

2. Program Title:

"Raja Yoga Saucha - Level II"

© Rosalia Stellacci 2017, No. 284716893

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 the Saucha, thus allowing the psychophysical vehicle to free itself and lighten itself from convictions, habits, emotions, heavy vibrations, and a lot 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 2 -

FIRST DAY (8 HOURS)

SatSang – psychophysical effects of Yoga Saucha - I PART – Morning – 4 h

- Purification techniques with breathing and meditation (practice of 1 h)
- SatSang with the Master on his own experiences of purification (1 h)
- Communication and reception techniques (Theory and practice 1 h)
- Psychophysical effects of purification – Chakra and Nadi, reflex points, massage and stimulation with essential oils (Theory and practice 1 h)

Preparation and support for Yoga Saucha - II PART – Afternoon – 4 h

- Alternative and bowel washing preparation methods
- Different types of fasting, supplements and natural detox
- Medical essential oils for purification
- Essential oils for medical use for psychophysical support

SECOND DAY (8 HOURS)

Yogic Power- I PART – Morning – 4 h

- Ahimsa and Satya - non-violence and truth in the body: The yogic way of hearing the body (theory and practice 1.5 h)
- Diets and transitions: studies on blood groups, ayurveda, Chinese medicine, yoga, veganism, rawness, cereals (theory 1.5 h)
- Testing food: the meditative process (theory and practice 1 h)

Yogic Food- - II PART – Afternoon – 4 h

- Testing food: the kinesiological process (theory and practice 3 h)
- Testing foods: the radiesthesia process (theory and practice 1 h)

THIRD DAY (8 HOURS)

Pranic rebalancing - I PART – Morning – 4 h

- *Body anatomy, anatomy of subtle energies*
- *Pranic rebalancing initiation*
- *The first part of the sequence*

Pranic rebalancing - II PART – Afternoon – 4 h

- *The second part of the sequence.*
- *The complete sequence.*

TRAINING AND PRACTICE ON ONESELF (26 hours)

- *2 complete saucha yoga practices supervised by a Tutor (8 h)*
- *2 complete yoga saucha practices without supervision, but with a Tutor available for any difficulties (8 h)*
- *Meeting with the tutor for questions, comparisons and clarifications (2 h)*
- *Drafting a final report on its detoxification process in relation to the topics covered in the course.*

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.