERAPY](#)

Yoga is widely known all over the world.

Now, Yoga Therapy, an application of Yoga to bring specific, intended therapeutic effects on the practitioners, is gaining momentum.

Yoga Therapy is one of the greatest contributions of Śrī. Krishnamācārya Tradition.

Yoga is complete and comprehensive in its effects; same is Yoga Therapy also.

Yoga Therapy provides not only the symptomatic relief but also ensures the causative cure. Further, It guides the practitioners to strengthen the entire constitution so as to transform them self dependent.

This complete and complete Therapeutic Effects are possible in Yoga Therapy because of the following:

- *Yoga Therapy is endowed with a firm and comprehensive foundation in the form of Yogic Anatomy, Yogic Physiology, Yogic Psychology and Yogic deeper studies.*

- *Yoga Therapy has its own unique methodology for examination of the students and for deducing and confirming the precise diagnosis.*
- *Yoga Therapy is blessed with an infinite number of techniques to bestow the specific, intended therapeutic effects on the physical, physiological, psychological and emotional ailments.*

This Seminar incorporates 'Live case study presentation'. Two Students (case seekers) visit our Seminar every day. Examination of the students and designing of the individual specific course will be done in the seminar. Participants of the Seminar are welcome to clear their doubts about the entire process of our Therapeutic Application of Yoga.

Dear Yoga practitioners and Teachers,

Make use of this Seminar

- *To get introduced to the Therapeutic Mode of Application of Yoga, according to Śrī. Krishnamācārya Tradition.*
- *To learn the methodology of designing Individual specific Therapeutic Yoga practices.*
- *To get prepared for a deep, long and full fledged Yoga Therapist's Training Course.*

Course fee : 800 euros for 2 weeks

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