



# IYENGAR YOGA WORKSHOP with DR. ABHAY KESTE in GOKARNA, at Gokarna Yoga School 11, 12, 13, 14 MARCH 2020



Dr. Abhay Keste, our honoured guest from Belgaum, will teach all of the asana and pranayama sessions.

After completing the degree in HOMEOPATHIC MEDICINE AND SURGERY in 1994, he took up the yoga training at RAMAMANI IYENGAR MEMORIAL YOGA INSTITUTE (RIMYI) for two years. He visit RIMYI every year to refresh his knowledge. "I am practising Iyengar yoga from my childhood under my father's guidance who has been practising Iyengar Yoga from last 25 years."

He runs two yoga centers both named "SHRIKANT YOGA CENTRE" at two different locations in Belgaum City. His second yoga center was inaugurated by GURUJI (Shri B.K.S. Iyengar) on Oct 31, 1999.

In 2009 Guruji awarded him with the Advance Junior I certificate. He regularly teaches seminars in China, in the United Arab Emirates and in Rishikesh. He has been to medical institutions and engineering factories to demonstrate and teach Yoga. He conducted classes for Doctors at INDIAN MEDICAL ASSOCIATION.

"Myself being a homeopathic doctor I have in-depth knowledge of anatomy, physiology and pathology. My medical background along with BKS Iyengar way yoga helps me to treat people suffering from diseases like Blood pressure, Diabetes, PID, Arthritis, Spondylitis, Migraine, Paralysis, IBS, etc. by the art of yoga only. My focus these days is mainly towards medical treatment using my own developed instrument."

Usha is specialized in ladies problems varying from menstrual problems to pregnancy and post natal problems.

She is regularly taking ladies general classes as well as working in medical classes to take care of patients specially having problems like Menstrual diseases, Menorrhoea, endometriosis, Prolapsed uterus, etc.





**During workshop:  
TRANSFORMER, presentation and trial**  
Invented by Dr Abhay Shrikant Keste,  
Shrikant Yoga Centre

**HOW IS  
MADE**

It is made up of **strong pipes** to carry the body of a person. The **wooden plates** are on two horizontal pipes to rest on it. **It creates support in all directions** front, back, bottom and top.

**HOW IT  
WORKS**

**TRANSFORMER is adaptable quickly** to all the types of Yoga poses: standing, back bending, forward bending, twisting and inversion poses. The plates moving on two parallel pipes, help to create a platform at various slopes, the movable accessories give support to a curve for many back arching poses.

**WHAT IS  
FOR**

In one structure you find the **functionality of most of the Iyengar Yoga props**. It facilitates Yoga actions to **attain proper postures for longer time**; to explore the layers of body; to get physical, physiological and mental health; to get into meditation. **TRANSFORMER helps to learn advanced Yoga poses** as it gives required support to stay in them by cutting down the total effort into multiple small efforts.

**TRANSFORMER is useful to everyone: beginners, advanced practitioners, patients.**

It is disassembled in a few minutes and is easily packed for transport. It can be installed on the wall of a house or a Yoga studio.



# Event Location

The seminar will take place in "Gokarna Yoga School", that is located on the terrace inside the resort "Namaste Sanjeevini" in Kudle Hill Top, Kudle Beach Road, Gokarna, Karnataka 581326.



## Gokarna Yoga School

The room is a roof-top composed of 2 spaces of 60 and 90 square meters, all the main tools foriyengar yoga practice are available; bricks belts, bolsters, halasana boxes, viparita karani boxes, supports for sarvangasana, bendages

**GYS is open from November to March** with classes and selfpractice (almost) daily, morning and afternoon. The Yoga taught follows the tradition of B.K.S. Iyengar with the purpose of benefiting the organic body and cultivate systematic intelligence.

**GYS is open to host seminars within the Iyengar Yoga world community**



## Cost and Registration

Entire seminar, 12000 rp for registration. It includes all yoga sessions.

Single class sessions may also be available for 40€ each one.

Places are limited, to reserve participation is required to pay 12000rp on bank account.

Accountholder: Abhay Keste

IFS code: UTIB0000138.

ACCOUNT NUMBER: 9150 200070 43357

Geetanjali Plaza CTS n. 2 672 Khanapur Road. Tilak Wadi Belagavi 590006

Afterwards send by mail the transfer receipt to [gokarnayogaschool@gmail.com](mailto:gokarnayogaschool@gmail.com)

Cancellation policy: In case of cancellation before 15 February 2020 will be refunded half of the amount. In case of cancellation after this date there is no refund

## Location and Accomodation

### Gokarna Yoga School

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### Gokarna Yoga School is located in Namaste Sanjeevini Resort

Namaste Sanjeevini is at a four minute (average), 200 metre walk above the pristine Kudle beach. Its rooms and cottages are scattered among a cool, green environment. both in kudle beach and on the hill top you can find solutions for your accommodation for all budgets and needs. **We recommend that you plan your trip and purchase your ticket well in advance.**

### Stefano

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### Gokarna Yoga School

[www.gokarnayoga.com](http://www.gokarnayoga.com)

mail: [gokarnayogaschool@gmail.com](mailto:gokarnayogaschool@gmail.com)

facebook page: [IyengarYogaInGokarna](https://www.facebook.com/IyengarYogaInGokarna)

### Schedule (subject to change)

Wednesday	Thursday
	9,30-12,30
15,00-18,00	15,00-18,00
Friday	Saturday
9,30-12,30	9,30-12-30
15,00-18,00	

