



LIFE FOR TOTAL CONSCIOUSNESS

LTC YOGA



Yoga is one of the six traditional philosophical systems of India, which originates in the sacred scientific texts of the Vedas. Its objective is to enable the practitioner to live in harmony by becoming aware of his inner or subjective reality, in order to balance his/her relationship with the external or objective world. Yoga teaches that happiness is the natural state of any person.

Life for Total Consciousness (LTC) is an approach to true traditional Yoga. Transmitted by His Holiness Swami Isa, a realized master from South India, the goal of this practice is to achieve long-lasting happiness within our own self, as well as a balanced lifestyle.

This system allows to approach meditation in a dynamic manner by integrating a series of complementary exercises: body awareness with physical postures (asanas), observation of the breath (pranayama), work on the sound (mantras), gestures (mudras), visualizations and inner observation.

By a regular practice, the student progressively puts his/her whole system into a positive dynamic: the body is both toned and relaxed, the mind regains serenity, the intellect is vivified.

By developing positive thoughts and emotions, the student restores his/her balance both internally and externally, develops harmonious relationships with his/her entourage. Gradually, he/she will detach from the incessant thoughts flow to become the conscious observer of the present moment. This is when the state of Yoga takes place, which can be called Total Consciousness or total absence of vibration.

Life for Total Consciousness is a technique that can be easily practiced and performed by all, regardless of age or physical condition. It is possible to practice sitting, standing or even mentally. Its beneficial effects are felt very quickly.



Life for Total Consciousness

Retreat / Teacher Training 1st Module

The Isalayam France Centre is offering a 14-day retreat for the unique yoga & meditation technique « Life for Total Consciousness » developed by His Holiness Swami Isa. This retreat is part of the 1st module of the LTC teacher training programme. All participants who wish to become LTC teachers and fulfil the training in accordance with the LTC TTC requirements, will be granted a LTC Teacher certificate and will be officially allowed to teach LTC in their home country. During the 2 weeks retreat, students will have the opportunity to be taught directly by Swami Isa, following the traditional Guru-Shishya system which gives students the opportunity to be directly guided by the Master. They will be given personal teaching and mantra initiation.



Life for Total Consciousness

HIS HOLINESS SWAMI ISA



His Holiness Swami Isa is the founder of the Isa Viswa Prajnana Trust and the Global Energy Parliament. Swami Isa is a spiritual Master, scientist and social activist, whose vision is to create a world where every human being can attain Total Consciousness.

In 1991 the Isalayam Ashram and in 1998 the Isa Viswa Vidyalayam school were founded, as institutions to help achieve Swamiji's mission.

In 2000 Swamiji set up a charitable Trust, the Isa Viswa Prajnana Trust, to provide relief and resources to the economically disadvantaged through many charity programs.

The Trust conducts formal and informal educational programs, including conferences, seminars and classes, and runs several institutions including the Isa Viswa Vidyalayam school.

Swami Isa's mission is to uplift human beings and the world, and has taken reforms in Education as the main pathway to lasting change.

Swami Isa has written many books and hundreds of articles ranging from education to physics to economy. Swamiji lives in his ashram, Isalayam, in Kerala, India, and also travels worldwide to speak about the "I Theory" and teach his yoga system, *Life for Total Consciousness*.



Life for Total Consciousness

SCHEDULE

July 8 – 21, 2018

La Poterie Cap d'Antifer, France

7h00	Wake-up
07h30	Meditation / pranayama
8h30	Breakfast
09:30	Theory / yoga philosophy
10h30	LTC Practice
12h00	Lunch
13h30	Karma yoga
14h30	LTC Practice
16h00	Break
16:30	Teaching Pedagogy
18:00	Theory / Bhakti Yoga
19h00	Break / Karma Yoga
20h00	Dinner

This programme is susceptible to change according to Swami Isa's wishes.

During the entire stay, students engage themselves to respect the basic principles of yoga through yama and niyama, ie: maintain physical, emotional and intellectual purity (take vegetarian food, avoid alcohol, clean body & cloth, celibacy, etc.)



Isalayam
LTC YOGA



Life for Total Consciousness

PROGRAMME

I. LTC Practice

- Meaning of human life and LTC
- Asanas, Surya Namaskar
- Heart Meditation
- Time Meditation
- Space Meditation
- Prana Purification

II Theory & Practice of Yoga

Meditation / Dhyana Yoga

- What is meditation?
- Concentration techniques
- Methods of meditation

Tantra & Kundalini Yoga

- Chanting the AUM
- Chakra activation
- Microcosm and macrocosm
- Mudras

Raja Yoga

- Ashtanga - the 8 limbs of yoga
- Patanjali's yoga sutras
- Mantra Japa (Guru initiation)

Karma Yoga

- Karma, the law of cause and effect
- Seva / service
- Simple life and nobility of thoughts

Bhakti Yoga

- Guru and student relationship
- Chemistry of emotions
- Kirtan / Bhajan singing
- Mantra singing

Jnana Yoga

- I-theory
- Major Yoga Texts

III. Teaching methodology



Life for Total Consciousness

ACCOMMODATION

The retreat will take place in the French Centre of Isalayam Ashram, which is located in Normandy, beside the village of Etretat, famous for its beautiful cliffs. The centre is ideally located in the middle of nature on the top of the cliff, with a sea and lighthouse view. It is the perfect quiet and peaceful environment for meditation and contemplation.

Participants will be accommodated in the two guesthouses of the Centre that comprise 5 shared bedrooms for 2, 2 family bedrooms for 4, shared bathrooms and a common kitchen. Camping tents are allowed in the garden.

Vegetarian food will be provided, as well as snacks and beverages.

Date : July 8 – 21, 2018

Place : La Poterie Cap d'Antifer – Normandy – France



Life for Total Consciousness

PRICING

Early Booking Retreat (book before 31/12/2017)

Guest House : 1100 €

Tent : 950 €

Normal Retreat

Guest House : 1200 €

Tent : 1050 €

Includes:

Course : 600 €

Food : 400 €

Guest House Accommodation : 200 € / Tent Accommodation : 50 €

Students <25 / Unemployed : 800 €

Families (minimum 3) : -20%



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