



Practical Yoga Psychological begins with the “definitions of yoga” and systematically unfolds as a way of life enhancing ones understanding of the whole personality.

- What are we trying to accomplish in life, and how can yoga help?
- What is the mechanism through which yoga works?
- What practices can we use to accomplish this?

A folder with the daily subjects of awareness is provided on each yogic topic to be discussed during the retreat.

Overview of topics of discussion and practical application of yoga as a lifestyle include:

Group Discussion twice daily on the subjects below. One is encouraged to keep a personal diary during the retreat

- **Hatha Yoga** - is primarily concerned with bodily purification practices through awareness during asana – postures
- **Sankalpa** – creating a positive resolve or firm intention by strengthening the will power
- **Mantra Yoga** – chanting is to redirect the mind away from its limitations towards a positive state of personal evolution and balance.
- **Yoga Nidra** – daily deep relaxation
- **Meditation** – daily practice of meditation cultivating the witness
- **Raja Yoga** – overview yama & niyama & lifestyle principles
- **Karma Yoga** – components of karma yoga as a dynamic awareness/meditation
- **Koshas** – knowledge of the 5 sheaths of human existence and their effects on the personality
- **Gunās** – states of existence & the Mind & Personality

Karma Yoga: the practice of yoga awareness in action is a shared activity in the many and varied projects within the Ashram. Karma Yoga gives the opportunity to develop the yoga of equanimity – a balanced state of mind by observing the different levels and thought patterns of the mind and emotions as they arise. By engaging in the different activities of the ashram’s daily life one not only shares skills, but gains skills from other ashram residents and visitors.

Benefits gained by taking a longer stay in the ashram environment:

Self-confidence and clarity

Inner change expressed as outer action

Balanced approach to life situations

Discernment in speech, reaction and conscious action

Personal wellness on all levels