

The Gnostic Centre

A research centre for the growth of consciousness, registered as a non-profit trust, started in 1996, Delhi. The Gnostic Centre is a pioneering effort towards the university of tomorrow and attempts to create a bridge between Matter and Spirit.

To further this purpose The Gnostic Centre has established in August 1998, the International Centre for Integral Studies (ICIS), which is a unit of the Centre. It is a pioneering effort towards the university of tomorrow.

The Centre is located in picturesque green surroundings, set amidst a sprawling 100 acre farm and has the quality of serenity and quiet beauty. It offers an aesthetic environment for learning and self-reflection. Its library is an intellectual sanctuary where one comes to find light and progress. It is well-equipped with carefully selected books to represent integral dimensions of particular subjects and to provide texts that help to strengthen the knowledge base, while deepening, heightening and widening one's consciousness.

The Gnostic Centre is consecrated to the vision and work of the Mother and Sri Aurobindo.

DATES

Beginning 6th September (Sunday)

VENUE: The Gnostic Centre, Bijwasan, New Delhi (near Palam Vihar) - set amidst quiet, serene and picturesque surroundings.

How to reach: The venue is 24 kms. from Vasant Vihar (south Delhi). Those who have their own mode of transport can reach The Gnostic Centre directly (map available on request).

COURSE CONTRIBUTION

Rs.2000/- (includes essential reading material, library membership and computer facilities).

Course Registration: Should you be interested in registering for the course, please mail in a DD/ cheque for Rs.70, favouring 'The Gnostic Centre'. On its receipt, we will mail you the ICIS prospectus and the application form.

For further info, please contact:



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6477610 (Anuradha), 91-360351 (A.Mehra)
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Sangam Marg, New Delhi 110 022
Regd.Off: E-245 Greater Kailash 1, New Delhi 110 048

The Facilitators:

SWAMI VIDYANAND

Swami Vidyand began his training in hathayoga at the age of 11, under the guidance of Swami Satyanand of Bihar School of Yoga. At the age of 16 he entered the Vivekananda Ashram at Kanyakumari for a training in Rajayoga. The third step in his yoga education came at the age of 18 when he learnt the Mantra yoga under Paramahansa Shri Pitamber Pithadeeshwar at Datiya, MP. Next, he practised Dhyana yoga of Buddha and Lao-tse in the Himalayas.

During the last few years, Swami ji has evolved a yoga system which he terms 'Integral Yogic Living'. This system (inspired by the integral philosophy of Sri Aurobindo and The Mother) aims at purifying the various levels of the being (physical, emotional-vital, mental) through yogic kriyas.

Swami Vidyand teaches hathayoga and meditation at the Fitness Centre of Hyatt Regency, New Delhi. He is also a guest teacher with NIE, Times of India.

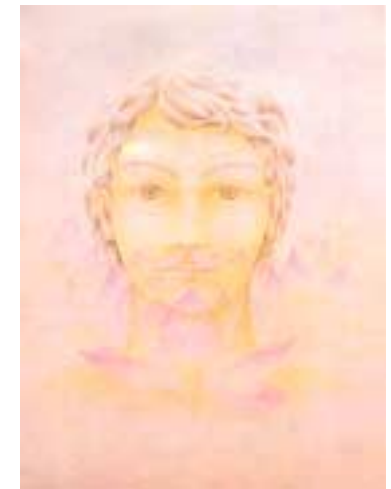
ANURADHA

Anuradha has had extensive experience in the field of holistic and integral education - in teaching, curriculum development, and training teachers. She is a teacher-educator and is presently enrolled with the University of Sussex for an MA in Teachers' Education in the context of National Development.

She is involved in the day-to-day running and execution of the Gnostic Centre's work, and also takes workshops and study groups on Integral Education.

Her background includes an orientation in Organic farming and a training in Tai-chi.

The Art of Healthy Living



COURSE AIMS

- * To understand the meaning of health in an integral perspective.
- * To learn how to lead a balanced day by correcting one's daily movements - based on Hathayogic principles.

TEACHING-LEARNING METHODOLOGY

- * Hathayogic exercises: Asanas, Mudra, Bandh
- * Pranayama
- * Dhyana (Guided Meditations)
- * Readings and Study Material
- * Sharings and Worksheets
- * Explanations and Discussions
- * Group work and Presentations
- * Evaluation
- * Self-reflective journal (Health Diary)

ACADEMIC RIGOUR

Self-motivation is the key to successful learning and a strong demand is placed on the student to be worthy of the freedom available. Maintenance of the daily self-reflective journal and individual coursework portfolio is a must. Regularity and punctuality in course attendance is emphasised. The student is expected to train himself to be a living example of the values he cherishes and the excellence he strives to effectuate in the social context.

CERTIFICATION

On successful completion, the participant will be awarded a Certificate of Professional Study, jointly certified by CODE, Homerton College, University of Cambridge, UK and The Gnostic Centre, New Delhi.

COURSE COMPONENTS

WHAT IS HEALTH?

THE BODY CONSCIOUSNESS

THE THREE GUNAS

TECHNIQUES OF CENTRING

ART OF WAKING UP

ART OF GETTING READY

INNER CLEANSING

Purification of Physical, Vital and Mental bodies (releasing the accumulated suppressed impure energy from the body). Activating the latent energy.

* *Yogasanas - a practical session:*

- *Pashchimottana asana*
- *Janushirasana*
- *Titli asana*
- *Ushtrasana*
- *Marjari asana*
- *Parvatasana*

- *Trikonasana*
- *Hanumanasana*
- *Prishthasana*
- *Sarpasana*
- *Dhanurasana*
- *Naukasana*
- *Shavasana*
- * *Pranayama*

TECHNIQUES OF RELAXING MIDST ACTION

- * *While walking*
- * *While climbing stairs*
- * *While travelling*
- * *While driving*
- * *While standing for long hours*
- * *While sitting for long hours*
- * *While studying for long hours*
- * *While watching TV or Computer screen for long hours*

ART OF GOING TO SLEEP

- * *Conscious sleeping: Sachetan Nidra (through Yoga Nidra)*

YOGIC FOOD

COURSE ORIENTATION

The course is designed keeping in mind maximum freedom and flexibility. Emphasis is given on self-study and observation, action research and self-evaluation. The lecture mode is seldom used; rather the participant is shown where the knowledge exists, and is expected to make a thorough study of the chosen subject beforehand. In the group, emphasis is laid on presentations, discussions and the issues and implications arising from these.

Contact time with the guide and the group is especially arranged mainly on weekends, so that professionals who are working during the week, can spend the evening hours on weekdays for individual study, research, completing the required reading and/or assignments.

At the end of the course, the participant submits a portfolio of all course work completed, including research, summaries, assignments etc., and a daily recorded reflective journal, for evaluation.