

Kaivalyadhama announces the launch of Pranayama Certification Course Level 1 (foundation). Open to existing Yoga teachers the course will be a combination of theory and practice. It will be led by world renowned yoga master **Sri. O. P. Tiwari**. The Certification course will ensure that all teachers are trained in breathing techniques in compliance with ancient texts and a scientific base.



PRANAYAMA

CERTIFICATION COURSE

From June 16th – July 15th 2012
(Weekends only)

Moksha Yoga
705 Progress Avenue,
Unit 36 Scarborough,
ON M1H 2X1

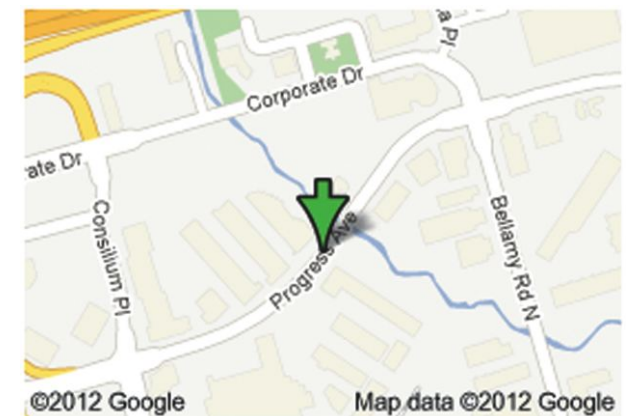


Sri Om Prakash Tiwari Was born in North India in 1933. As the direct student and disciple of the late Swami Kuvlayananda and founder of Kaivalyadhama Institute in Lonavala, India, he is one of the few remaining Hatha Yoga Masters in the world. Swami Kuvlayananda gave him the responsibility of managing the Nature Cure Hospital at Kavailyadhama, and later in 1966, he was entrusted with the entire institute, serving as Secretary General, overseeing areas of education and administration. He has also served on several government committees, working to bring Yoga into the education and health system of India, and recently created an Encyclopedia of Yoga for the Indian government. He has also been teaching and guiding students for over 40 years, specializing in Yoga Therapy, Philosophy, and Classical

Yoga Techniques. He has written several books on these subjects, including *Asana: Why and how*, which was awarded "book of the year" by the government of India in 1987. He is a highly respected teacher of all Pranayama and Hatha Yoga practices, and embodies this living tradition with utmost devotion and humility. As a self-less servant of humanity, he travels internationally passing on the practices, philosophy, and scientific understanding of yoga to students in every part of the world. This devoted yogi lives a life dedicated to continuous practice, and his teachings flow from his deepest experiences in an undiluted way. Although he wants no worldly recognition, he is one of only a few authentic and true Pranayama Masters alive today Yoga for the Indian government. He has also been teaching and guiding students for over 40 years, specializing in Yoga Therapy, Philosophy, and Classical Yoga Techniques. He has written several books on these subjects, including *Asana: Why and How*, which was awarded "book of the year" by the government of India in 1987. He is a highly respected teacher of all Pranayama and Hatha Yoga.

Kaivalyadhama, is not just the oldest Yoga Institute in the world, but it is the most comprehensive it doesn't just teach, but since 1924 it has carried out substantial and innovative studies into every aspect of Yoga's practice. Swami Kuvlayananda founded Kaivalyadhama in 1924 after being guided and inspired by his Gurus philosophy that spirituality could uplift society. Above all his

many skills, Swami Kuvlayananda was a great visionary who foresaw immense scope for the application of Yoga in all the spheres of life. Kaivalyadhama's specific aim is to bring together traditional Yoga with modern science, as neither is thought to be complete without the other. The Swamis view was that society had lost its way, and only a new and happy marriage between the two disciplines could help to regenerate and build a better life for all. For more information on the institute please log on to www.kdham.com



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