



# INTERNATIONAL WORKSHOP

ON

# VĀGYOGA : KUNḌALINĪ MEDITATION

Art of balancing life

(A Tantric way to enlighten inner Power)

Under Auspices : Pūjya Shri Gurudeva Dr. Vagish Shastri

(13 to 17 October 2016) for 5 Days 10 Lessons

The group of participants not less than five and not more than fifteen

Organized by

**Vāgyoga Chetanāpeetham**

**B.3/131-A, Shivala Varanasi-U.P.221001 (India)**

**(The city of light, situated on the bank of holy river Ganga)**

Email- vacyogavns@gmail.com, vacyoga@hotmail.com;

Phone- 0542-2275706; 09935463678

## 1. THEORETICAL LESSON :

- (A) Powerful energy of the subtle elements and Mantra Vibration.
- (B) Relation of Vāk (Mantra) levels and elements with Chakras.
- (C) How to reach Shabda Brahma (Kunḍalini) and Para Brahma (Soundless Sound).
- (D) How to find Śānti and harmonious Life.

## 2. GROSS :PHYSICAL PRACTICES :

- (A) Mudrās, Vāgyoga Mudrā to balance energies.

## 3. MALA-ŚODHANA of CHAKRAS :

- (A) Cleaning of three Chakras which are full of darkness.

## 4. MANTRA DĪKṢĀ : INITIATION :

- (A) Explanation of Tantra and Śaktipāta.

## 5. How TO HANDLE PRĀṆAS :

- (A) Control of thoughts through Manonmanī Prāṇāyāma.
- (B) Creation of energy through Mālā & Manthana Prāṇāyāma.

## 6. THIRD EYE (ĀJŅĀ CHAKRA) OPENING :

- (A) Energy rises in the upper chakras through this door.

## 7. CELESTIAL EAR :

- (A) Through this ear Kunḍalini energy enters into Bindu and from Bindu to Sahasrāra Chakram.

## 8. UNION OF ŚAKTI & ŚIVA :

- (A) Many cells open in Sahasrāra Chakram; Peaceful and harmonious life.

The workshop runs for 5 days 10 Lessons.

COST :- US\$ 250 includes the course programme only, for any query contact vacyoga@hotmail.com, a \$50 registration fee should be paid with application form.

Note :- Please send attached Delegate Application form to Vagyoga-Chetanapeetham, through email vacyoga@hotmail.com before two weeks of the workshop.

- Seats are limited.

- Please contact Mrs.Versha Tripathi for boarding and lodging facilities (Mob No. 009336406327).

Dr. Vastoshpati Shastri  
Secretary

Mob- +919893192777



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**Delegate Application Form**

Fix  
Your  
Recent  
Colour  
Photograph

To,  
The Secretary,  
**Vāgyoga Chetanāpeetham**  
B.3/131-A, Shivala Varanasi-U.P. (India) 221001

Sir,

I am immensely happy and glad in joining the workshop on **VĀGYOGA : KUNḌALINĪ MEDITATION : Art of balancing life** (A Tantric way to enlighten inner power) **Under Auspices : Pūjya Shri Gurudeva Dr. Vagish Shastri** in Varanasi.

I hope, I shall be much benefited in participating the workshop of five days.

1. Mr./Mrs./Miss (Full Name) ..... Family Name .....
2. Father's/Mother's/Husband's Name. ....
3. Date of Birth ..... Place of Birth .....
4. Postal Address .....
5. Contact detail (Telephone) ..... Mobile .....
6. Email Address .....
7. Qualification .....
8. Nationality..... Married/Unmarried .....
9. Occupation .....
10. Full detail of Occupation .....
11. Monthly Income .....Passport No. ....
12. Hobbies .....
13. Languages you know .....
14. The mode of deposit cost .....

Thanking you

Name of Applicant (in Bold) .....

Date

Signature of Applicant .....