

Yoga as transformation of mind

Yoga is a collection of techniques ultimately directed to transform the mind from a trouble maker master into a useful servant.

Transformation of mind occurs through 2 different processes:

1. Transformation of the quality of mind – from scattered, agitated or lethargic mind into stable, clear and focused mind.
2. Transformation of relationship or function of mind – from a dominant master into a very useful tool or servant.

The seminar is based on the 'Yoga sutra of Patanjali' and will consist of :

- Theoretical lectures and practices in order to investigate the following subjects:

1. What is mind? Nature, function, characteristics.
2. What are the results of unstable mind?
3. What is transformation of mind?
4. Ways to transform the mind – techniques – theory and practice.
5. The transformed mind – The state of well-being.

-Besides the theoretic lectures the seminar will include practices of Asana and Pranayama as applied in the Viniyoga of Yoga tradition.

-The seminar offers a complete understanding of yoga as a tool for the transformation of mind and is suitable for all those who wish to learn more about yoga and use yoga as means to happiness and fulfillment.

-All practices and lectures will be given in English. For those who need, translation will be provided in Greek.

Teachers:

Galit Levin – Residing in Israel she teaches in Israel and abroad.

Specializes in yoga philosophy, spiritual evolution and yoga therapy.
Galit will teach the theoretical lectures and meditation practices.

Thelgia Sistovari - Lives in Greece where she teaches students the Viniyoga of Yoga and its principles in the tradition of T. Krishnamacharya and TKV Desikachar.

She applies yoga therapy in 1 to 1 sessions.

In this seminar Thelgia will teach Asana and Pranayama practices.

Dates:

The seminar starts on the 12th of April 2018 at 9:00 and ends on the 14th of April 2018 at 20:30.

It is advised to arrive one day prior to the starting of the seminar and leave one day after the seminar ends.

Location:

The seminar will be held in the beautiful island of Paros at Tao's center:

<http://taos-greece.com/> Facebook page albums

During your free time take the opportunity to visit the beauties of Paros, an island located in the middle of the Aegean Sea forming the center of the Cycladic islands.

Nice walks, beautiful villages, wonderful beaches, at a very close distance.

You will also find taverns with nice local vegetarian food made of local products.

Some useful links:

www.paros.gr

www.parosweb.com

<https://www.facebook.com/Taos.Center/>

Costs

** For Greeks participants who do not wish to stay in one of the following hotels the total cost of participation is 180 €.

The costs are divided into 2 parts:

1. **Hosting** includes:

-Tao's center fees,

-2 vegetarian meals a day.

-4 nights' accommodation.

Different packages prices are offered according to the different types of accommodation.

To choose between 2 following options, see below.

Accommodation

4 nights in a family hotel in the near-by village of Ambelas.

The payment will be done at Tao's Center upon arrival in cash.

Check in time is 2pm and check out time is noon (usual times, but once getting closer we can update)

Please choose the option most suitable for you:

· Christiana Hotel:

Shared room: 17,5€ per person / 70€ for 4 nights

Single room: 25€ per person / 100€ for 4 nights

· Margarita Studios:

Shared room: 33€ per person per night / 132€ for 4 nights

Single room: 42€ per person per night / 168€ for 4 nights

Total Paros Package Price

Christiana Hotel

Shared room 244€ - includes 3 workshop days, meals & 4 nights in double room

Single room 274€ - includes 3 workshop days, meals & 4 nights in single room

Margarita Hotel

Shared room 306€ - includes 3 workshop days, meals & 4 nights in double room

Single room 342€ -includes 3 workshop days, meals & 4 nights in single room

2. Tuition:

We believe that the knowledge of yoga is the natural birth right of all people and as such it should not be sold like a merchandise. It is why we choose to teach according to the ancient tradition of 'Dana' as is the custom in Yoga and Buddhism in India and Asia. At the end of the seminar you will be asked to give donation to the teachers according to your satisfaction and ability.

Transportation:

It is advised to arrange transportation for the whole duration of the seminar. Different options (car, scooter, quads or bike, etc.) are available through Tao's center. Transportation is not included in the package price.

Upon request Tao's center will provide you full details.

Schedule:

09:00-10:00 Asana practice.
10:00-11:00 Vegetarian breakfast.
11:00-12:00 Lecture.
12:00-12:15 Short break.
12:15-13:30 Lecture.
13:30-16:30 Long break & Leisure time.
16:30-17:15 Pranayama practice.
17:30-18:30 Lecture.
18:30-18:45 Short break.
18:45-19:45 Meditation – practice and theory.
19:45 – Vegetarian dinner - End of day.

Registration:

To complete your registration you will be asked to give a nonrefundable deposit of 50€ per person. Upon arrival to the seminar you will be asked to complete the remaining payment directly to Tao's center.

For registration and additional information please contact:
Thelgia or Galit (For Greeks, Israelis and other nationalities)

thelgia@yahoo.co.uk

galitlevin@gmail.com

Thank you

Galit

Thelgia

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Tao's center