

Yoga Courses in India

AYURVEDIC MASSAGE COURSE

NOVEMBER 28 - DECEMBER 26 2004

A four-week intensive introductory course on various aspects of ayurveda: history, anatomy and physiology, pancha karma and other treatments and ayurvedic diet and cooking. Emphasis during the course will be upon the theoretical and practical aspects of different types of ayurvedic massage. Hatha yoga classes and satsangs also form part of the daily program.

DAILY SCHEDULE

5:30 am	Wake-up
6:00 am	Satsang (Group meditation, chanting and talk)
7:30 am	Tea
8:00 am	Lecture on Ayurveda
10:00 am	Brunch
11:00 am	Workshop on Ayurvedic medicines and massages
12:noon	Ayurvedic massage practice
2:00 pm	Lecture on Ayurveda (TUES AND SUN) Lecture on yoga (MON AND WEDS) Ayurvedic massage practice (THURS AND SAT)
4:00 pm	Hatha yoga class
6:00 pm	Supper
8:00 pm	Satsang (Group meditation, chanting and talk)
10:00 pm	Silence and lights out

TWO-WEEK JUICE FASTING PROGRAMME

DECEMBER 21, 2004 - JANUARY 4, 2005

DECEMBER 21, 2005 - JANUARY 4, 2006

Fasting overhauls the respiratory, circulatory, digestive and urinary systems. It destroys all the impurities of the body and all sorts of poisons, eliminates uric acid deposits and reduces fat. Diseases that are pronounced incurable by allopaths and homoeopaths are cured by fasting. Fasting develops will-power. It increases the power of endurance.

— Swami Sivananda

This program is a world-class two-week fasting based on the ancient yoga kriyas and inspired by the work of Dr. Bernard Jensen and Dr. Gerson. Fruit juices and vegetable broth, along with healing herbs, holistic therapies, ayurvedic massage and colon cleansing eliminate toxins, putrified intestinal deposits, mucus and other degenerative deposits (such as heavy metals), worms and parasites from the body. Transformation occurs not only on the physical level, but also on the mental, emotional and spiritual levels. Flower essences, yoga and meditation will help to eliminate the mental and emotional impurities as they surface. All regular ashram activities are open to participants.

For further information go to:
www.sivananda.org/neyyardam