

Agama Yoga

Dharamsala, India

2011 Season



Frequently Asked Questions

www.agamayoga.com www.shivashaktiyoga.net

What are the course dates?

April 25 – May 21	First Level Intensive Course. Second and Third Levels offered with a minimum enrollment of 7 students committing for a month.
May 23 – May 27	Tantra I Workshop for Men and Women (singles or couples)
May 30 – June 25	First Level Intensive Course. Second and Third Levels offered with a minimum of 5 students committing for a month.
June 27 – July 1	Tantra II Workshop for Men and Women (singles or couples)

Please note that dates are subject to change.

What are the days and times?

The course runs from Monday – Saturday, except when noted. (Generally, Sunday is reserved for personal time.) The daily program is approximately 5 hours in length and the schedule includes:

9:00 a.m. – 11:00 a.m.	Morning lecture and asana practice
4:00 p.m. – 6:00 p.m.	Sun salutations and afternoon asana practice and meditation
6:15 p.m. – 7:30 p.m.	Evening lecture and Q&A

Free special events will be announced separately and include gatherings such as the anahata/heart chakra meditations, kirtan/bhajan (devotional singing) and thematic movies.

What is the cost?

The course fee is Rs400 per day (less than €7), which includes a two-hour Yoga class in the morning (presentation of the new asana for the day and Hatha Yoga session), a two-hour evening Hatha Yoga session, and a one-hour evening lecture. If one decides to attend the whole Level 1 Intensive and pays in advance (within the first week of starting the course), he or she receives a discount, bringing the total course fees to Rs8,500.

The first day you attend the course you receive a discounted trial fee of Rs200 for the whole day. This fee does not apply to those who have attended the course at a previous time or another Agama center.

Space permitting, students may repeat for free the days they have already completed in the Dharamsala location or at any other **Agama** branch. We ask that students in this special circumstance also participate in our karma yoga efforts.

Workshops, Mystical Dance® classes and Shakti Sundays are priced separately. Please inquire with us for specific tuition rates.

Where is the center?

The yoga hall is located in Bhagsu, the scenic village directly above McLeod Ganj, the residency of the Dalai Lama. (This entire area is often simply referred to as Dharamsala, although technically Dharamsala is the city below McLeod Ganj.)

How do I get there?

From Delhi: There are two main options. By train, you must travel to Pathankot (12 hours, come off at the station just after Mukerian or at Chakki Bank or at Pathankot if the station is open – ask the conductor when you board). Trains must be booked in advance either on-line or through a travel agent. From the Pathankot area, you can take a taxi (approx. Rs 1,300 rupees - €19 - which can be shared, 3 hours) to Bhagsu/McLeod Ganj or a public bus (approx. Rs 75 rupees/€1.10, 5 hours) which stops in McLeod Ganj.

By road, there is a night bus from Delhi (Rs 500/€7.35) that will also take you as far as McLeod Ganj. The bus departs from Pahar Ganj/Main Bazaar, Delhi around 17:00, arrives by approximately 8:00, and is usually a fascinating blend of western seekers and Tibetan monks and nuns. Finally, KingFisher Airlines has introduced a daily flight from Delhi to Dharamsala.

From McLeod Ganj: You can take a picturesque 2 km walk on Bhagsu Road which will lead you directly to the main Bhagsu taxi stand. Or you can enjoy a quick auto rickshaw ride which costs Rs 30/€0.44 and can be shared. Upon reaching Bhagsu, follow the directions below.

From the Bhagsu taxi stand: Walk to the intersection where the road to the temple/pool meets Bhagsu-nag Road, the street that houses the major guesthouses and shops. Take Bhagsu-nag road up the big hill, passing Meghavan Hotel, Pink White Hotel, the many German bakeries, and Buddha Hall, until you come to the end at the general store/Himalayan Adventures shop on the right. From here, veer left towards Dharamkot (don't mistake this with the road to Upper Bhagsu which is on the right side). Cross the small stream and follow the pathway past Unity Pizza and continue up the stairs until you reach Sapna Guesthouse. You will find the Agama yoga hall to the right of the guesthouse.

Where can I stay?

There are countless comfortable and affordable guesthouses within walking distance of the yoga hall. Prices range from Rs 100 – 300 (€1.50 - €4.40), depending on the number of amenities such as private bathroom or access to a kitchen. Most guesthouses are family run and small and thus it is difficult to make advance reservations. We suggest you take a look around Bhagsu

once you arrive. Some recommended places include Omni and Sapna Guesthouses (+91 [0] 1892221594), Arudhya Guesthouse (+91 [0] 9418427440), Lotus Guesthouse (+91 [0] 9816168957), and Bhagsu Villa Guesthouse (+91 [0] 941808451). There is also higher-end accommodation available closer to the Bhagsu taxi stand.

How does the course work and what is the curriculum?

The first month course runs in a cycle of 24 modules offered over a four week period. You may begin at any time (thus we call this a “drop-in” course), and after completing all 24 modules, you will be awarded a yoga certificate of achievement recognized by the International Yoga Federation.

The course is a step-by-step approach to yoga, in the oral traditions of India and Tibet. The material and exercises build from the foundations of yoga and develop into stronger and more complex techniques and theory. The monthly schedule highlights include:

Week 1	Week 2	Week 3	Week 4
<ul style="list-style-type: none"> • presentation of yoga fundamentals • <i>chakras</i> • <i>asanas</i> • <i>kriyas</i> • 8 stages of yoga • polarity of energy • subtle bodies • music meditation • <i>yamas</i> 	<ul style="list-style-type: none"> • <i>bandha</i> • <i>asanas</i> • <i>yamas</i> • sublimation in yoga • <i>ayurvedic</i> principles • mental concentration • sexual continence • yogic healing • dominant <i>chakra</i> 	<ul style="list-style-type: none"> • <i>asanas</i> • <i>niyamas</i> • advanced purification techniques • special issues for men and women • <i>karma</i> yoga • diet and health 	<ul style="list-style-type: none"> • <i>asanas</i> • <i>niyamas</i> • <i>yoga nidra</i> / conscious sleep and dreams • <i>laya</i> yoga meditation initiation • yin/yang macrobiotic diet • final ceremony

Please refer to www.agamayoga.com for further information.

The Level 2 courses meet three times per week, typically Monday, Wednesday and Friday from 11:30 – 15:00. These series goes deeper into tantric yogic theory and practice. The Level 3 courses will be scheduled three times per week as well, the times and days to be determined.

Who are the teachers?

The Dharamsala branch of **Agama** was founded by senior teachers Monika, from India/USA, and Manu from Belgium. Both Monika and Manu completed 42 months of study under Swami Vivekananda in 2006 and have been teaching at the **Agama** headquarters in Thailand for 7 years. Manu has been a lead facilitator of the **Agama** Teacher Training Course since its inception in 2005 and is also a certified Sivananda yoga teacher. Monika is an **Agama** Shakti group leader and has developed a unique blend of yoga and belly dance that she has taught throughout Asia, Europe and North America, including a Mystical Dance Teacher Training Course. Both Manu and Monika teach yoga and tantra workshops around the world when they are not in India. Please see www.shivashaktiyoga.net for more information on their teaching background.

What is the area of Bhagsu/McLeod Ganj/Dharamsala like?

This area has been blessed by the strong and omni-present spiritual practice of the Tibetan community and the subsequent seekers who have flocked here for their personal evolution. There is also a unique blend of Tibetan and Indian traditions which mirrors the spiritual foundation of the Agama Yoga school.

A quaint Himalayan village reminiscent of Nepal, Bhagsu is developed enough for the comforts of the modern back packer while having the full benefits of a natural sanctuary. At 2,000 meters in altitude, the area is home to fresh mountain air, majestic views and lots of rainbows! You can easily retreat into nature, or you can follow your desires to some of the best, affordable international food in India.

Other advantages of the area include a free library run by the Tibetans, a Goenka Vipassana center and countless courses in Buddhism, Ayurveda, dance, music and alternative healing. Also, the Dalai Lama offers free teachings throughout the year in McLeod Ganj (www.dalailama.com) and the Karmapa has weekly open audiences at a nearby monastery (www.kagyuoffice.org).

The high season is mid-March to the beginning of July when the weather is at its best. The days are sunny and pleasant while the nights are crisp. The rainy season is mid-July to the beginning of September and the winter is extremely cold and lasts from December-February. Generally, as a hill station in Himachal Pradesh, the weather is much cooler than other parts of India and warm clothes and rain gear are necessary and easily purchased locally.

There is an ATM machine in McLeod Ganj (State Bank of India) and many more in Dharamsala and it is convenient to exchange western currency and travelers cheques. All the expected amenities including Internet, travel agencies and good medical help are available. There are even several movie houses in McLeod Ganj!

Most importantly, the general consensus remains that this area is an extremely special place for spiritual transformation and it continues to inspire people to return year-after-year.

What if I need more information?

Please refer to www.agamayoga.com or e-mail dharamsala@agamayoga.com for a personal response.

Hope to see you for yoga in the magical Himalayas!