

# School For Yogic Studies



501 Fifth Avenue, 2<sup>nd</sup> Floor  
New York, NY 10017  
Tel: (212) 490-1443  
info@yogasutranyc.com  
www.yogasutranyc.com

## Core Vinyasa Krama Training with Srivatsa Ramaswami

Two weekends, 20-hour Course

Saturdays/Sundays Aug. 1<sup>st</sup>/2<sup>nd</sup> and Aug. 8<sup>th</sup>/9<sup>th</sup>, 11:00am-5:00pm

### Srivatsa Ramaswami



Srivatsa Ramaswami was the longest standing student of T Krishnamacharya outside the Master's family. He has studied the classic Yoga texts extensively and mastered Vinyasa Krama, Vedic Chanting, and Yoga Therapy. Mr. Ramaswami has written four books. He has been teaching for more than 25 years in India: for 20 years at Kalakshetra; at Ramachandra Medical University; at Yoga Brotherhood; and at other institutions. In the US, Mr. Ramaswami is teaching workshops and Teacher Training Programs.

### About the Training

Vinyasa Krama Yoga is an ancient practice of physical and spiritual development. It is a systematic method to study, practice, teach, and adapt yoga. This Vinyasa Krama (movement and sequence methodology) approach to Yoga Asana practice is unique in all of yoga. The legendary 20th-century yogi Sri T. Krishnamacharya, Srivatsa Ramaswami's guru of 30 years, brought this method of yoga back to use and prominence. By integrating the functions of mind, body, and breath in the same time frame, a practitioner can experience the real joy of yoga practice. Each of the important postures is practiced with many elaborate vinyasas (variations and movements). Each variation is linked to the next one by a succession of specific transitional movements, synchronized with the breath. The mind closely follows the slow, smooth, deliberate Ujjayi yogic breathing, and the yoking of mind and body takes place with the breath acting as the harness.

Several hundred vinyasas of varying levels of difficulty contained in ten classical sequences will be taught, including Surya Namaskara with mantras, salutations to the Directions and others. Further, important yogic breathing exercises, like Kapalabhati and vinyasas of pranayama, will be explored in depth. Teachers can add considerably to their knowledge base of yogasana practice.

**Cost: \$400 Pre-Register at Yoga Sutra**