

## Foundation Course on Yoga Psychology

30 December 2013 to 5 January 2014

### A Brief Report

Following the Jain University representation at the 40<sup>th</sup> International Yoga Congress conducted by European Union of Yoga in Zinal, Switzerland, in August 2013, a delegation of six yoga teachers from the Irish Yoga Association, Ireland, and from Germany participated in a one week Foundation Course in Yoga Psychology organised by the Centre for Indian Psychology, Jain University, from 30 December 2013 to 5 January 2014 at Cauvery Sannidhi for Indian Culture, Srirangapatnam.



The course introduced the participants to the theory and application of the psychological dimension of various streams of yoga as depicted in texts like the Vedas, Upanishads, Bhagavadgita and Yoga Sutras. They were also familiarised with the Centre's ongoing research in Yoga as a tool for First Person Research in Psychology and given certain experiential sessions in this regard.



The day typically began with Hatha Yoga which was offered by Gabi Gillessen, the head of Irish Yoga Association, followed by lectures and mantra chanting conducted by Dr. Vinayachandra B K and Dr. Anuradha Choudry. The afternoon was dedicated to presenting the participants with concepts and practices revolving around Yoga as a tool to know oneself after which they did another session on Asanas and pranayama. In the evening, the participants had time to tune in to the beauty of the natural surroundings and to contemplate and assimilate the day's events followed by a cultural soiree after dinner. The week's programme included two field trips to Mysore and to the Somnathpura temple which was proved to be a good learning experience for all in the group.



The course came to a formal close with the District Collector of Mandya, Mr. Krishnaya, handing over the certificates to the participants and congratulating them for their keen interest in delving deeper into the invaluable psychological treasures of the yogic traditions. He also appreciated the Jain University initiative to start such unique centres like Centre for Indian Psychology and also for offering courses highlighting the ancient wisdom and its application in the modern day.

The week Foundation Course on Yoga Psychology, proved to be an enriching experience for the participants and the course coordinators and opened up several prospects for conducting similar courses in the future. Further, the Irish Yoga Association has expressed interest to explore the possibility of formal collaborations with the Centre for Indian Psychology, Jain University.

