Logo of Kathmandu School of Yoga

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**Inspirers**

Swami Sivananda : - Serve, Love, Give, Purify, Meditate, Realise

Swami Satyananda : - All forms of yoga have just one purpose in mind: to train the animal in man; to rend the instincts asunder and evolve a new personality.

Swami Niranjanananda : - If I see myself in you and I feel you in myself then whom do I love? This is the concept of unconditional love.

"Yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. It is the essential need of today and the culture of tomorrow."  
- Paramahamsa Satyananda

Psycho yogic Approach  
For  
Physical Fitness, Mental Agility, Emotional Harmony and Spiritual Verve

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## Kathmandu School of Yoga

**Kathmandu School of Yoga**  is a **registered yoga institution** with the Government of Nepal. It deals with the various dimensions of the needs and interests of the aspirants. It follows the systems of teaching founded by Paramahamsa Satyananda Saraswati, the Founder of [Satyananda Yoga or Bihar Yoga](http://www.biharyoga.net/).

### Psycho - Yogic Approach

Psycho Yogic Approach is the main philosophy of our teaching. It means working with the body using the mind (somato-psychic) and working with the mind using the body (psycho-somatic); for complete renewal of your entire being. The main purpose of this approach is *not to let your mind go out of your body throughout the practice by making you aware of your body, breathe and mind along with experiences and feelings.* It eventually helps to release three-fold (physical, mental and emotional) tensions. More..........

**Nature of the class**

The practical session is completely guided with the instructions. During the session More emphasis is given on instructions rather than just demonstrations. It is to intensify the level of feelings, experience and internalize awareness deeper within. Personalised, customised and one-to-one tutorials is also provided. ***We do not make any group***. But if you bring your group (like: friends, husband, wife or child/children) along with you, we can accommodate up to 4 aspirants at a time.

### Time Schedule

Depending upon the convenience, classes can be arranged at any time on any day. Prior appointment is a must.

### Synopsis of the Practices

A practical session generally covers **Asanas** (Body Postures), **Pranayamas** (Scientific Techniques of Conscious Breathing), **Mudras** (psychic gestures), **Bandhas** (psychic locks), some **Shatkarmas** (yogic cleansing), **Yoga Nidra/Relaxation** (psychic sleep) **Dharana** (Concentration)followed by Guided Meditation**.** We also explain the theory of the practices.

**Note: Changes with the practices could be made according to the need, demand and interest of the aspirants.**

### Costs

Costs vary according to the package. Please contact for more information.

**Why Kathmandu School of Yoga (KSY)?**

* Aspirants from more than 42 countries of 5 continents have been inspired.
* The founder instructor holds Master’s Degree in Yoga Psychology from the first Yoga University (Bihar Yoga Bharati at Bihar School of Yoga, Munger, India) in the world.
* He has been involved in Yoga since the last 25 years.
* He is the first registered and certified yoga master in Nepal.
* KSY is a registered yoga school.
* KSY gives more emphasis to your personal need and interest.
* Syllabus is based upon original scriptures.
* KSY provides customized and one-to-one tutorial.
* Please note that we are not just for physical fitness but trying to deal with body – energy – mind interplay which may make you feel Yoga with a difference beyond physical experiences.

**About us**

**Kathamandu School of Yoga** is founded by Sannyasi Premananda (Shiva Basyal). He is the **First Registered** and **Certified Yoga Acharya (Master)** in Nepal who has been registered as ***A Level (First Class) Health Practitioner in Yoga*** with the **Nepal Health Professional Council** a national standards health organization). He is the main Yoga Acharya (Master) at **Kathamandu School of Yoga** and received initiation as Karma Sannyasin by his **Guru** **Paramhamsa Niranjanananda Saraswati.**

Sannyasi Premananda is the only Yoga Psychologist in Nepal, who has completed Post Graduate (M.A.) Degree in Yoga Psychology in First Class from Bihar Yoga Bharati (BYB) at Bihar School of Yoga in Munger, India. BYB is the First Yoga University in the World. He is also an M.A. in Sociology from Tribhuvan University, Kathmandu, Nepal.

He has been teaching yoga including meditation (theory and practice) to both Nepalese and foreign nationals since the last 25 years.

**Courses**:

1. **General package:**

It is a practical session of one hour. This session is for those who want to maintain their general health and wellbeing. It covers asana, pranayama, mudra and short guided meditation (Yoga Nidra). The asanas, pranayamas are covered from different groups. The entire session is completely guided.

1. **Specific packages:**

These packages are either for an individual or a group. They have both theory and practice. They can be done either at our school or outside. Time periods vary according to the areas covered. Please contact for more information. Generally, the following areas are covered:

* Yoga Therapy (for common and chronic diseases)
* Antenatal/ Post natal
* Yoga for Stress Management
* Yoga for Children
* Yoga for Teachers
* Yoga for Elderly people
* Yoga for Medical Practitioners and Students
* Yoga for Executives

We have precisely developed syllabus on each topic mentioned above.

1. **Intensive packages:**

These packages are for those who are keenly interested to deepen and widen their knowledge and experience in different aspects of yogic sciences. Depending upon your need, interest and convenience, we have designed the packages with different options:-

* 1. ***15 hours package:***

This package is for 6 sessions with 2 and half hours each. One and a half hour is for practice (asana, pranayama, mudra and yoga nidra / guided meditation) and one hour is for theory (general philosophy, history, theory and principles of yoga).

* 1. ***30 hours package:***

This package is for 12 sessions with 2 and half hours each. One and a half hour is for practice (asana, pranayama, mudra, bandha and yoga nidra) and one hour is for theory (general philosophy, history, theory and principles of yoga).This package covers a bit extended form of practice and theory.

* 1. ***75 hours package:***

This package is for 30 sessions with 2 and half hours each. One and a half hour is for practice (asana, pranayama, mudra, bandha and yoga nidra) and one hour is for theory (general philosophy, history, theory and principles of yoga). This package covers more extended form of theory and practice.

* 1. ***Certification Course on Yogic Studies (100 hours):***

This package is for 40 sessions with 2 and half hours each. One and a half hour is for practice (asana, pranayama, mudra, bandha and yoga nidra) and one hour is for theory (general philosophy, history, theory and principles of yoga). A certificate is issued after the completion of package. Click CCYS for more information.

***(Please note that the number of hours and sessions mentioned above in each package is flexible. You may cover them either in consecutive days with even more hours or with gaps, depending upon your convenience).***

For any one of the packages mentioned above, it is not essential to have any prior knowledge and experience of yoga. We guide you from the beginner level to intermediate and finally advanced level. Please click practices for more information.

Please contact for more information....

**Area of Coverage**

We have various packages (with specific syllabus) of ***Psycho-yogic Approach*** to cover the different areas of **Health, Education** and **Life - style.** Every package has a set of specific practices according to the particular need and demand of the different individual/group.

***Health:*** *It covers the curative, preventive and promotive aspects of health. Both theoretical and practical programs are designed according to the level and the need of the participants. Such as medical practitioners, students as well as patients and also for those who want to maintain their general health and overall well - being.*   
***Education:*** *It emphasizes on to the inhibited strength of the teachers and students that could be revealed for improvement in teaching and learning.*   
***Life - style:*** *It stresses on to the different tips (food, exercise, relaxation, sleep etc) of our daily life activities which play major role in determining our health and overall well - being.*

**Contact**

### Location

Kathmandu School of Yoga is centrally located in Pulchok, Lalitpur in Kathmandu valley, near Namaste Super Market and very much closer to Hardic Fitness Center and St. Mary’s School. It is about ten minutes walking from UN House and fifteen minutes walk from historic Patan Darbur Square.

### Postal/Mailing Address

**Satyananda Yoga**  
**KATHMANDU SCHOOL OF YOGA**  
G.P.O. Box 2229, Kathmandu, Nepal.

### Contact (For reservation and further enquiry):

Sannyasi Premananda (Shiva Prasad Basyal)  
Phone: +977 98511 68145 / +977 98030 28296  
E-mail: [yogainkathmandu@gmail.com](mailto:yogainkathmandu@gmail.com) / [info@kathmanduyoga.com](mailto:info@kathmanduyoga.com)

### FAQ

**What kind of yoga do you teach?**

We follow the systems of teaching of Satyananda Yoga founded by Paramhamsa Satyananda Saraswati giving more emphasis to the particular need and interest of the aspirants.

**What should I wear?**

Any loose and comfortable clothing. Natural fabrics like cotton are best.

**Do I need to bring a mat?**

We provide clean and hygienic mats. We don't mind if you bring your own mat or a towel to spread over it.

**Is there any age bar for the practice and course?**

No, we have designed various packages according to the need and capacity (in general) of the people of certain age group and the nature of problems they have. The CCYS is even easier to go through.

**I am pregnant, Is it safe to practice yoga for me?**

Yes. We have well equipped antenatal package. The package has been divided into three different stages: **First trimester** (1 to 3 months), **Second Trimester** (4 to 6 months) and **Third Trimester** (7 to 9 months). The yoga nidra (relaxation) practice is of more importance from both mother and child point of view. We also provide postnatal practices.

**Is it a residential yoga school?**

No. We don't have any residential facilities for the time being. Hotels and apartments are easily available nearby.

**Can I record the session in the class room?**

No, no any content in the class room is allowed to record. If you are taking a mobile set with you, it **MUST** be switched off.

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**CCYS**

**Certification Course on Yogic Studies:**

* The course comprehensively covers the ***philosophical foundations/backgrounds***, ***theoretical principles*** as well as ***practical tools*** of yogic sciences (as described in the original scriptures) and more importantly the theory of practice and their applications on various (physical, mental, emotional, social as well as spiritual) aspects of our life.
* The aspirants become able to widen the horizon of knowledge and imbibe the experience of yogic sciences in its depth. It covers both theoretical and practical sessions.
* The regular practice will help the aspirant/s to feel and experience flexibility, balance and equilibrium on different levels of personality. It also helps to get rid of some minor problems, stiffness and muscular rigidity etc.
* A general knowledge on human body anatomy and physiology will be given in relation to the effect of yogic practices on the major systems of the body including brain and hormonal patterns.
* This course exclusively qualifies to those who will be interested for yoga teacher's training course.
* A certificate is issued after the completion of the course.

For more information, please [contact us](file:///C:\Users\user\Desktop\Kathmanduyoga\contact.html).

**Practices:**

**Asanas**

Asanas are known as body postures. According to yogic scripture there are 8.4 million postures. Today we have very condensed form of asanas. Different asanas have their targets in different body parts. This is one of the major contributions of Satyananda Yoga that they have been classified in various categories and all of the practices have undergone well experimentation and researches. There are three major groups of the practices. Every group has been classified in different sub groups. They are:

**Beginners Group**

1. Pawanmuktasana series
   1. Part 1: Anti - rheumatic Group
   2. Part 2: Digestive/ Abdominal Group
   3. Part 3: Shakti Bandha Asanas
2. Yoga Exercises for the Eyes
3. Relaxation Asanas
4. Meditation asanas
5. Vajrasana Group of Asanas
6. Standing Asanas
7. Surya Namaskara
8. Chandra Namaskara

**Intermediate Group**

1. Padmasana Group of Asanas
2. Backward Bending Asanas
3. Forward Bending Asanas
4. Spinal Twisting Asanas
5. Inverted Asanas
6. Balancing Asanas

*(Every sub group has several asanas.)*

**Advanced Group**

Before mastering the practices from beginners and intermediate groups, we do not recommend to the advanced group of asanas. It is most important to create sufficient flexibility with the muscles and joints to avoid over straining the body. The limbs and joints have to be moved into unusual position in which they are not habituated. Any force or extra effort may damage them. So depending upon the capacity of the aspirants, we suggest for the advanced level of practice.

*(We pick up the asanas from various sub groups according to the need and interest of the aspirants).*

**Pranayamas:**

Pranayama is comprised of two root words: *prana* and *ayama*. Prana means 'vital energy' or 'life force' and ayama means 'extension' or 'expansion'. So the word pranayama means 'extension or expansion of the dimension of prana'. The practices of pranayama provide the method whereby the life force can be activated and regulated in order to go beyond one's normal boundaries or limitations and attain higher state of vibratory energy.

There are four major aspects of pranayama. They are:

* 1. *Pooraka* or inhalation
  2. *Rechaka* or exhalation
  3. *Antar kumbhaka* or internal breath retention
  4. *Bahir kumbhaka* or external breath retention.

All the pranayama practices are categorized under four groups. They are:

1. Sensitizing
2. Balancing
3. Tranquilizing and
4. Vitalizing.

There are various practices under the above mentioned groups.

**Mudras:**

Mudras are translated as 'gestures' or 'attitudes'. They can also be described as psychic, emotional, devotional and aesthetic gestures or attitudes. Mudras are a combination of subtle physical movements which alter mood, attitude and perception, and which deepen awareness and concentration. Mudras can be practiced along with the asanas or pranayamas.

**Bandhas:**

Bandhas literally mean to 'hold', 'tighten' or 'lock'. The bandhas aim to lick the pranas in particular areas and redirect their flow into shshumna nadi for the purpose of spiritual awakening. The bandhas are related to the psychic knots or granthis which have their effects in our personality. Bandhas could be practiced along with the asanas or pranayamas.

**Yoga Nidra (Psychic Sleep)/ Relaxation:**

Yoga Nidra is a technique of Pratyahara (the fifth stage of Astanga Yoga). It is one of the foremost contributions of Satyananda Yoga. Swami Satyananda Saraswati has derived it from the esoteric practice of Naysa as described in the ancient tantric scriptures. It has been widely beneficial to the people of modern age, leading suffering humanity towards a state of deep relaxation and a tension - free life.

Decreasing sympathetic arousals and cortical excitations in one side and on the other together stimulating the parasympathetic nervous system is one of the most influential effects of this practice. The other convincing aspect of this practice is the visualization that helps to divert the awareness towards positive direction.

During this practice, the individual is gradually liberated from the deep emotional complexes, fears, and inadequacies that are harboured in the subconscious mind. Often they are the impressions of remnants of unpleasant experiences from early childhood. These may never enter conscious awareness, but they nevertheless generate a high level of floating anxiety in daily life, affecting interactions, responses, attitudes and decisions. This is a root cause of constant tension and stress.

This practice unburdens the loads from mind and heart, leading one to regain a child's emotions and outlook on life: open, simple and spontaneous. This provides enormous mental and emotional relief for the aspirants, who are frequently deeply entwined in the emotional complexes of fear, self-pity, aggression, betrayal or anger. As relaxation occurs, arrested emotions are liberated and the aspirant gradually learns to live, think and feel simply and honestly, expressing feelings openly and honestly. Personality disturbance, due to suppression, is avoided, and outbursts of anger, excitement or passion no longer overwhelm the mind and overtax the other bodily functions.

Imagine the deep relaxation the aspirant would experience if it were freed from lurking anxieties and subconscious tensions. That is what a person in 21st century needs more than anything else and that is what Yoga Nidra (yogic relaxation technique) brings about.

**Dharana:**

### Dharana literally means 'concentration' or 'one - pointedness'. But not just fixation of mind on something. It is a very complex process in which the mind is taken right through the different sates of external, internal and intermediate experiences.

### Psycho - Yogic Approach

**"Life is nothing but a product of our own minds." - Swami Satyananda Saraswati**

Today, in the 21st century; the life of human being has been even more complex. This complexity has added a series of disintegration in our outer and inner personality. Various physical ailments, psychological (mental and emotional) imbalance and disharmony, spiritual deficiency, social maladjustment etc. have been very common phenomenon in our life. We accumulate loads of stress, tension, anxiety, frustration, negative feelings as each day passes by. All of these aspects directly influence our lives in various dimensions. It has been very much important to attend to this upheaval to bring the life of human being in a normal level and even uplift above that point. In this context, an integrated approach to get relief from this disintegration is being felt imperative of which yoga is very much a part.

Yoga has been understood as a set of physical exercise. But it does not mean just making physical movements. It is an experiential science that deals with all aspects of our personality i.e. physical, mental, emotional, spiritual, social etc. It means the development of the human personality in every aspect. When we think of practicing yoga, we mean attaining balance, harmony and equilibrium in all aspects of our personality and expression as well as improving the quality of our life.

There is an urge in every one of us to find happiness, tranquillity and harmony. We would like to attain physical comfort and psychological balance and avoid the tensions and conflicts of daily life. Many scientific investigations have been made into yoga, and we have seen that with the practice of asanas, pranayamas and other forms of yoga, we can attain this balance, harmony and tranquillity.

All the yogic practices are not for everybody. We have many limitations to go through all the practices. Most of us carry some sorts of problems whether physical, mental or emotional within ourselves. Therefore the needs of the aspirants must be well identified and then practices should be used in need - based approach so that every aspirant could get optimum benefit and satisfaction and feel changes as expected. For this purpose, a system called **Psycho - yogic Approach (**working with the body using the mind; *somato-psychic*; and working with the mind using the body; *psycho-somatic*; for the complete renewal of your entire being) has been introduced for your total health and happiness.

It is because the modern medical scientists have, now, claimed that 90% of all the problems are psycho - somatic in nature. The root cause lies in the deep in our psychic level. In this context, making use of psychological aspect during yogic practices is very much important. Therefore, in this approach we use both of the techniques: **somato - psychic (body to mind) approach** and **psycho - somatic (mind to body) approach** to create balance and harmony on both external and internal dimensions of our nature. It has various sets of practices for physical fitness, mental agility, emotional harmony, spiritual verve etc.

Through this approach we can develop the ability to strengthen and relax body parts and unburden the three-fold tension (body, mind and emotion) in any situation and under any condition. We can also develop the capacity to concentrate, to collect all our dissipated energies and focus them at one point. Then the combination of mental force and vital force becomes a very powerful tool in opening up the different dimensions of the human personality.

We are using this approach in various fields. And we have received very encouraging feed backs by the practitioners.

**Sannyasi Premananda (Shiva Basyal)**

**The Founder/Instructor:**

**Premananda (Shiva Basyal)** is the Founder/ Instructor of **Kathmandu School of Yoga** (Govt. Regd. # 8509/202/063/064). He is an M.A. in Yoga Psychology from Bihar Yoga Bharati (the First Yoga University in the World), India. He is the *first registered and certified yoga master and only Yoga Psychologist in Nepal*. He is involved in Yoga since the last 25 years.

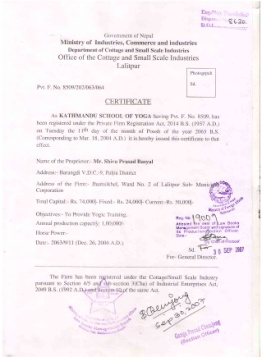
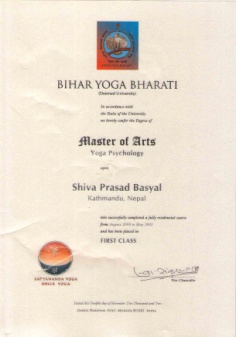
His main focus of teaching is based on ***Psycho Yogic Approach;*** that’s body to mind and mind to body approach for the total renewal of your complete personality. The techniques have been derived from different branches of Yoga. He has done a study on depressive symptoms of the adolescent students (about 1500) aged 14 - 19 and a research work using some pranayama practices on depression of the victims of drug addiction and HIV AIDS.

He has conducted various seminars and workshops armed with ***Psycho-yogic Approach*** on the fields of health (medical and nursing students/practitioners) and education (students/teachers). Such as at Shashid Gangalal National Heart Center, TU Teaching Hospital, Maharajgunj Nursing College, Himalayan Nursing College, and many more schools and colleges from Kathmandu valley and outside..

He has also worked in association with the Ministry of Home Affairs, among the jail inmates and the adolescent students to create awareness about the consequences of drug abuse and at the Save the Children Norway as a psycho – social consultant for the counselors working with the Children in Armed Conflict Program. He also teaches to Cornell University students, New York, at Cornell Nepal Study Program, Kirtipur.

He holds knowledge also on natural healing methods (naturopathy). He is initiated as Karma Sannyasin by his **Guru** **Paramhamsa Niranjanananda Saraswati.** Kathmandu School of Yoga; following the techniques systematized by **Paramahamsa Satyananda Saraswati**, the Founder of **Satyananda Yoga** or **Bihar Yoga Tradition** ([www.biharyoga.net](http://www.yogavision.net)); deals with different aspects of the interests and needs of the aspirants like spiritual growth, general health maintenance, chronic diseases, psycho-emotional disorders, pre/post natal care etc from where the aspirants from more than 42 countries have been benefited. He is also an M.A. in Sociology.

(Certificate of Registration of KSY) (Certificate of M.A. in Yoga Psychology from BYB)

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(Nepal Health Professional Council)

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