



# Krishnamacharya Yoga Mandiram

Announces

## “Yogavalli”

An Exploration of T Krishnamacharya’s Insights on the Yogasutra  
A Residential Yoga Retreat at **Swami Dayananda Ashram, Rishikesh**

13th to 23rd April 2016

*A Two week Yoga Intensive*  
(13th April 2016 to 23rd April 2016)  
(Organised and conducted by Krishnamacharya Yoga Mandiram, Chennai)

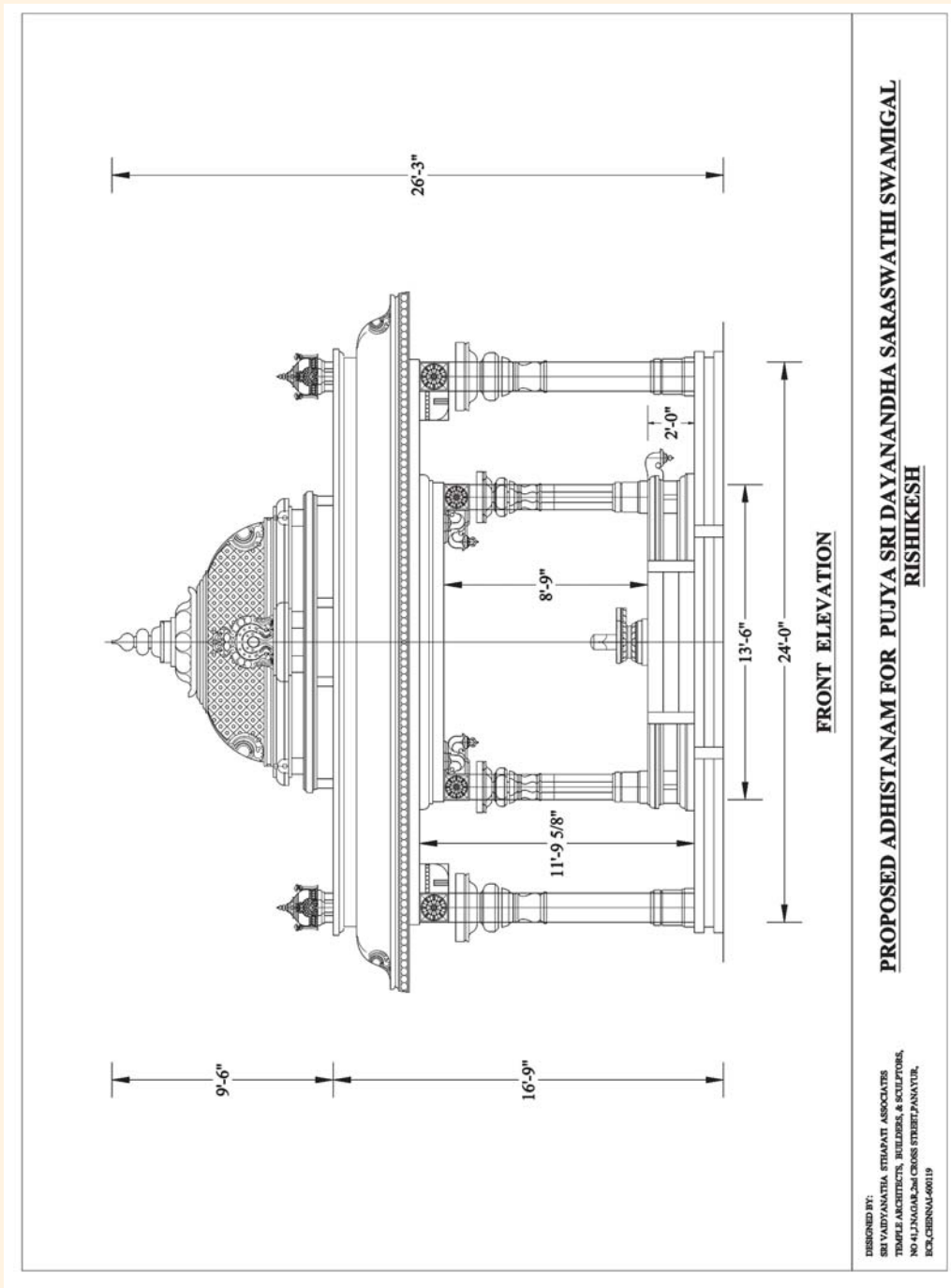
### Day’s Schedule

- 06:30-07:20 Asana Practice
- Breakfast
- 09:00-09:50 Yoga Valli\*
- 10:00-10:50 Principles of Asana Practice\*\*
- 11:00-11:50 Chanting
- Lunch
- 15:00-15:50 Yoga Valli\*
- Tea
- 16:10-17:00 Principles & Practice of Pranayama\*\*
- 17:10-18:00 Principles & Practice of Dhyanam\*\*\*

\*Yoga Valli is the commentary on Yoga Sutra by T Krishnamacharya  
\*\*Principles based on HathayogaPradipika  
\*\*\*Dhyanam as expounded by T Krishnamacharya

This programme will be anchored by Shri.Sridaran and supported by Dr.Latha Satish and other senior faculty of KYM.

For details and to Register, please write to [mails@kym.org](mailto:mails@kym.org)



DEAR DEVOTEES / STUDENTS,

DONATIONS ARE INVITED TO CONSTRUCT THE ADHISTHANA OF PUJYA SWAMIJI. CHEQUES & DRAFTS CAN BE ISSUED IN FAVOR OF "SRI GANGADHARESHWAR TRUST". A RECEIPT FOR EVERY CONTRIBUTION MADE CAN BE AVAILED WITH 80-G BENEFIT.

Regards  
 SWAMI SUDDHANANDA