

## 2<sup>nd</sup> Foundation Course in Yoga Psychology

11 March 2014 - 11 April, 2014

### Context

Today, across the globe, yoga has been accepted and acknowledged as a potent means to help restore and enhance physical, emotional and psychological well-being. Traditionally however, its role extended far beyond its therapeutic nature. It served primarily as a rigorous and time-tested tool for Self-knowledge and self-development. Hence, in order to acquire a deeper appreciation of the Yogic tradition, it becomes imperative to explore its psychological dimensions that are significant and relevant in the present context in order to evolve a more comprehensive and effective system of psychology that can be effectively applied for self-management and self-development. In this backdrop, the Centre for Indian Psychology proposes a one month Foundation Course in Yoga Psychology which will be the first in a series of Basic and Advanced Courses in Indian Psychology.

### Content and Outline of the Course

The four credit (60 hrs) course is planned keeping in view the philosophical, theoretical and applicational underpinnings of the subject as well as the need to situate them in the context of mainstream psychology. It aims to introduce the participants to the theory and application of the psychological dimensions of various streams of Yoga as expounded in the texts like the Vedas, Upanishads, Bhagavad Gita and the Yoga Sutras. It will further aim at providing them with a foundation of the basic concepts and theories related to Consciousness, the nature of the Self, identity, various streams of Yoga; discussing issues related to knowledge and research in Yoga Psychology; as well as applying and working with some of the transformative aspects of Yoga Psychology.

### Highlights of the Course

- 4 credit Certificate Course
- Includes 2 Residential Workshops on Self-management and Self-development
- Classes in the evenings and over 2 weekends
- Experiential learning
- Methodology involves: Lectures, Demonstrations, Practical Sessions, Sharing of Experiences, Analysis, Review of Relevant Literature, Interaction etc.

### Plans and procedures

- **Duration:** 4 weeks (11 March 2014 – 11 April 2014)
- Sessions will be conducted twice a week: Tuesday and Fridays evenings (6.00 pm – 8.00 pm)
- 2 Residential weekends: 22 – 23 March 2014 & 5 - 6 April 2014
- There will be an Orientation programme on 11 March 2014 where further details regarding the

Course itself will be provided

## Assessment of the Programme

The learning is assessed through the following activities:

- Group Discussions
- Assignments based on theory and practice
- A short report at the end of the course

## Eligibility for Participants

Psychologists, Counsellors, Teachers, Students, Professionals, Corporate Trainers, Yoga Teachers and anyone interested in applying Yogic knowledge for self-management and self-development.

## Further Details

**Number of participants** : 20 participant

**Inclusion of participants:** On 'first come first served' basis

**Registration** : Last date for registration by 6 March 2014, by sending an email to [centre4ip@gmail.com](mailto:centre4ip@gmail.com)

**Course fees** : Rs. 5,500/- for students and Rs. 7,500/- for professionals includes two Residential Workshops, relevant course material, certificate and group photograph

**Venue** : Centre for Indian Psychology, # 127/3, 'Genohelix', Bull Temple Road, Chamrajpet, B'lore – 560 019

**Contact Information** : 9880739482 (Anuradha Choudry) / 9880193872 (Vinayachandra)  
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**We are happy to share that the Faculty will include eminent scholars and practitioners in the field.**