YOGA & CULTURAL APPRECIATION

LEVEL 1 & LEVEL 2

With

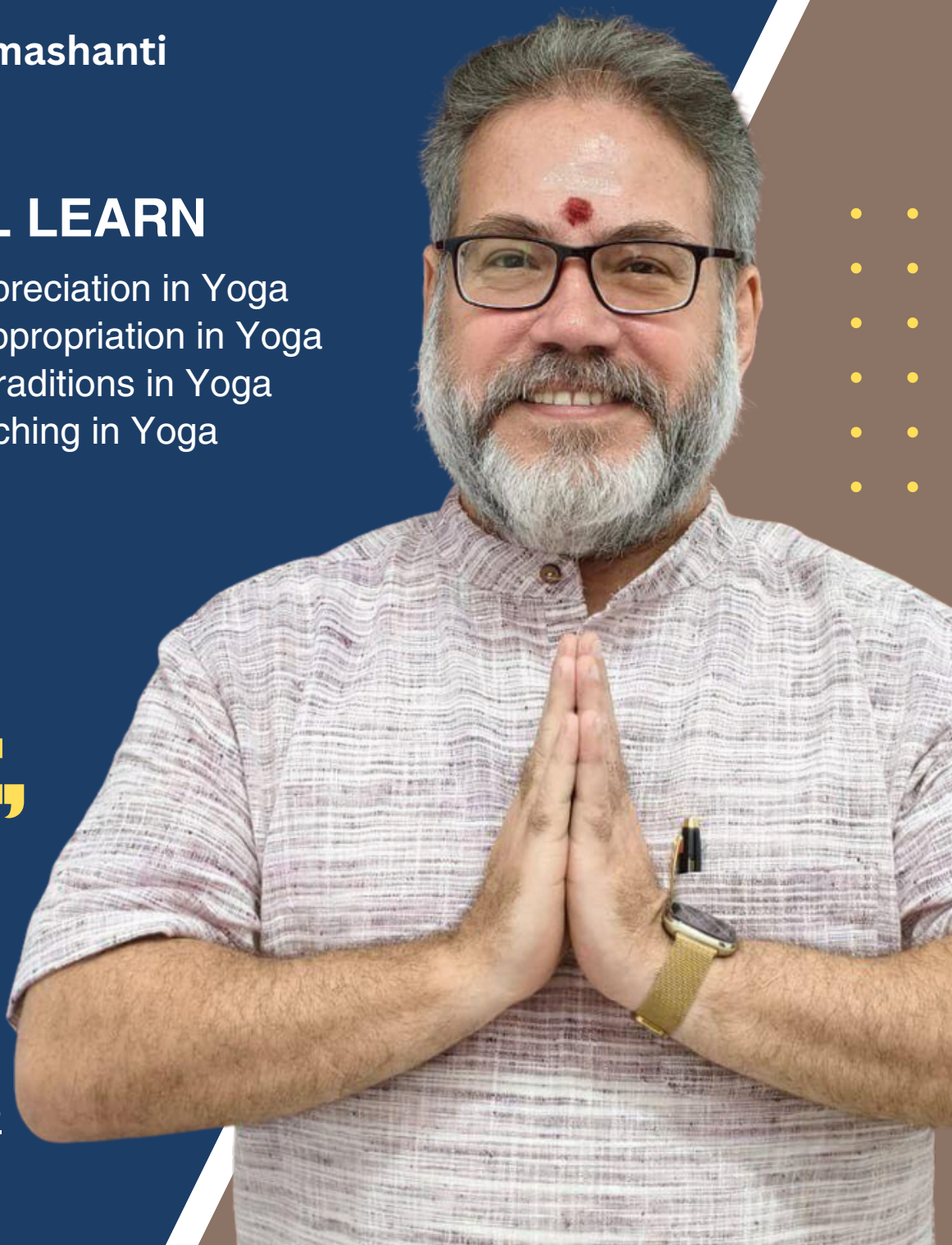
Puduvai Kalaimamani Yogacharya

Dr. Ananda Balayogi Bhavanani

Coordinated by

Yoga Chemmal

Nilachal Padmashanti



YOU WILL LEARN

- Cultural Appreciation in Yoga
- Avoid Misappropriation in Yoga
- Authentic Traditions in Yoga
- Ethical Teaching in Yoga

STARTS ON

21st JUNE, 2025

For any Queries, Please Contact:

nilachal@liveholistic.in

+91-9341864837

Course Details

Level 1 STARTS on 21st June 2025

Level 1 Time table*

SN	MONTH	ON SATURDAYS 4:30 PM - 6:30 PM IST WITH DR. ANANDA JI	ON WEDNESDAYS 7:30 PM - 9:00 PM IST WITH GUEST SPEAKER & NILACHAL JI
1	June 2025	21st, 28th	25th
2	July 2025	5th , 12th , 19th , 26th	2nd , 9th ,16th , 23rd

Level 2 Time table will be shared later

*Tentative

This online course consists of two parts led by ***Puduvai Kalaimamani Yogacharya Dr. Ananda Balayogi Bhavanani Ji*** through live classes on ZOOM followed by a one hour session with Guest Speaker & Nilachal Ji to deepen our study and practice of teachings as they relate to different topics of the session taught by Dr Ananda ji for Yoga and Cultural Appreciation. In specific:

- **Live Online session with Dr Ananda ji** (5 two-hour online sessions on Saturdays):
  - A deep exploration into the various dimensions of yoga where cultural appreciation is essential. Each session will address key themes and raise important questions relevant to modern practice and teaching.

- **Panel Discussion:**
  - A rich, interactive session featuring panel experts, focusing on the many layers involved in teaching yoga and training yoga teachers, with particular attention to ethical, cultural, and traditional perspectives.

- **Interactive Sessions with Nilachal Ji** (5 one-and-half-hour online sessions on Wednesdays:
  - Engaging discussions with some experts that include guided practice, reflective learning, and practical application of key teachings taught on Saturday. These sessions will also involve analyzing selected articles, excerpts from books, and other relevant resources to support deeper understanding.

Level 1
Syllabus

- **Session 1: Introduction to Yoga and Cultural Appreciation**
  - Overview of the course objectives and expectations
  - Understanding the historical and cultural roots of Yoga
  - Differentiating between ‘Cultural Appreciation’ and ‘Cultural Appropriation’
  - Importance of respect, integrity, and fidelity in Yoga practice
  - Interactive discussion: Personal experiences with Yoga and cultural influences

- **Session 2: Sacred Speech – Respecting Sanskrit and Yogic Terms**
  - The significance of Sanskrit in Yoga
  - Correct pronunciation and application of key terms
  - Avoiding cultural dilution through language misuse
  - Continuing the learning process in Sanskrit and Yoga philosophy
  - Practice: Learning and applying essential Sanskrit terms

- **Session 3: Writing on Yoga – Integrity & Responsibility**
  - How to accurately and respectfully represent Yoga in writing
  - Understanding Dharma in Yoga literature
  - Importance of citing authentic sources and how to cite in an academic paper
  - Avoiding misrepresentation and distortion in Yoga-related content
  - AI and Yoga Writing
  - Assignment: Analyze an article or book excerpt for cultural integrity (another option: compared analisis two articles, one written in cultural appropriate language, and one in very generalized language)



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Level 1
Syllabus

- **Session 4: Studying Yoga – Traditional & Authentic Approaches**
  - The Guru-Shishya tradition and its role in learning Yoga
  - Studying primary sources vs. secondary interpretations
  - Respecting and accurately referencing different Yoga traditions
  - Identifying authentic sources and avoiding cultural dilution
  - Discussion: Importance of Sanskrit texts in Yoga study

- **Session 5: Teaching Yoga and Teaching Teachers – Cultural and Ethical Responsibilities : Panel Discussion**
  - Training teachers in a holistic cultural context
  - The role of a Yoga teacher in preserving tradition
  - How to model authentic Yoga practice for students
  - Ethics of teaching Yoga in the modern world
  - Discussion: Teacher training programs and cultural integrity



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