

# WORKSHOP WITH LAKSHMISHA BHAT

Philosophy teacher from SYC, Mysore, India

## PHILOSOPHY, SANSKRIT BASICS CHANTING & PUJA

20.-23.03.2025



**Time (incl. 15 min break):**  
20. & 21.03.: 17:45 - 20:30h  
22. & 23.03.: 11:00 - 12:45h

**Puja and Q&A:**  
Saturday, 22.03., 16:30 - 19:00h

### Price:

- Whole workshop: 225,- Eur / 195,- Eur\* (members: 205,- Eur /175,- Eur\*)
- Mysore Drop-in on Saturday, 22.03.: 30,- Eur
- Puja only: 40,- Eur

**\*Early bird discount for registration  
& payment until 19.02.2025**

Registration:  
[huong@huongyoga.com](mailto:huong@huongyoga.com)



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## WORKSHOP AGENDA

### Philosophy:

- Why is philosophy so important?
- Hathayoga Pradipika
- How Yoga starts, who introduces?
- Importance of Parampara
- Meaning of the Guru
- 3 types of tapas
- Why do we have to keep the knowledge in secret?
- Qualifications to become a spiritual student
- How should a Yoga shala be?
- How to do practice properly?
- What kind of behavior should Yoga students avoid and develop, resp.?
- How to practice, and how to improve ones practice?
- Explaining some asanas and their benefits, including Siddhasana, Bhadrasana, Simhasana, and Padmasana.
- When can we become a yogi?
- What kind of food should Yoga students avoid?
- What kind of food can Yoga students take safely?
- What kind of things do Yoga students have to avoid?

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Request application form via  
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### Chanting:

- Different prayers to the gods (bhajans) and explanation of selected prayers.
- Chanting of Primary series asana names, finishing postures, countings.
- Ashtanga starting and closing prayers and explanations and telling moral stories, Japa.

This is an amazing program, which normally takes us a few seasons in Mysore to learn.

Catch the opportunity to learn Yoga philosophy and Sanskrit directly from a respected teacher from the SYC and celebrate a Puja together with him!

It will definitely be a very special experience, and you will take home great energy and unforgettable memories!



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