



Conducted by
Shri. R. S. Bhogal

- Principal of Gordhandas Seksaria College of Yoga and Cultural Synthesis, the academic organ of Kaivalyadhama and the world's most reputed yoga college (est. in 1951).
- A rank holder at M.A. (Entire Psychology) in 1986 and NET (Industrial Psychology) qualified in 1988, Prin. Bhogal has been a recipient of National Merit Scholarship for his P.G. studies. He is winner of the prestigious Shivram Apte Prize for Sanskrit in 1984 from Fergusson College, Pune.
- He has over 25 experimental research papers and 40 other scientific articles to his credit.
- His book "Yoga and Modern Psychology" has been published in English and German languages.
- His book "Psycho-physiology of Traditional Yoga" has been published in Korean language.
- A book, "Anatomic & Physiological Perspectives of Yoga" co-authored by him, is being published by Kaivalyadhama, Lonavla, shortly.
- His monograph, "Role of Yoga in Mental Health" is being published by WHO, shortly.
- He teaches "Yoga and Mental Health" and "Psychological Bases of Therapeutic Yoga" for various courses at Kaivalyadhama and at the University of Pune.
- 17 years of experience in psycho-physiological research into Yoga, in the capacity of Research Officer (Psychology), and 20 years of experience in teaching Yoga Psychology at Kaivalyadhama, make Prin. Bhogal one of the most sought-after speakers on Yoga Psychology.

- Widely traveled in Germany, Italy, Spain, Thailand, Korea and the U.S.A. as a yoga expert, he has been a resource person to MIDNIY, ICMR, JIPMER and Free University of Berlin to name only a few reputed institutions.
- He has worked in the capacity of Managing Editor, *Yoga Mimamsa* (a research quarterly, devoted to scientific and philosophico-literary research in yoga) for over a decade. At present, he is Associate Editor of *Yoga Mimamsa*.
- He has developed a research-based Yoga meditation technique, "Holistic Meditation" that has been highlighted as "One of the nine major techniques of meditation today", by the leading Mind-Body-Spirit magazine "Life Positive", New Delhi, in its April, 1996 issue. This technique has, also, been endorsed by Times Music (Times of India, Sept. 2, 2003).



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A WORKSHOP ON MEDITATIONAL TECHNIQUE

YOGA MEDITATION FOR HOLISTIC HEALTH & HARMONY

April 2-7, 2012

AT



The term Dhyana denotes **Yoga Meditation** whereby the practitioner discovers his existential potentials, gradually, becoming reality towards a total Personality Integration, existential harmony and holistic health. **Yoga Meditation**, basically, carries out a cleansing at the subtler levels of one's Psyche and endows its practitioner with a transcendental Joy, referred to as a panacea to all existential maladies and a key to the existential well-being by Bhagwatgita (II: 64)

FROM THIS MEDITATION WORKSHOP YOU WILL GAIN:

1. Scientific and scriptural bases of **Yoga Meditation**:
 - Research based approach to **Yoga Meditation**
 - Hitherto unexplored ancient methods of Meditation based on Patanjala Yoga Sutra, Buddhist tradition, Shiva Samhita, as well as, Kaivalyadhama's tradition of Meditative practices.
2. Step by step Meditative techniques in a most practical and down to earth way so that even a beginner can understand all about practical Meditation process for his own use for-
 - Harmonious personal and Interpersonal Adjustment
 - Evolving one's own pure Self towards Self Realization
 - Stress Management and Health related complaints
3. Actual methods to be communicated and practiced during the workshop:
 - I. Subtler aspects of breathing awareness in a simple-to-do type methods.
 - II. Experiential and Transcendental methods of Omkar and Mantra recitation practiced in such a way that leads you to the **Yoga Meditation**.
 - III. Holistic Meditation : A research based technique of Meditation that draws basic tenets from Shiva Samhita, an ancient Yogic treatise of a great esteem.

Different variations of **Yoga Meditation** that can be put to use, with advantage, in different types of stress related disorders in your daily life. **Holistic Meditation** has been found to be of tremendous help in curing insomnia, migraine, any kind of headache, body ache, depression, hypertension, some of the skindiaorders and diabetes. There will also be individual attention to those desiring special guidance!

Schedule	
6.30 a.m. to 7.00 a.m.	Asana Practice
7.00 a.m. to 9.00 a.m.	Meditation Techniques
9.15 a.m.	Breakfast
10.00 a.m. to 11.00 a.m.	Lecture on fundamental concepts of Yoga Philosophy, Scientific Research, Anatomy Physiology of Yogic Practices etc.
12.15 p.m.	Lunch
1.30 p.m. to 5.00 p.m.	You may like to take a appointment for Nature Cure Therapy or Ayurveda Therapy, you can go for a walk across the foothills, you may choose to read in our central library with over 30,000 books, or sit underneath trees in our gardens and catch up on your reading or e-mails, just to be relaxed and un-wind.
5.00 p.m. to 6. 30 p.m.	Meditation Techniques
7.30 p.m.	Dinner
8,15 p.m. to 9.00 p.m.	Lecture (Optional)

Cost

Standard Room

Single Occupancy (Attach bathroom)
Rs. 11000/- Rs. 13000/- (AC)
Double Occupancy (Attach bathroom) (for 2 persons)
Rs. 14000/- Rs. 18000/- (AC)

Deluxe Room

Single room attach bath Rs. 16000/- Rs. 18000/- AC
Double room attach bath (for 2 person) Rs. 20000/-
Rs. 22000/- AC.

Registration & Facilitation Cost Rs. 500 per person.

Cost includes practice sessions on **Yoga Meditation**, Lectures, the meals and breakfast.

