



## **MOUNTAIN TOP CLINIC (MTC)**

### **Online Introductory Yoga Program**

Mountain Top Clinic is pleased to announce the start of an **online Introductory Yoga Program** to be conducted by a certified Iyengar Yoga teacher as a preliminary to a permanent **Yoga Training Program at MTC** in the future. The classical Ayurveda texts refer to Ayurveda and Yoga as complementary disciplines working towards the common goal of maintaining health and preventing disease. This is why Mountain Top Clinic includes Yoga instruction as part of the Ayurvedic healing experience, which may be especially supportive during these times of pandemic. The classes will be taught as **Level I** (10 classes of 1.5 hours each) and **Level II** (10 classes of 1.5 hours each). Details of registration are given below.

“Yoga for overall health and well-being” has now become a popular slogan. Based on substantial scientific research on the benefits of Yoga, many doctors, psychologists and health practitioners include Yoga as part of their treatment and rehabilitation programs. Clinical research has documented these benefits extend to the management of many chronic ailments including anxiety, depression, hypertension, cardiovascular disease, insomnia, and cancer treatment.

Yet in order to benefit fully from Yoga a firm foundation is necessary. Such a foundation provides a clear understanding of each aspect of an asana and also enables one to avoid risk of potential harm. By a deep insight into the workings of an asana at many levels one gains knowledge into how to manage and maintain one’s own health and well-being. Yet asana alone is not the whole of Yoga, although this is how it is widely taught in Yoga classes and referred to by health practitioners in supporting medical treatments. In addition to asana, are the several other equally valuable practices which together with asana work to support overall health and well-being.

The introductory classes will be held online in order to facilitate student-teacher accessibility. Eventually, these classes will lead into a more thorough grounding in Yoga practice with face-to-face classes at MTC at some point in the future. Those who complete these introductory classes will find that their understanding of Yoga will be much deeper and more satisfying because they give the student insight into how the body and mind work in response to each other. With continued practice and proper guidance, even the hoped-for spiritual

sense of calm and oneness may be experienced.

### The Program

At this level of online Introduction to Yoga Practice each session of one and a half hours (1 ½ hours) will consist of the following:

#### Sample Class timing

Activity	Length	Purpose
Introduction ~ Invocation	10 mins	Students settle in, computer login time, Invocation, announcements
Asana Practice	40 mins	In-depth understanding of selected Asanas
Pranayama	10 mins	Later classes will include Pratyahara & Dharana, time may be adjusted accordingly
Yoga Concepts ~ Philosophy	20 mins	Explanation of Yoga concepts and philosophical underpinnings
Questions ~ Discussion	10 mins	As per student interest and request

### About the Teacher

Narenthran S. Virakannu is a certified Iyengar Yoga teacher who received training under Sri Nanda Kumar (a direct student of BKS Iyengar) since 2010. He received his Iyengar Yoga teacher certification in 2015 and continues to teach and train as a lifelong practitioner of Iyengar Yoga. He has also studied under other senior Iyengar Yoga teachers including Birjoo Mehta, Zubin Zarthoshtimanesh, Abhijata Sridhar Iyengar, Ramanand Patel, Bobby Clennell, and Justin Herold. Narenthran currently teaches Yoga and conducts Iyengar Yoga Introductory programs in Malaysia.



Previous training: Sivananda Yoga (Madurai and Trivandrum), Yoga Acharya (M.Y., Master of Yoga); Yoga Vidya Gurukul (Nashik), Diploma in Yoga Therapy; registered under Yoga Alliance (USA, ERYT500); certified Yoga and Ayurveda Health Educator, American Institute of Vedic Studies; studied under the late Dr. George Feuerstein, Philosophy, History & Literature of Yoga.

## Syllabus of INTRODUCTORY YOGA PROGRAM

### LEVEL I

Level 1 students are introduced to **the primary asanas** including standing postures such as the triangle pose '*Utthita Trikonasana*', which help **develop strength, stability, stamina, concentration and alignment**. These standing poses are **vital to the development** of the more advanced poses.

### LEVEL II

Level II introduces a set of asanas to gain confidence, balance, flexibility, strength, focus and stability. Inversions are taught in Level II, which are very beneficial for our overall well-being and longevity. The Introductory Pranayama are introduced to make the student understand how to breathe properly and comfortably.

## Fees and method of payment

Level	Fee
Level I	INR 40,000
Level II	INR 40,000

### Bank transfer details:

- NILGIRIS AYURVEDIC TREATMENT CENTRE PRIVATE LIMITED  
*Please note: Mountain Top Clinic is only our trading name, our name with the bank is registered as above. So please mention the above name when you do the transfer as they won't recognize any other names.*
- ACCOUNT NUMBER: 035405001951
- SWIFTCODE: ICICINBBXXX  
*Please note: There is no iban for this bank, you have to use only swift code to transfer.*
- RTGS/NEFT/IFSC CODE (OPTIONAL): ICIC0000354
- BANK: ICICI BANK, COONOR BRANCH, INDIA
- ADDRESS OF THE BANK: GREY'S HILLS, COONOR, NILGIRIS, INDIA
- PURPOSE OF TRANSFER: **Treatment**
- (Reference: <http://www.xe.com/currencyconverter/>)