3 DAY MEDITATION INTENSIVE PROGRAM

PROGRAM OVERVIEW

Yoga’s intent is to activate “the wireless modem” within us, connect into the “cosmic server” and become “Self Realized” about the nature of existence and ones role in life by getting direct answers from the “Ultimate Source”. Realizing that one is only an instrument in the cosmic play and being true to ones role is the path of liberation, yoga brings a transformation in attitude towards life that makes living effortless.

Meditation is the key to such realization. However, the systematic approach of yoga helps to accelerate the impact of meditation with alignment of the physical system, optimization of vitality, optimization of the physiology, modulation of genetic expression and enhanced abilities of the adaptive system (immune system).

WHO SHOULD ATTEND: The objective of this program is to begin this training for those who have a deep interest in yoga. This is a must for those who want to teach yoga in the future.

The program will be equally divided in practices and discussion. Following is a summary:

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<th>PRACTICE</th>
<th>DISCUSSION</th>
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| The practices will be such that almost anyone with any level of ability (or disability) can do them. These are collectively referred to as Gentle Yoga practices. They will include 5 classes of exercises:  
  - Gentle Physical
  - Breathing
  - Sound vibrations
  - Thought
  - Pure observation - meditation | Topics discussed are:  
  1. Yogic Concept of Meditation Relative to Common View  
  2. Meditation and Stress Management  
  3. Meditation and Holistic Yoga – discussing summary of Yoga Sutras  
  4. Healing with Yoga – discussion of 3 models of Yoga Therapy  
In the course of these presentations, it is expected that all questions will be answered. |

FEE: $350 in 2014 payable as check to Life in Yoga Institute

This is the generic program information used for all 3-Day Meditation Intensive Program. Questions can be addressed by sending an email to narayanam@lifeinyoga.org or calling 301-328-3845.
PROGRAM DETAILS

PROGRAM DESCRIPTION:

The program is intended as an introductory overview of all categories of yoga techniques with explanations to understand the system of yoga. Multiple days of continuous dedication is designed for those who are seriously interested in understanding and adapting yoga into their life. This also serves as a stepping stone to go further into teacher training for those who seek it.

During these sessions we will cover an overview of healthy living with physical, emotional, mental, social and spiritual balance in life and how yoga helps one attain that. The focus will be on meditation and whatever helps to increase the power of meditation. This will include Gentle Yoga techniques for stress management – gentle stretches and breathing exercises – and exposure to the principles of meditation and various techniques available. Mantra-based meditation will be taught. Yoga exercises (including stretches, breathing, affirmation, and meditation techniques) will be progressively built upon to higher levels of sophistication over each day. Stress management will also be explained.

The content will cover the course material for GEN 102, GEN 301, GEN 302 of Life in Yoga Institute which are described below and credits for these courses towards instructor and teacher certification can be obtained by paying the certification fees.

GEN 102 - Stress Management with Yoga discusses the source and nature of stress and methods to overcome them. Some of the Gentle Yoga exercises including meditative practices are taught with the intent of making them part of daily practice to reduce stress. The only differences between this course and the GEN 101 are the following: (a) extensive discussion of nature and source of stress; (b) not covering all the Gentle Yoga exercises. Gentle Yoga regimen is designed to meet the needs of all to adopt a daily regimen that reduces stress and increases vitality. Gentle Yoga regimen consists of five elements: (a) Stretch exercises done in three ways: spine and upper body, pelvis and lower body, balancing of top-down; (the upper and lower body stretches cover sideway balancing too); (b) Breathing exercises of Bhashrikaa, Kapaalabhaati and Bhramari; (c) use of vibrations for cleansing each chakra; (d) affirmations to heal; (e) meditation as pure observer.

Gentle Yoga exercises can be viewed at [http://www.lifeinyoga.org/App Downloads/GentleYogaSlides.pdf](http://www.lifeinyoga.org/App Downloads/GentleYogaSlides.pdf)

GEN 301 - Principles of Meditation and different practices is a discussion of
(a) what is meditation in terms of the Yoga Sutra principles;
(b) the review of various common practices like Cyclic Meditation of SVYASA, mindful meditation techniques of Buddhist traditions, visualization techniques (including biogenic feedback techniques like Silva method), Mantra-based meditation, music meditation and Life in Yoga’s Chaadogya-Upanishad meditation;
(c) benefits of meditation.

The technique of Chaandogya-Upanishad meditation and individually adaptable techniques are also instructed and practiced as part of the course. Among all forms of meditative practices studied, Life in Yoga practitioners have found this to be most effective, and it becomes easier to practice with the exercises of physical alignment and energizing breath of Gentle Yoga exercises.

GEN 302 - Mantra-based Meditation is considered unique and the best among all meditation techniques by Maharishi Mahesh Yogi’s organization. It actually covers music-based meditation as well. For effectiveness, it is taught and practiced in a minimum of 4 individual sessions and 8 weekly sessions over 12 weeks. This approach is similar to the approach of Transcendental Meditation taught by the Maharishi Mahesh Yogi’s organizations.
BONUS OFFER

Participants who wish may fill out the Lifestyle Profile form [http://www.lifeinyoga.org/App_Downloads/LifeStyle_Profile_for_Individual_Evaluation.doc](http://www.lifeinyoga.org/App_Downloads/LifeStyle_Profile_for_Individual_Evaluation.doc) and send it ahead of time to RNARAYANAN.US@GMAIL.COM – only pages 1 to 3 need be filled. They may find it useful to develop a customized regimen for daily practice. It is important to note that regular practice is essential to retain and enhance the benefit of meditation and other yoga practices.

CAUTION

Participants with special medical conditions should send an email to RNARAYANAN.US@GMAIL.COM at least a day before the program begins. Such participants are expected to follow whatever medical advice prescribed by their physician for their specific medical conditions, and can choose to simply watch the practices that are not suitable for them. While most practices should be accessible to all, irrespective of their health condition, specific knowledge of medical conditions may help the instructors to tailor specific practices. Neither the host nor the Life in Yoga Institute or the instructors/volunteers would have any liability with respect to the consequences of doing Yoga. Do as much as you can and above all, enjoy the practices!

A warm-hot shower in the morning helps to loosen the muscles and it makes it easier for yoga.

MEALS

Meditation is not done in full stomach, but it cannot begin with pangs of hunger either. Fruit, juices, milk and granola bar type snacks will be available throughout the day. Even these light food items should be avoided between 7:30 am and 10 am, and between 3:30 pm and 6 pm. If there is a need, during those times hot or warm water may be consumed. Cold water should be avoided while doing yoga/meditation.

Please bring your own lunch if you wish, and especially if you have food restrictions. There should be simple vegetarian food without garlic or onion.

ATTIRE & PREPARATION

- **Clothing** - Relaxed, comfortable, cotton clothing will be best.
- **Yoga Mat** - If you have a yoga mat, please bring it along. We will have a few extras for those who don’t have them.
- **Shawl, socks and other props** - A shawl and socks to keep warm in meditation is a good idea. Any other yoga props like pillows, bolsters, etc. may be brought by those needing them.

PROGRAM SCHEDULE OUTLINE – timing are approximate, not exact

**Day 1 – 8 am to 6 pm**

PRACTICE SESSIONS – Morning 2 to 3 hours and end of day 2 hours. Content include gradual and incremental exposure to Gentle Yoga techniques, and meditation techniques. Basic Introduction to Mantra based meditation

PRESENTATION & DISCUSSIONS DURING POST MEAL PERIODS:

- Intro to Meditation – Basic Meditation Technique
- Intro to Gentle Yoga – What is the purpose of each Gentle Yoga exercise and their sequence?
- Yogic Concept of Meditation Relative to Common View
Day 2 – 8 am to 6 pm

PRACTICE SESSIONS – Morning 2 to 3 hours and end of day 2 hours. Additional content include adding of Beeja Mantras, CRE Breath and Karma Cleansing Technique.

PRESENTATION & DISCUSSIONS DURING POST MEAL PERIODS:
- Meditation and Stress Management
- Meditation and Holistic Yoga – discussing summary of Yoga Sutras

Day 3 – 8 am to 4 pm

PRACTICE SESSIONS – Morning 2 to 3 hours and end of day 2 hours. Additional content include adding of Chaandogya Upanishad Meditation and Rainbow Bridge Meditation Technique.

PRESENTATION & DISCUSSIONS DURING POST MEAL PERIODS:
- Healing with Yoga - Three Models of Yoga Therapy.
- Brahma Kumari Meditation Technique, Explosion and Chakra Meditation Techniques
- Conclusive Points with Regard to Meditation
  - Importance of Alignment, Vitality and Vibrations
  - Power of Intention and Role of Dharma
  - Importance of Audible Sound – cleansing, harmonizing or destructive – and sensitivity to inaudible vibrations
  - Group Effect of Meditation
- Planning Your Daily Practice

TO REGISTER: SEND EMAIL TO RNARAYANAN.US@GMAIL.COM OR CALL 301-328-3845. MAIL CHECK FOR $350 TO LIFE IN YOGA INSTITUTE, 1111 UNIVERSITY BLVD WEST, UNIT# 1306, SILVER SPRING, MD 20902

Reference files available for downloading
For Gentle Yoga Instructions

YS on Meditation:  http://www.lifeinyoga.org/App_Downloads/Yoga_as_Patanjali_Puts_It.pdf

Sutras by sutra translation http://www.lifeinyoga.org/App_Downloads/YogaSutras.pdf and role of meditation can be read on page 37.

Karma Cleansing Routine

Audio for practice is available at http://www.lifeinyoga.org/App_Downloads/Karma_Cleansing_Yoga.wav