



## About the institute



Kaivalyadhama Yoga Institute was founded in the year 1924 by Swami Kuvalyananda. Swamiji is credited to be the pioneer in the field of scientific research in the field Yoga. The institute is recognized as a National Level Institute of Higher Learning by the Government of India. It is also recognized as a National Level institute for scientific research by the Department of Science and Technology, Government of India.



The institute functions in the field of Scientific Research through the Scientific Research Department. In the field of Philosophico-Literary Research, through the PLRD department and the central library which houses around thirty thousand books and twelve hundred manuscripts. It has a college of Yoga, which runs various courses for training the aspirants in the field. The institute also runs a Hospital and Health Care Centre with facilities for Nature Cure and Ayurvedic Therapies.

It is located amidst the verdant Sahyadri range in the state of Maharashtra, India at foothills with abundance of greenery.

### About Shri.O.P.Tiwari

Shri.O.P.Tiwari is a student of Swami Kuvalyananda , one of the few masters teaching pranayama practice with a classical technique, where the scientific outlook harmonizes with traditional wisdom. He is humble man who does not try to prove anything, but with integrity sincerely passes on the through and practice of Yoga in the traditional way. This is how ihe believed the practice Is most fruitful.

**Kaivalyadhama Yoga Institute**

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2012



**Kaivalyadhama**

Yoga for the World

# Sacred Breath



## Basic Course In Hindi :

Date : 17th June to 24th June 2012

### Cost

Rs.20,000/- Single Standard En-suite Room

Rs.15000/- Per Person ( Twin Sharing Standard Room – En-suite)

Rs.10,000/- Per person ( Twin Sharing Room with community bathroom)



## Basic Course:

This is for the beginners in the field of Pranayama. It will take you through the fundamentals and foundation of the classical practices.

### Date:

21<sup>st</sup> October 2012 to 3<sup>rd</sup> November 2012

Cost: US\$ 1500 for Single Room in Community bath or En-suite room on twin sharing.

US\$ 2000 for Single En suite room.

## Intermediate:

For practitioners who have been practicing for at least one year and preferably have completed the basic course with Tiwariji at any location.

Date : 4<sup>th</sup> November 2012 to 18<sup>th</sup> November 2012 .

### Cost:

US\$ 1500 for Single Room in Community bath or En-suite room on twin sharing.

US\$ 2000 for Single En suite room.

## Process of Application:

Please send in an email with your intention to attend on [info@kdham.com](mailto:info@kdham.com). Once we received your application we shall process it and then generate a invoice for 50% of the fees which has to be paid as advance for confirmation.

Once this is done, it's all set.

When prana moves, chitta moves. When prana is without movement, chitta is without movement. By this steadiness of prana the Yogi attains steadiness and should therefore restrain the Vayu through Practice of Pranayama H.Y.P.//2.2