APPRENDRE ET ENSEIGNER LE YOGA AU 21ÈME SIECLE

yogakshemam

YOGA SCHOOL

TRIP TO INDIA

FROM FEBRUARY 25 TO MARCH 7 2025
IN BANGALORE & MYSORE

Following the Teachings of Krishnamacharya
Teaching by Sri Shubha,
Daughter and Disciple
of Sri T. Krishnamacharya

Immerse yourself in the essence of Yoga through the practice and study of Indian philosophy during 6 days of intensive courses with Sri Shubha

(accompanied by a translator)

Sri Shubha comes from a lineage deeply rooted in the rich tradition of Yoga and Indian philosophy. Her father, Sri T. Krishnamacharya, an international emblematic figure of Indian cultural tradition and the founding father of modern Yoga teaching to Europeans, was a philosopher, mathematician, Sanskrit scholar, polyglot, and recognized Ayurvedic healer. In her family, yoga was a way of life, practiced daily. Until the end of her twenties and shortly after the birth of her son, under the direct tutelage of her father, Sri Shubha performed demonstrations for him. Although separated by distance, their studies continued through correspondence. Over the past 50 years, thanks to these experiences and her own explorations, she has continually cultivated and developed her goals of transmitting the incredible heritage she inherited from her family by sharing her knowledge and helping people through yoga.

Program

Mardi 25 février
Tuesday, February 25
Departure from France and arrival in Bangalore
Wednesday, February 26
Acclimatization day with free exploration of the city
Thursday, February 27, and Friday, February 28
Master Class with Sri Shubha, morning and afternoon
Saturday, March 1, and Sunday, March 2
Mysore and visit to the Royal Palace and iconic places where Sri T. Krishnamacharya taught
Monday, March 3, to Thursday, March 6
Master Class with Sri Shubha, morning and afternoon
Friday, March 7
Departure for France

Price: €1300 all-inclusive
(shared accommodation, adapted meals, internal transport, and teaching),
**excluding the flight to India and the visa, which are the responsibility
of each participant.**
Online Payment or QR code