

## 2 Upcoming Workshops on Yoga Psychology

Organised by Centre for Indian Psychology

The Centre for Indian Psychology organises second series of 2 one day workshops as part of the one month Foundation Course in Yoga Psychology from 11 March – 11 April 2014. It is organised for those who are interested in Yoga Psychology and would like to delve deeper into different aspects of this topic from a theoretical as well as an experiential angle. The workshops along with their details are as follow:

#	Workshop	Resource Person/s	Date	Time
3.	<b>Raja Yoga an integrated approach to Self-knowledge</b>	<b>Sri N. V. Raghuram</b> Founder-Director, Yoga-Bharati (USA)	Saturday, 5 April 2014	10.00 am to 4.30 pm
4.	<b>Pathways to Happiness: An Indic Approach</b>	<b>Dr. Anuradha Choudry &amp; Dr. Vinayachandra B. K</b> CIP, Jain University, Bangalore	Sunday, 6 April 2014	10.00 am to 4.30 pm

### 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:** Limited seats (first come first served basis)
- **Registration:** Last date for registration by 3 April 2014, by sending an email to [centre4ip@gmail.com](mailto:centre4ip@gmail.com)
- **Course fees:** Rs. 500/- per workshop which includes relevant course material, certificate and group photograph
- **Contact Information:** 9880739482 (Anuradha Choudry) 9880193872 (Vinayachandra) [centre4ip@gmail.com](mailto:centre4ip@gmail.com)

### Details of the Upcoming Workshops on Yoga Psychology

Workshop III	<b>Raja Yoga: An integrated approach to Self-Knowledge</b>
Date	Saturday, 5 April 2014
Resource Person/s	<b>Sri N. V. Raghuram</b> Founder-Director, Yoga-Bharati (USA)
Objectives	The present workshop attempts to provide the participants with an insight into the integrated approach of Raja Yoga with a special focus on Patanjali's Yoga Sutra. It also intends to introduce them to the various limbs; various levels of consciousness and the outcomes of reaching them.
Fees	Rs 500/-

Workshop IV	<b>Pathways to Happiness: An Indic Approach</b>
Date	Sunday, 6 April 2014
Resource Person/s	<b>Dr. Anuradha Choudry &amp; Dr. Vinayachandra B. K</b> CIP, Jain University, Bangalore
Objectives	The workshop attempts to provide the participants with an insight into the various concepts of happiness present in the Yogic tradition, view them in the context of contemporary discourse and also suggest practical ways of experiencing relatively lasting happiness.
Fees	Rs. 500/-

**Common for All Workshops****Time**

10.00am to 4.30 pm

**Venue**

Centre for Indian Psychology  
# 127/3, 'Genohelix', Bull Temple Road  
Chamrajpet, Bangalore – 560 019

**Modus operandi**

The sessions will have lecture and practical / experiential sessions involving answering questions, group discussions, meditation, etc.

**Outcome**

After attending the workshop the participants will be able to:

- Apply these concepts on a day-to-day basis to guide them through the many challenges of life
- To resolve conflicts
- Meet difficult circumstances and make effective choices
- Have increased clarity on the workings of one's own psychological processes
- Understand some of the salient characteristics of Yoga Psychology vis a vis mainstream psychology

**Requirements**

Loose costumes that are conducive to practice meditation. An open mind and a keenness to explore inner dimensions and cultivate self-awareness!