

## 2013 WORKSHOPS BY KRIYA YOGA GURU



**Prem Nirmal**, Motivator, Author, Key-note Speaker, Seminar / Workshop leader, Holistic Counselor, Corporate Trainer, Para-Advaita Teacher, Enlightenment Educationist and Spiritual Scientist of world repute. Born in 1960, is a graduate in Electrical & Power Electronics Engineering and has done postgraduate studies in Cybernetics, Counseling, Training and Eastern Wisdom. He is known for his sharp - edge western scientific approach balanced by deeply insightful eastern wisdom. He has conducted his workshops at Thane, Mumbai, Bangalore, Hyderabad, Chennai, Madurai, Cochin, Kolkata, Delhi, Gandhidham, Dubai, Muscat, Nairobi, Kuala Lumpur and Singapore. For more details please visit our website [www.premnirmal.com](http://www.premnirmal.com)

Day & Date	Time	Workshop	Pre-requisite	Energy Exchange
Sat 19 <sup>th</sup> Jan	10 am - 6 pm	Attitudes and Blind Spots Workshop	16 years & above	\$150
Sun 20 <sup>th</sup> Jan	9 am - 6 pm	Swara Yoga Part 1	16 years & above (Children who can sit quietly can join)	\$150
Mon 21 <sup>st</sup> Jan	6:30 pm - 9:30 pm	Basic Enlightenment Intensive	Swara Yoga Part 1 or Kriya Yoga Level 2	\$200
Tue 22 <sup>nd</sup> Jan				
Wed 23 <sup>rd</sup> Jan				

Venue: Om Vedic Heritage Center, 43 Tessensohn Road, S (217661)

### Energy Exchange:

\$350/- for registration done by Sunday, 13<sup>th</sup> Jan for all 5-days

\$250/- for people who have done Master's Training and register by Sunday, 13<sup>th</sup> Jan (Guruji has requested all Masters to attend all 5 days)

Lunch & tea with light snacks will be provided on January 19 & 20

Light dinner will be provided on January 21, 22 & 23

### How to register:

Email your name and mobile phone number to [kriyayogsg@gmail.com](mailto:kriyayogsg@gmail.com) confirming attendance for all the 3 workshops (or part if you cannot make it for all) and pay at Om Vedic Heritage Centre via Nets or Cash.



## COURSE DETAILS

### **Attitudes and Blind Spots Workshop:**

#### Topics Covered:

What is Attitude? How does it affect our progress and success? Is there a way to change it?

What is a Blind spot? How our blind spots and other's Blind spots affect us?

What should be our attitude towards Blind Spots?

The workshop will cover Pattern recognition techniques & meditations, Simple techniques of erasing the negative & self-defeating patterns, Re-patterning for Conscious & Joyful Living, "Blind Spots" & "Hidden Corners" recognition, relieving and revelations.

#### Workshop details:

##### Morning session: Attitudes

Detailed discussion on importance of attitudes, Effects of Positive attitudes, Effects of negative attitudes Attitudes in seven dimensions of life (Health, Mental and Emotional well-being, Social- Relationships, Spiritual, Abundance of resources and Time Management)

Ten types of attitudes How to change the attitudes? ABCD attitudinal correction techniques, Attitudes for change management, 4H Technique Attitudinal Patterns recognition: Herd mentality v/s Lion's attitudes, Attitudes towards critic and criticism, Attitudes of a seeker, Attitudes of an Eagle, Attitudes of a Master Perception Errors

##### Afternoon session: Blind Spots

What is a Blind Spot? How Blind Spots block our clarity and hinder the growth process. Why Blind Spots are a big deal? Individual Blind Spots, Group Blind Spots, Where are Blind Spots? Blind spot recognition technique, Blind spot elimination technique

Practical exercise to remove Blind Spots in office / home environment Spiritual Insights into Blind Spots formation Meditational methods to remove the Blind Spots

Deeper Understanding of Blind Spots Plan of Action The root cause of Blind Spots and its elimination through Illumination Expert comments - How to achieve continuous breakthroughs with this methodology? Sharing session on blind spots, action plan, how will you implement your action plan?

### **Swara Yoga Part 1:**

The word SWARA means the sound of the breathing through nostril and the word YOGA comes from yuj which means joining or union...thus Swara Yoga is the science of nasal breathing that increases awareness in a systematic manner and may lead the practitioner to the ultimate adventure, the enlightenment. Enlightenment is a stateless state where mind is absent and integration of energy happens because of the absent of the fragmentary mind.

Swara yoga is an ancient science which originated as a dialogue between Shiva & Parvati. It is of tremendous significance to modern scientific minded people as there are 395 sutras in the original script of Shiva Swarodaya Shashtra and many of these sutras are very significant for the quantification of awareness for the modern man. This science remained a secret for thousands of year but now made available since last 20 Years by GURUJI for the sincere seekers interested in learning this sacred science given by none other than Lord Shiva himself!

By learning and practicing Swara Yoga on daily basis you can realign your self to the cosmic rhythms that help to improve health, well-being and natural healing process of the body. It also helps to increase one's awareness.



Swara Yoga is different from Pranayama. Unlike Pranayama it goes much deeper through systematic study of breath that increases awareness about the nostril, the prevailing element in a moment in that particular nostril and it also associates this awareness with that of thithi (the degree of Moon) the time of the day etc.

What are the advantages of learning Swara Yoga? The Swara Yoga practices are basically to increase one's awareness and understanding of natural governing forces of life. It goes deeper into understanding governing ELEMENTS in each moment in a particular nostril which in turn decides our success in anything that we do in that moment. As awareness deepens, it helps us to move from "samana" (mindfulness awareness) awareness to "unmana" (Beyond mind awareness) awareness. The most exciting aspect of Swara Yoga is that by observation of dominant nostril and the prevailing element in that nostril one can know a lot about the secrets of success in that moment and by learning to adjust the nostril and the element one can maneuver oneself to success in any activity at hand.

One of the simplest Swara Sadhana is to check the nostril while waking up. Turn to the dominant side and get up. Put your dominant nostril side foot first on the ground and start your day with full awareness of the moment. By doing so you align yourself with natural rhythm of the day and your entire day will be successful! Other advantages of Swara Yoga.....

1. You learn to do right thing at right time.
2. You can bring balance & order in your life.
3. You learn to be relaxed & conscious of own state of being before starting an activity.
4. You learn to live in constant awareness of your inner & outer world.
5. You learn to attune to natural rhythms & universal laws for greater health & wellbeing.
6. Those who practice swara yoga never suffer from failure & discontent.
7. You learn how to change the vibrational pattern of the environment to your advantage.
8. Through the knowledge of swara yoga one can become free from all kinds of negative influences of one's destiny and can achieve heightened awareness.
9. Through swara yoga you learn physical & psychic healing.
10. The knowledge of swara yoga helps you to get liberated from the cycle of life & death.

Syllabus of Swara Yoga Workshop: Part-1: Knowledge of the Nadis (Nadi Gyaanam)

Please Note: Swara Yoga is not just theory. Swara yoga is understood only by practice, hence this laboratory style workshop format.

1. Introduction (Shiva & Parvati dialogue)
2. Left & Right nostrils & connections with planets
3. Left brain / Right brain connections & activities
4. Pancha Prana & Panch Upa-prana (Pancha = Five)
5. Three types of swara
6. Nostrils & Moon
7. How to change the nostril
8. When to change the nostril
9. Nostrils & Special activities
10. Sushumna activation & its specialty

Please note Part 2 of the Workshop is Knowledge of the Tattvas or elements known as Tattva Gyaanam and covers the following parts: (These can be covered during Guruji's proposed March visit to Singapore combined with Bali)

1. Swara Yoga & Five elements (Pancha Tattva)
2. Watching, detecting & experiencing the five elements



3. Swara Yoga and connections to Body-brain chemistry
4. Various practical applications of Swara Yoga
5. Swara Yoga & overcoming illnesses
6. Swara Yoga & Body-Mind Healing

Articles on Swara Yoga:

<http://www.premnirmal.org/Health-Wealth.htm>

<http://www.premnirmal.org/almighty-breath.htm>

**Basic Enlightenment Intensive:**

- \* Panchakosha Sudhikaran (Purifying the 5 bodies) Spiritual Purification Exercises
- \* Pancha Mahabhuta (5 elements) Spiritual Purification Exercises
- \* How to Close Nine Doors of negativity?
- \* Kriyas to dive deep in Meditation with effortless ease!
- \* Opening of Chakras & Kundalini Jagran (Awakening the Kundalini)
- \* Understanding of 36 elements, 3 Malas, 4 Upayas.
- \* Secrets of Multi dimensional Awareness and Enlightenment
- \* The TAO of Awakening
- \* The Art of Joyful & Purposeful Living