

About Yoga Consciousness Trust

Yoga Consciousness Trust (YCT), a public charitable trust, is founded by the disciples of H.H. Yogacharya Sri Raparti Rama Rao, a pioneer in Anusthana yoga Vedanta with head quarters at Yogachaitanyaram, Vijinigiri, Vizianagaram District, was established in 1990. Yoga Consciousness Trust based on Himalayan Gurusampradaya system of Yogic training, is directed towards achieving the Supreme Goal of Life i.e., Self-Realization. The aim of YCT is to develop the individual personality in all its entirety to experience the Yoga Consciousness. The main Objectives are conducting Yoga training programmes, publishing yoga literature, producing highly qualified Yoga Teachers, higher grade yoga sadhakas, who will be able to guide others. YCT has got very senior highly trained Yoga teachers.

YCT has got its branches spread all over Andhra Pradesh & Telangana at Visakhapatnam, Bhimili, Kanavaram, Nandyala and Hyderabad with 21 Centres. YCT conducts Residential Yoga Camps of duration 10 days, 15 days, 3 months, 6 months & 1 Year duration. Yoga training Classes are conducted daily both Morning & Evening at all YCT Centres.

Sri Raparti Rama Institute of Yoga, Kanavaram (SRRiy)

Nestled in Nature, surrounded by Lush green fields and embedded in a Mango tope, sprinkled, with coconut palms, Cashew, Lemon & Medicinal Herbarium. The Godavari Branch of YCT was established in a 5 Acre Campus in 2013. Its pure unpolluted fresh breezy inspiring atmosphere fills one with peace, tranquility and harmony is most suitable for Yoga and Meditation training. It regularly conducts Residential, and Non Residential Camps.

Under the aegis of Godavari Branch of YCT, SRRiy was established in 2015 at Kanavaram. Affiliated to Adikavi Nannaya University, Rajamahendravaram, it offers various courses like P.G.Diploma in Yoga (Full Time & Part Time) and 3 Months Yoga Certificate Course at Kanavaram, Rajahmundry, Kakinada & Tadepalligudem. The Institute has all the latest facilities for imparting advanced Yoga training.

Who can attend this workshop

Yoga Teachers, Yoga Students, Yoga Practitioners, Yoga Enthusiasts, and anybody interested in Yoga can attend the workshop. Participants are requested to practice their regular Yoga Practice following satwik food habits at least for 1Month prior to attending the workshop to reap maximum benefit.

How to reach Kanavaram

SRRiy is situated in Kanavaram village adjacent to the road from Rajanagaram to Anaparthi. The Institute is 8 Kms distance to Rajanagaram and 25 Kms distance to Rajahmundry Railway Station & RTC Bus Complex and is about 20 Kms distance to Rajahmundry Airport. & 15 Kms distance to Anaparthi Railway Station. After reaching Rajanagaram on NH5, take any Transport to the Institute located on Rajanagaram Anaparthi Road which is 8 Kms away.

ORGANISING COMMITTEE

- President : Sri. T.L. Narasimha Rao
President and Managing Trustee,
Yoga Consciousness Trust, Vijinigiri,
Jami Mandal, Vizianagaram District,
Andhra Pradesh
- Vice - Presidents : Prof. D. Venkata Rao, Sri R.S.N. Murthy,
Sri. Ch. Venkata Ramana, Sri. K.V. Rao
Prof. D.S.N.Raju, Sri. G.V.S. Rama Raju,
Dr. P. Ravindranath, Sri. G. Damodar
Kumar Reddy, Dr. Karri Rama Reddy,
Dr. R. Prasad, Smt. K. Rajyalakshmi,
Dr. K. Ramesh, Dr. Vandana
- Secretary : Dr. M.V.G.S. Sarma, Cell :98484 38284
Secretary, SRRiy, Kanavaram
- Joint Secretary: Sri K Appala Raju, Cell :8309827229
- Treasurer : Kum. P.Y. Asha, Cell :7095075730
- Members : Dr.Ch. Srikrishna, Sri. G. Nagireddy
Sri. R. Venkateswara Rao, Sri. R. Satyanarayana
Sri. J. Vijay Kumar, Dr. A. Ramakrishna Rao,
Smt. Vishnu Priya, Smt. Suguna, Smt. D. Esvari
Sri. K. Murali Krishna, (Cell : 9849666589)
Sri Yernibabu (9652284896)
Sri. G. Appala Naidu, Sri. K. Arjun (9866662237)
Sri. B. Satya Rao (9550567022)
Sri. N. Shiva Sankara Rao (7382308440)
Sri. A. Syam Sundar (7036075525)
Sri. N. Kiran Kumar (9966291043)
Sri P. Adinarayanamurthy (9182769411)
Smt. T. Satyaveni, Smt. Kusuma
Sri M.V.V. Ramana (9885476633)
Sri Ramachandra Murthy
Sri N. Sai Baba Subrahmanyam

REGISTRATION FEE (Includes Breakfast, Lunch & Dinner only. Participants should make their own stay arrangements. Participants who like to adjust in Dormitory facility without bed & Cot facility may do so in the Campus., limited to 50 Members. First come First will be preferred.

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|--------------------------|----------------|
| General Delegates | : Rs. 2000/- |
| YCT Sadhakas & Students | : Rs. 1200/- |
| Group of 6 Participants | : Rs. 10,000/- |
| Group of 10 Participants | : Rs. 15,000/- |

Registration fee should be transferred to the following Bank Account with an intimation to the Organising Secretary of Yoga workshop & Application Details & Payment details may be sent to Whatsapp Number 9949203222 on or before 31-1-2020 (Thursday). The list of confirmed participants will be displayed in the same Whatsapp No.

Two Day National Yoga Workshop

On

SOLUTIONS TO HEALTH & OTHER PSYCHOLOGICAL PROBLEMS ARISING FROM THE MODERN LIFE STYLE THROUGH ANCIENT YOGIC TECHNIQUES

8th & 9th February 2020



Organised by

**Sri Raparthi Rama Institute of Yoga,
Kanavaram (V), Rajanagaram Mandal,
Near Rajahmundry, East Godavari District,
Andhra Pradesh - 533 296.**

**(Affiliated to Adikavi Nannaya University,
Rajamahendravaram)**

&

**A Wing of Yoga Consciousness Trust,
Vijinigiri, Vizianagaram District, A.P.**

Mobile : 9949203222

E.mail : sriyworkshop2020@gmail.com

ABOUT THE YOGA WORKSHOP

Yoga is a well recognized and established science in recent times for dealing with the problems of ever-changing modern life style and habits. The globalization, rapid development of information technology, mobile apps etc, misunderstandings in the families, office working styles etc brought new psychological problems effecting the health of the people all over the world resulting in new types of illnesses. For these novel problems there are traditional yogic solutions offered by advanced yoga practitioners, who have mastered the art of awakening the shatchakras. The fact that there is relation between endocrine system of a human beings and awakened shatchakras is very well understood now. In this workshop, training will be given to the aspirants in the theoretical aspects of shatchakras, related asanas, bandhas, mudras, cleansing of Nadis, Kundalini awakening methods, etc. Special techniques like Analamudra, Antaryana and Santikriya will also be introduced. To inculcate interest in advanced yoga sadhanas, demonstration of Kundalini Mudras is also planned. The two day workshop will be conducted at **Sri Raparti Rama Institute of Yoga, Kanavaram**. The medium of instruction is mostly Telugu / English.

PROGRAMME : Day 1 (8.2.2020)

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|-------------------|--|
| 7.30 -9.00 A.M. | Breakfast & Registration |
| 9.30 - 10.30 A.M | Inauguration |
| 10.30 - 10.45 A.M | Yoga Rasam |
| 10.45 - 11.30 A.M | Lecture -1, Therapeutic aspects of yoga - An overview Prof. D. Venkata Rao |
| 11.30 - 12.15 P.M | Lecture -2, Relation of Shatchakras to endocrine system - development of scientific methodology for therapy Dr. Karri Rama Reddy, Director and Consultancy Physchiatrist, Manasa Hospital, Rajahmundry |
| 12.15-1.00 P.M | Practice of Antaryanam Sri N. Siva Sankara Rao |
| 1.00-2.00 P.M. | Lunch |
| 2.00-2-45 P.M. | Lecture -3; Daily practice of 6 asanas prescribed by YCT and their relation to Shatchakras Prof. DSN Raju |
| 2.45- 3.30 P.M. | Lecture -4 : Ideal food - Modern food habits and their effects on health Sri G. Damodar Kumar Reddy |
| 3.30 -4.00 P.M. | Question & Answer Session Sri. K. Appala Naidu & Team |

| | |
|----------------------------|---|
| 4.00 - 4.15 P.M. | Break - Yoga Rasam |
| 4.15 - 5.00 P.M. | Lecture-5, Meditation - A tool for therapy , Sri RSN Murthy |
| 5.00 - 6.00 P.M. | Practice of Shantikriya Sri K. Murali Krishna, Principal, SRRiy, Kakinada |
| 6.00- 6.30 P.M | Demonstration of Jala deep Sri A. Syam Sundar, Teacher, SRRiy |
| 6.45 - 7.30 P.M | Cultural - Satsang K. Harish, B. Satya Rao, K.Appalanaidu |
| 7.30 P.M | Dinner |
| Day 2 (09.02.2020) | |
| 6.30 - 7.30 A.M | Practice of Bhastrika Pranayama & Bandhas & Mudras and Demonstration of Kundalini Mudras etc., Sri K Harish, Kum. P.Y. Asha & Yernibabu |
| 7.30 -8.00 A.M | Practice of Meditation , Sri K Arjun |
| 8.00 - 9.00 A.M | Breakfast |
| 9.15 -10.00 A.M | Lecture 6 : Bliss is the key to Health & Happiness Sri Ch. Venkata Ramana |
| 10.00 - 10.45A.M | Lecture 7 : Methods of arousal of Kundalini and awakening of Chakras Sri TL Narasimha Rao, President & Managing Trustee,YCT,Vijinigiri |
| 10.45 - 11.00A.M | Yoga Rasam |
| 11.00 - 11.45A.M | Lecture 8 : Modern lifestyles and their effect on health Prof. P Ravindranath |
| 11.45-12.30 P.M | Lecture 9 : Fundamentals of Kundalini & Shatchakras Dr. Ch. Sri Krishna |
| 12.30 -1.00 P.M | Practice of Pranayama Sri B. Satya Rao |
| 1.00 - 2.00 P.M | Lunch |
| 2.00 - 2.45 P.M | Lecture 10: PPC of Asanas Dr A. Indumani |
| 2.45 - 3.30 P.M | Lecture 11: Therapeutic aspects of Hatha Yoga texts Dr. K. Ramesh Babu |
| 3.30 - 4.00 P.M | Question Answer Session Sri G. Appala Naidu Sri D. Damodar Kumar Reddy & Team |
| 4.00 - 4.45 P.M | Practice of typical yogasanas Sri A. Syam Sundar, Sri N. Kiran Kumar, Sri M.V.V. Ramana, Sri P.A.N. Murthy |
| 4.45 - 5.00 P.M | High Tea |
| 5.00 - 6.00 P.M | Valedictory (Presentation of Certificates) |

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On

SOLUTIONS TO HEALTH & OTHER PSYCHOLOGICAL PROBLEMS ARAISING FROM THE MODERN LIFE STYLE THROUGH ANCIENT YOGIC TECHNIQUES

8th & 9th February 2020

Registration Form

Name :

Designation :

Institution / Organisation :

Address for Correspondence :

E-mail ID :

Ph :

Cell :

Our Bank Details : A/c. No : 38997059196

Name of Account : **SRRiy Workshop 2020**

State Bank of India, Rajanagaram Branch,
Andhra Pradesh.

IFSC Code : SBIN0002787, Branch Code : 2787

Account Type : Current Account

Payment Details :

Registration Fee : Rs.

(Category:)

Registration Fee Payment details & Date :

Signature

The filled application & Counter foil Challan Payment should be scanned & sent by

Whatsapp No. 9949203222

Last Date for sending application : 31-1-2020