

Information about the Raja/Hatha Course

Prerequisites

There are no prerequisites to taking the Raja Yoga Intensive course. Meditation and/or Yoga postures will be new for some students, but others will be re-taking the course or otherwise have had prior experience. Students consistently find that this course is helpful whether as a new experience or as a renewal, for the simple reason that these practices and precepts help us “tune-in” to ourselves!

Practice of Yoga and Meditation

The course begins with the practice of Yoga postures including warm-ups and occasionally focuses on other aspects of the course such as healing or diet. Ending with deep relaxation, we then move seamlessly into guided meditation practices.

What to wear? Students will want to wear comfortable clothes suitable for Yoga stretches or simple exercise — loose fitting or stretch fabrics.

What to bring? Yoga students should have a Yoga (sticky) mat.¹ A blanket and Yoga props are also helpful to have. Do not eat a full meal before class. You might try a fruit half an hour before class. Don't forget to drink water before class.

How much meditation will we do in class? We will typically include a guided meditation. This is a key part of the course experience. You do NOT need to be an experienced meditator to benefit and enjoy this part. While it may take 30 to 40 minutes, the time passes quickly because it will include some beginning, simple stretch movements followed by sitting meditation using chants, visualizations, affirmation, breathing techniques (Pranayams), breath awareness, and/or mantra and always ending in a brief period of complete stillness and silence.

Is there time for questions? Your comments and questions are welcome and spontaneous discussions are common. We have a large amount of material to cover in class, thus some students find it convenient to call or email questions that can then be integrated into the presentation.

Breaks: After the guided meditation segment which ends at about 7:45 AM, there is a break before continuing into the remaining topic of the day.

Is there “homework?” We know that you have many other responsibilities and interests. Sometimes it is simply the right time to take this course even though it's not the perfect time! On a relative scale, it is more important to engage in the practices than to only read about them! Continuing down the scale, it is usually better to take the course even if your time for personal practice and study is limited rather than waiting for some distant future when all other duties magically vanish!

The course consists of two segments, Hatha yoga and Raja yoga. These segments are designed to be taken together, but can be taken separately as well.

Hatha Yoga includes: Yoga postures (asanas), Pranayama, affirmations, healing, diet, and Yoga routines. The Hatha segment is from 6.30AM – 7:45AM India time.

Raja Yoga includes: Meditation practices using breath, Mantra, Pranayama, affirmation, chanting, visualization, and chakra exercises; philosophy of the Bhagavad Gita and Patanjali's Eightfold Path of Ashtanga Yoga; and the philosophy of Karma, Kundalini, astral and causal planes, cosmology, reincarnation, and much more. The Raja segment is from 7:45AM – 9:45AM India time.

Optional: Successful completion of this course is also a prerequisite for those wanting to learn **Kriya Yoga**. See website or speak to one of the instructors for more information on this. This is not a certification prerequisite, however, and while substantial participation is expected, completion of homework is NOT required for Kriya training. See: <https://anandahyderabad.org/meditation-kriya-yoga/>

What if I miss a class? If you must miss a class for any reason, we appreciate it if you'll let us know in advance. We will provide recordings of the class.

Resources: You will have access to an archive of talks by Swami Kriyananda on Raja Yoga, plus a library of downloadable documents (including the weekly handouts) and other media with password accessible web page.

Your Instructors: The course is taught by Dr. Murali Venkatrao and Sita Tocco.

Course Details

<https://anandahyderabad.org/raja-yoga/>

DATES and TIMES:

11 Fridays, September 8 - November 17, 6.30AM – 9:45AM

Hatha segment: 6.30AM – 7.45AM

Raja segment: 7.45AM – 9.45AM

LOCATION:

Online on Zoom

REGISTRATION & COSTS

Costs: The complete course is Rs.4,000

The Raja and Hatha segments are designed to be taken together but can be taken separately as well. The costs for the segments are: Rs. 2,800/Raja and Rs. 1,200/Hatha.

Required Book: *ART AND SCIENCE OF RAJA YOGA* by Swami Kriyananda. You may purchase it from the Ananda Hyderabad centre or order it online at [https:// anandapublications.com](https://anandapublications.com)

Course Description

HATHA:

Each week's class includes:

- classic Yoga postures (*asanas*)
- use of affirmations for higher awareness through each *asana*.
- an emphasis on inner awareness of subtle energy in the spine and chakras
- safe practice and correct spinal alignment, and individual modifications.
- Yogic (vegetarian) diet and the qualities of foods
- Pranayama practices (breathing exercises)
- healing aspects of Yoga postures.

No prior experience in Hatha Yoga is required, yet, both beginners and serious Yoga students will benefit from this classic approach and its emphasis on higher awareness in a calm, positive, and supportively meditative environment.

RAJA:

- weekly guided practice of Meditation
- correct sitting posture
- chanting
- affirmation & visualizations
- mantra & chakra practices
- breath awareness
- Pranayama (breathing exercises)
- 8-Fold Path of Patanjali, stages of enlightenment through:
- *Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi*
- causal and astral plane
- qualities of consciousness and nature (*gunas*)
- discussions