

Pre-Conference Workshop: *Master Class- Yoga and Meditation, A Means of Self-Empowerment, Healing and Rejuvenation* May 31st, 2012

Swami Devaprasad, Yoga Master, Instructor



Bio: Renowned & published yoga master & instructor Devaprasad Swami (Dev) started his yogic life in 1979. He learned yoga from various gurus (teachers). Having completed his Philosophical studies during 1986-88, he started teaching yoga in various institutions. He completed the four year Theological studies in 1993. He has been teaching yoga and yogic meditation for the last 23 years in various universities, colleges, schools and formation houses throughout India. He has conducted several yoga-training sessions in Germany during 1995 and 1997 and in Canada from 1999 to 2005.

He has written a number of articles in different journals. His first book on Yoga was published in 1995 and his second book on yoga was published in 1998. The third book Deva Yoga was published in 2010. From 1996-2003 he was a member of the staff of the National Centre (NBCLC), Bangalore, India. He was also a teaching staff in Vinayas#dhana, Dharmaram College, Bangalore and Montfort College Bangalore, India. He worked in Canada for two years (2003-2005) for his yoga-spiritual mission. He was a full time faculty member of Jain University College - Centre for Management Studies, Bangalore, India from 2005 to 2010. Now Dev is in Ottawa, Canada teaching sharing his yogic wisdom with many. To know more about him you may visit www.deva-yoga.webs.com or www.yogawithdev.com (this website is under construction).

Workshop Abstract: One day workshop

This yoga workshop is a time for deepening your knowledge about the ancient art of Yoga and Meditation. This Yoga workshop will increase your concentration, memory power, enthusiasm, cheerfulness, and positive approach to life; build better inter-personal relationships; improve stamina and resistance against sickness; with the power of yogic healing. These objectives are met through a thorough training in the physical, psychological and spiritual aspects of Yoga through lectures, and by practicing *Pranayamas* (Breathing exercises), *Asanas* (bodily postures that enable better concentration), relaxation methods, concentration techniques, stress management and meditation under the efficient supervision and individual attention from the master. Practical sessions are based on the book "*Yoga for Wholeness and Wellness*" written by Swami Devaprasad.

An essential part of the Yoga practice is mindfulness. In order to attain union and harmony between body, breath and mind the practice of Yoga should be with mindfulness. Otherwise the practice will become like any other forms of physical exercises. The slow and gentle movements of yoga postures systematic breathing exercises will increase the mindfulness because conscious control over the body and

breath leads to control over the mind. In short the mindful practice of yoga will reduce stress and restore energy, strength and flexibility as you learn the postures and breathing techniques of Yoga with mindfulness. This is suitable for yoga practitioners and psychologists who works to reduce the stress and the people who helps for healing the sick. Therapeutic Yoga or Yoga therapy is based on proper diet, healthy human relationship, proper control over the mental activities and thought processes, moderate and systematic physical movements, rest and relaxation. This holistic approach restores balance and leads to harmony between body, mind and spirit, which provides relief and cures diseases, when a new yogic attitude and a way of life is applied, accepted and followed. This workshop is a unique opportunity to be guided by an experienced yoga master.

Syllabus:

PRACTICAL

Relaxation Methods

Relaxation Postures

Breathing exercises

Yoga Postures (Asanas)

Concentration techniques

Stress Management methods

Meditation

THEORY

YOGA IN GENERAL

What Yoga Is?

Different Yoga Systems

RAJA YOGA or Patanjali Yoga

Yoga and Meditation

HATHAYOGA

What Hatayoga Is

Hathayoga and Physical Health

Hathayoga and Healing

Introduction to Yogasanas or Postures

A Simple and Easy Order for Daily Practice

Guidelines for the Practice of Yogic Postures

Relaxation Postures

Meditation Postures

Minor Exercises

Dynamic Postures

Pranayamas: Systematic Control of Breath

Introduction

How to Breathe?

Different types of Pranayamas

Yoga and Stress Management

Yogic Relaxation

What Yogic Relaxation Is

Yogic Relaxation methods