



THE ART OF HEALTHY LIVING

A Short Course: 6th Sep-17th Oct.

Leading to a Certificate of Professional Studies



THE first course offered by the Gnostic Centre under its collaborative working partnership with



Homerton College (CODE), University of Cambridge, the Art of Healthy Living saw a quiet start with a day long experiential session in pathways to healthy living - art of waking up and going to sleep (*asanas, yoga nidra*), art of relaxing midst action (certain *kriyas*), art of centring (*dhyana*), art of eating food, art of purification (*asanas, pranayama*). Each student set her own aims and worked out the readings to be done, the asanas to be practised and other activities, with the facilitators. Thereafter began the journey of integrating it with their day to day life - to evolve a rhythm of health as they managed the often frantic pace of their work and studies. This process is still on - the course is due for completion on 17th October, when the daily self-reflective journal, coursework portfolio and the final presentation will be evaluated.

MEDITATION FOR INNER GROWTH

A Session with Students: 20th Sept.



THE half-day long session on Meditation, its meaning and practice, ways to overcome the common difficulties and establish a base of peace and calm in oneself,



even midst action drew forth many students who had been in the audience at the talks organised under the series 'In Search of the Soul of India'. Their participation reconfirmed their quest not only for mere intellectual knowledge but to go a step further into the actual practice and application in daily life. Their sharing and feedback reflected the first steps on this journey.