



**What are the course dates?**

April 8	Open house, introductory lecture and meditation
April 9 – May 5	First month course
May 7 – June 2	First and second month course
June 4 – June 30	First, second and third* month course (*pending sufficient demand)
July 2 – 6	Special workshop to be announced

**What is the cost:**

During the inaugural period of April 9 – May 5, the course tuition is 250 rupees (\$5.50) per day if a six day consecutive cycle is pre-paid (1,500 rupees for 6 consecutive days). The drop-in course rate is 300 rupees (\$6.60) per day. The first day is free!

Because space is limited to approximately 15 students and our overhead expenses are higher in Dharamsala/Bhagsu than in our other Asian locations, from May 7 onwards, the course tuition will be 300 rupees per day if a six day consecutive cycle is pre-paid (1,800 rupees for 6 consecutive days). If the course is paid on a daily drop-in basis, the tuition is 350 rupees per day.

**What are the days and times:**

The course runs from Monday – Saturday, except when noted. (Generally, Sunday is reserved for personal time.) The daily schedule includes:

9:00 – 11:00 a.m.	Morning lecture and asana practice
4:00 – 6:00 p.m.	Sun salutations and afternoon practice
6:00 – 7:00 p.m.	Evening lecture

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

**Where is the center:**

The yoga hall is located in Bhagsu, the 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 Panthankot (12 hours), and from there, you can take a taxi (900 rupees total which can be shared, 3 hours) to Bhagsu/McLeod Ganj or a public bus (approx. 100 rupees, 4-5 hours) which stops in McLeod Ganj. By bus, there is a night bus from Delhi (400-500 rupees) that will also take you as far as

McLeod Ganj. The bus departs from Pahar Ganj/Main Bazaar, Delhi around 5:00 p.m., arrives by approximately 8:00 a.m., and is usually a fascinating blend of western seekers and Tibetan monks and nuns. Finally, Air Deccan has introduced a daily flight from Delhi to Panthankot (1 hour, 2,000 rupees).

**From McLeod Ganj:** You can take a scenic 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 30 rupees. Upon reaching Bhagsu, follow the directions below.

**From the Bhagsu taxi stand:** Walk to the intersection where the road to the temple/pool meets with the main road which houses the major guesthouses and shops. Take this main road up the big hill, passing Oasis, the many German bakeries, and Buddha Hall, until you get to Munchies Restaurant and the general store/Internet 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 river and follow the pathway past the pizza place and continue up the stairs until you reach Supna 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 100 – 250 rupees, 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: Munchies, Omni and Supna Guesthouses. 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"> <li>• presentation of yoga fundamentals</li> <li>• chakras</li> <li>• asanas</li> <li>• kriyas</li> <li>• polarity of energy</li> <li>• subtle bodies</li> <li>• music meditation</li> <li>• yamas</li> </ul>	<ul style="list-style-type: none"> <li>• bandha</li> <li>• asanas</li> <li>• sublimation in yoga</li> <li>• vamana dhauti</li> <li>• mental concentration</li> <li>• sexual continence</li> <li>• yogic healing</li> </ul>	<ul style="list-style-type: none"> <li>• asanas</li> <li>• niyamas</li> <li>• shanka prakshalana</li> <li>• karma yoga</li> <li>• diet and health</li> <li>• ayurvedic principles</li> </ul>	<ul style="list-style-type: none"> <li>• asanas</li> <li>• yoga nidra</li> <li>• laya yoga meditation</li> <li>• yin/yang macrobiotic diet</li> <li>• conscious sleep and dreams</li> <li>• final ceremony</li> </ul>

Please refer to [www.agamayoga.com](http://www.agamayoga.com) for further information.

The Month 2 course meets three times per week and the Month 3 course twice per week. The series goes deeper into tantric yogic theory and practice.

### **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 **अज्ञाना** 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. Two thousand meters in altitude, the area is home to fresh mountain air, clean spring water and majestic views. 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 also include a free library run by the Tibetans, a Goenka Vipassana center and countless courses in Buddhism and Hinduism.

The high season is mid-March to the beginning of July when the weather is at its best. 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 are necessary and easily purchased locally.

There is an ATM machine in McLeod Ganj 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 theaters in McLeod Ganj!

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