

## VENUE FOR RETREAT

Non Residential

Dr Shrikrishna was born to a father who was a close colleague of Swami Kuvalayananda (one of the foremost pioneers of modern yoga). Dr Shrikrishna grew up in an atmosphere saturated with yogic culture. He qualified as a medical doctor and took a PhD on the physiological effects of Pranayama at the prestigious All India Institute of Medicine.

After graduating, he succeeded his father as Director of the Kaivalyadhama Institute of Yogic Health in Mumbai, where he developed a flourishing programme for training yoga teachers and therapists, as well as daily yoga therapy sessions for people with health problems.

In addition to Dr Shrikrishna's knowledge of medicine, physiology and yoga practice, he has an excellent mastery of Sanskrit and yogic literature, both ancient and modern, upon which he draws as an aid to conveying the deeper insights of yoga. His emphasis is on awareness and experience, rather than theoretical knowledge. This rare combination of experience, knowledge and skills gives a breadth and depth to his teaching, which is probably unique. Dr Shrikrishna sees yoga as acting on two levels: as a science of health paving the way to positive health and personal development, and as a facilitator for entry to transcendental transpersonal states.

During the retreat the focus will be on developing the practice **of Pranayama and how to use it for improving the state of Mindfulness required in daily life activities.**

**Emphasis will be on experiencing the inner silence which comes from this practice.**

## BOOKING

Please contact Val to reserve your place.

[val.a.goodier@gmail.com](mailto:val.a.goodier@gmail.com)

07902 532903

## Zoomed Yoga Retreat with Dr Shrikrishna

**13 -19 September 2021**  
**6 full days**

**(3pm start to be confirmed)**  
**Non residential**

Theme: **Pranayama**  
**Door of Inner Silence.**

Cost: £200

Bank details to pay by BACs:

YBT Retreats

40-17-17

11519166

or cheque to YBT Retreats  
to Val Goodier, 109 Penn Hill Ave, Poole BH14 9LY

**Web site:** [www.yogatherapy.org](http://www.yogatherapy.org)

Dr Robin Monro