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## **Yoga Therapy Studies in Chennai, India**

On January 6, 2020, Yoga Therapy International's (YTI) 2019-2021 cohort begins its Term 2 studies at Yoga Raksanam in Chennai, India with Maggie Reagh's master teachers, with whom she has been studying for the past 18 years.

YTI's India component is a unique, life-altering journey into the authentic Yoga teachings of the Krishnamacharya lineage. The opportunity of clinical internship as well as expert guidance is unparalleled. Yoga Raksanam is the teaching and therapy practice centre of master teachers DV Sridhar, Radha Sridhar, and Viji Vasu. All three studied with and worked alongside TKV Desikachar, Krishnamacharya's son, for many years at the Krishnamacharya Yoga Mandiram (KYM) in Chennai. DV Sridhar was the Director of Yoga Studies at KYM when Maggie met him in 2001. He soon after became her primary teacher.

Our Chennai teachers share their masterful knowledge of the Yoga Sutras of Patanjali, the Bhagavad Gita, Vedic chanting, advanced asana, pranayama, and meditation, and much more, all applied to Yoga Therapy (Yoga Cikitsa).

In addition to weekday studies at Yoga Raksanam, students enjoy other specialties of South India such as Ayurvedic treatments, regional market bazarres, Hindu temples and sacred ceremonies, exciting arts and cultural events, and delicious Madras cuisine. Ancient heritage sites, the Yoga community of Auroville, French colonial Pondicherry, and other day or weekend trips are also popular with YTI students.

As part of our 6-week internship, students also each book a series of private appointments with Yoga Raksanam teachers to work on their own challenges using Yoga Therapy. This brings incredible experiential depth to these exceptional studies. Additional opportunities exist for more private studies during evenings and weekends in all subjects being covered.

After completing their studies, students often continue to travel before they return to their home countries around the world, including China, Taiwan, Ireland, England, Chile, the USA and Canada. They begin Term 2 practicums with a new understanding of what it means to be a Yoga Therapist and how to take the work forward into their lives and into Term 3 in Vancouver the following summer

**Our 3-term program is structured as follows:**

Term 1 - Vancouver, Canada: Foundation - Summer, 2019

Term 2 - Chennai, India: The Source - Winter, 2020

Term 3 - Vancouver, Canada: Integration - Summer, 2020

Applications are now open for our 2021-23 cohort.

