



# ANATOMY of YOGA Immersion

SEPTEMBER 7 to OCTOBER 6, 2019 in SOUTH INDIA

A MONTH-LONG PRACTICAL  
STUDY OF ANCIENT YOGIC  
TRADITIONS AND HOW THEY  
ARE BEING VERIFIED AND  
REDISCOVERED IN MODERN  
SCIENTIFIC STUDIES.



SWAMI GOVINDANANDA  
ADVAITA VEDANTA  
RAJA YOGA & MEDITATION  
SANSKRIT SLOKAS



AYURVEDIC DOCTOR  
TO BE ANNOUNCED  
AYURVEDIC CONCEPTS  
IN YOGA PRACTICE



ROBERT MOSES  
ANATOMY & PHYSIOLOGY  
HATHA YOGA THEORY  
ADVANCED PRANAYAMA



MEENAKSHI MOSES  
YOGA ASANAS  
ADVANCED PRACTICE  
ART OF ADJUSTMENT



RISHI CHAITANYA  
BHAKTI YOGA  
HOW TO PERFORM  
HOME PUJAS



SWAMI SIVANANDA  
1887-1963

SIVANANDA YOGA VIDYA PEETHAM  
KADALEEVANAM YOGA ACADEMY  
KODAKKAD P.O. (VIA THRIKKARIPUR) 671310  
KASARAGOD DISTRICT, KERALA, SOUTH INDIA



SWAMI VISHNUDEVANANDA  
1927 - 1993