

2. Program Title:

"Raja Yoga Saucha - Level 1"

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3. Teaching hours breakdown - 50 hours

Presentation

One of the most important practices described in Patanjali's Yoga Sutras is the practice of Saucha, which we can translate with Western concepts of cleanliness, purity, purification and detoxification. Patanjali advises not to take the path of Asana and Pranayama without first undergoing a deep practice of Saucha, thus allowing the psychophysical vehicle to free itself and lighten itself from convictions, habits, emotions, heavy vibrations, and much of karma. In the ancient Ashram, in fact, the sadaka aspirants (or pupils) were subjected to a long period of physical, emotional and psychic purification before they could only come into contact with the presence of the Guru (Master). In most cases, it was a period of at least two or three months, according to the psychophysical state of the would-be sadaka. The purifications were carried out in nature, with fasts, ablutions, internal body washes, a diet of roots and fruits, readings of sacred texts and listening to the Sitar, under the careful supervision of the most experienced students and close to the Guru.

This course aims to train sadakas experts in Saucha techniques and can support and guide would-be sadakas in their approach to purification, adapting ancient methods to current psychophysical problems. Special attention will be paid to the technique of *Shankhaprakshalana* (the complete cleaning of the *intestines*), the diet, the use of essential oils, the meditation and breathing techniques useful for purification.

The course consists of two 50-hour levels, each of which includes a theoretical-practice part of 24 hours and a 26-hour practical internship part.

The course can be held in extended mode with three-day mini-courses, as indicated in the program, or in intensive form by amalgamation of the lesson days in six days. After that, the internship will still have to be carried out.

The course will be held in Italian or English.

4. Breakdown of daily frontal teaching hours including breaks

Course program – LEVEL 1 -

FIRST DAY (8 HOURS)

Purification and asceticism in the philosophical and spiritual traditions of the world - I PART – Morning – 4 h – also online

- *Purification techniques with breathing and meditation* (practice of 1 h)
- *The methods of purification in the religions and philosophical schools of the world: fasts, rites, ablutions in Greek philosophy, In Mediterranean cultures, in Catholic, Muslim and Jewish religions.* (Theory 1 h)
- *The still-living teaching of Ayurveda and Yoga. The practices of Yoga in detail. The classic texts of yoga: Yoga Sutra, Hathayoga Pradipika and Gheranda Samhita* (Theory 1 h)
- *The Shankhprakhshana (the complete cleansing of the intestines): Practice, Intestinal and Connected Organs, Theory of Information in Biology, The Example of Traditional Chinese Medicine.* (Theory 1 h)

Healing and Practice of the Asana - II PART – Afternoon – 4 h

- Introduction to the 'Asana'
- Connecting to Cosmic Energy as a healing source.
- Importance of Breathing During Practice
- Practice of 2 h : Asana, Pranayama and Meditation

SECOND DAY (8 HOURS)

Cell biochemistry, DNA and cellular transmutations- I PART – Morning – 4 h also online

- *Purification techniques through breathing and meditation* (practice of 1 h)
- *The cell and its functioning: DNA, DNA structure and supercoiling, transcription and translation of information, not-junk DNA, DNA modification, mutations and genetic damage*

- Origin of toxins with damage to cellular structure: chemicals, radiation and negative emotions and stress

Shankhaprakshalana Methodology and Method - II MODULO – Afternoon – 4 h

- *Shankhaprakshalana (complete cleaning of the intestines)*: physiological solution, concept of cellular osmosis and membranes, importance of isotonic concentration and passage into the digestive tract, precautions and contraindications.
- *The sequence of the Asana in Shankhaprakshalana*: function during practice, effects, benefits and contraindications of each Asana
- *Emotional and psychological conflict management during practice*

THIRD DAY (8 HOURS)

Cell biochemistry, DNA and cell transmutations -I MODULO – Morning – 4 h also online

- *Purification techniques through breathing and meditation (practice of 1 h)*
- *DNA self-repair mechanisms: repair proteins*
- *DNA correction and transmutation processes through meditation*
- *Detoxifying properties of plant-based nutrition: benefits of the vegetarian, vegan and raw food diet*

Plant-based detox methods- II PART – Afternoon – 4 h also online

- *The diet: change, transition, emotional and psychological impacts of transition, graduality and hearing of the body.*
- *Fasting, types of fasts, properties of fruit and vegetable extracts*
- *Essential oils: a simple and practical route, concentrated of the pharmacological properties of plants, a support for emotional discharges and seizures from detoxification. Differences between medical essential oils and commercial essential oils. Essential oils and absorption of the active ingredient. Meditative connection with the plant principle.*

TRAINING AND PRACTICE ON ONESELF (26 hours)

- *1 practice with Tutor as an observer of the process on a sadaka (4 h)*
- *3 practices supervised by a Tutor, preparing the isotonic solution and guiding sadaka in the asana (12 h)*
- *Practice at home: pranayama of purification, purification of the liver with essential lemon oil, vegetarian diet, at least two cleaning after two days in*

your own solitude and experiencing its effects on your psychophysical system.
(8 h)

- Meeting with the tutor for questions, comparisons and clarifications (2 h)

5. Breakdown of teaching hours carried out by the Training Lecturer

The entire course will be taught by the Principal Lecturer in the person of Rosalia Stellacci (ERYT)

6. Distribution of teaching hours carried out by Consultants

No

7. Non-frontal teaching hours breakdown

No

8. Course format

Weekend inside the school or retreat of a weekend elsewhere.