

# Living the wisdom of Yoga

## Walk the royal path to personal mastery

with Saraswathi & Sundar

Feb 9-11, 2012 @ Gurgaon

*Moving beyond feeding the intellect, this workshop hopes to inspire deeper change through practices, experience, discussions, sharing and reflection, bringing the ancient wisdom of yoga into daily life, making it accessible and relevant, practical and simple, bridging the gap between “knowing” and “doing” so that you may eventually “become” that perfect action.*

Important concepts and ideas from all the 4 chapters of the Yoga Sutra will be explored, with inclusions from other classical texts. The workshop offers simple asana practices based on the vinyasakrama principles, breathing, visualization and meditation as tools to create an experiential understanding of the concepts presented.

### Who is teaching?

Saraswathi Vasudevan, along with her husband Sundar Ganesan, founded YogaVahini, a highly specialized healing and training centre based in Chennai. With nearly 2 decades of study and teaching experience in the classical tradition of yoga firmly rooted in the Yoga Sutra of Patanjali and a personalized approach to yoga and yoga therapy, their work addresses the needs and challenges of the modern times. For more information see: [www.yogavahini.com](http://www.yogavahini.com)

### Program Schedule:

Feb 9 – 11, 2012, 9.30 am to 4.30 pm each day | Price Rs.9,500  
Early bird price: (to register on or before January 20, 2012) Rs.8000.

Venue | House No. 125, 1st Floor, D block, DLF-I, Gurgaon, India (5mins drive from 3 Metro Stations- Guru Dronacharya, Sikanderpur, M.G. Road)

Contact & Registration: Dia Pinto +919811558076 Smita Bhavnani +91 9871822225  
Email [specialyogis@gmail.com](mailto:specialyogis@gmail.com)