



# हिमालयन योग विज्ञान स्कूल

स्वामी राम हिमालयन विश्वविद्यालय की एक शैक्षणिक इकाई

## Himalayan School of Yoga Sciences

A Constituent Academic Unit of Swami Rama Himalayan University



Ref. SRHU/HSYS/2025/40

Date: 02<sup>nd</sup> March 2025

### Notice

#### 03 Day Workshop on Himalayan Yoga Tradition

Students of B.Sc Yoga Science & Holistic Health, M.Sc Yoga Sciences and Ph.D Scholars of Himalayan School of Yoga Sciences are hereby informed that there is a transformative 03 days workshop on the Himalayan Yoga Tradition will be organized by HSYS in association with Swami Rama Sadhak Gram, Rishikesh. In this regard all the students to make themselves present before time.

Your attendance is mandatory.

**Details are given below:-**

**Dates:** 25<sup>th</sup> to 27<sup>th</sup> March 2025

**Time:** 2:00PM - 4:30PM

**Location:** Nagarjuna Lecture Hall-VI.

**Facilitators:** Mr. Ashutosh Sharma & Mr. John Sellinger.

Order by:

Officiating Principal  
Himalayan School of Yoga Sciences  
Swami Rama Himalayan University

Principal

Himalayan School of Yoga Sciences  
Swami Rama Himalayan University  
Jolly Grant, Dehradun Uttarakhand-248016

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# Report

## **3-Day Workshop on Himalayan Traditional Session Program on Yoga**

**Date:** 25<sup>th</sup> to 27<sup>th</sup> March 2025

**Venue:** Nagarjuna Lecture Theater

**Organized by:** Himalayan School of Yoga Science (HSYS)

**Facilitators:** Ashutosh Sharma and John Sellinger

### **Introduction**

The 3-day workshop on the Himalayan Traditional Session Program on Yoga was conducted to provide participants with an in-depth understanding of the ancient yogic traditions practiced in the Himalayan yogic practices. The program included theoretical insights, practical sessions, and interactive discussions on yoga, meditation, and holistic well-being.

### **Day 1: Introduction to Himalayan Yogic Traditions**

- **Session 1:** Overview of Himalayan yoga tradition and its Basic foundation.
- Guided practice on breathing techniques (Pranayama)
- Meditation and mindfulness exercises for relaxation.

### **Day 2: Deep Dive into Yogic Practices**

- **Session 2:** Discussion on the techniques of meditation and mantra chanting.
- Guided practice on Meditation according to Himalayan Yoga tradition.
- **Interactive Session:** Q&A with experts on yogic lifestyle and mental wellness.

### **Day 3: Application and Closing Ceremony**

- **Session 3:** Group meditation and Relaxation
- Practical demonstration of Diaphragmatic breathing.

### **Outcome and Feedback**

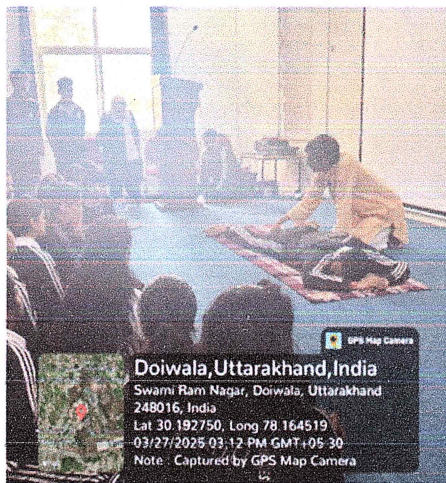
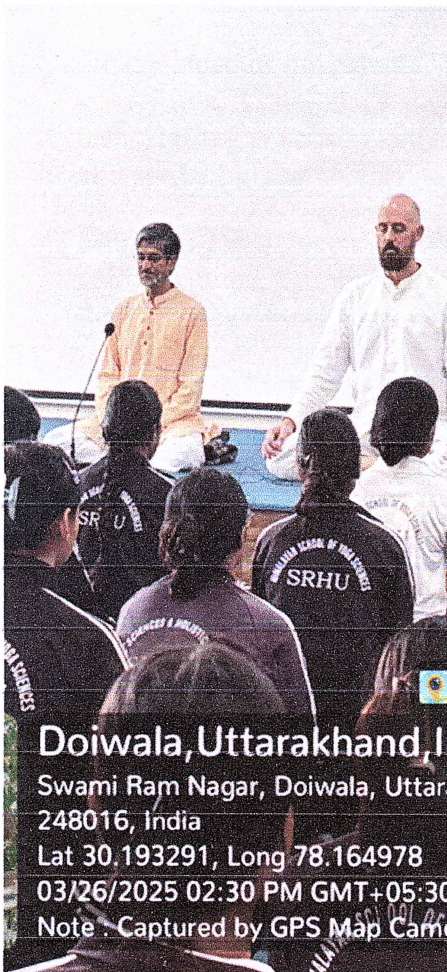
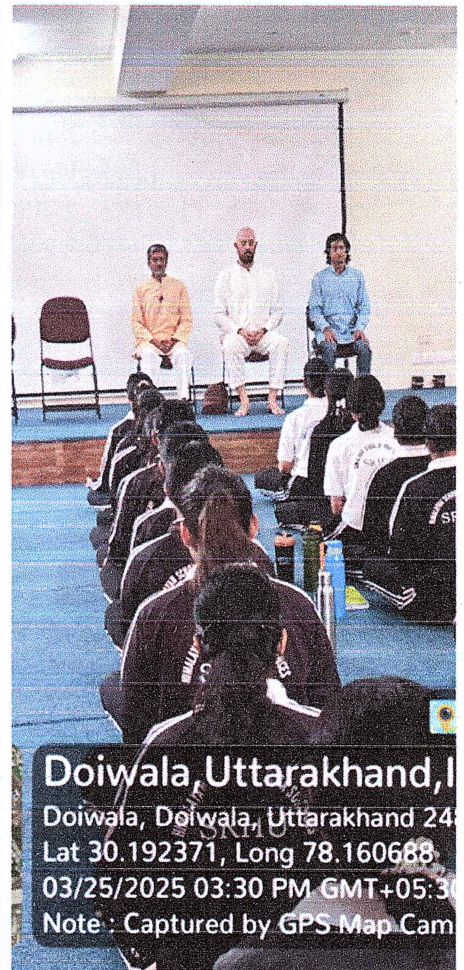
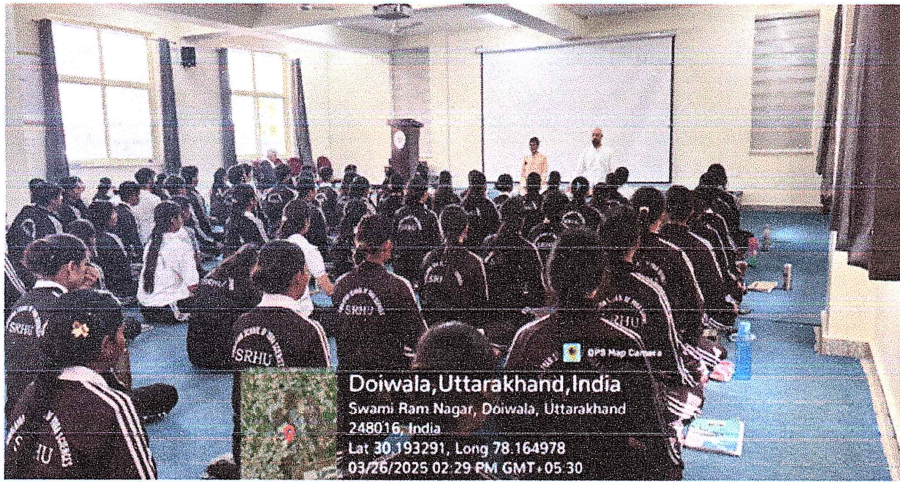
The workshop was highly successful, with students gaining practical insights into Himalayan yoga traditions. The sessions helped attendees improve their physical, mental, and emotional well-being. Feedback from participants highlighted the effectiveness of practical exercises, the depth of knowledge shared by facilitators, and the serene environment that enhanced the learning experience.

### **Conclusion**

The 3-day workshop provided a unique opportunity to immerse in the rich yogic traditions of the Himalayas. It successfully promoted self-awareness, relaxation, and holistic well-being among attendees. Future workshops may include extended practice sessions and personalized guidance for deeper learning.

*Subee*

# Photograph



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These are three days pictures of Workshop

## **Bio Brief of Expert:-**

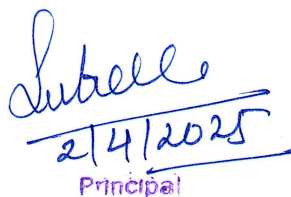
### **ASHUTOSH SHARMA**

Ashutosh Sharma is an expert Hatha yoga instructor. He was born in a Brahman family in 1972 in Rishikesh. From an early age, he studied asanas, pranayama and subtlebody relaxation techniques. In 1992, he met Swami Rama of the Himalayas who directed him to Swami Veda Bharati to learn meditation and to intensify his practices. Since 1996 he has taught internationally. Ashutosh now serves as a senior Hatha Instructor for HYT-TTP. Presently he lives in Berlin, Germany, with his wife Andrea Sharma who also teaches hatha yoga.

### **JOHN SELLINGER**

John Sellinger have been involved in Yoga since early childhood, having practiced first under the guidance of his parents. While travelling the world continuously with his family from the age of one, Yoga, meditation and philosophy became a unifying force for them. In his late teens, he began serious and regular practice of meditation, which had a great impact on his life as a student in the medical field.

From 2010 until recently, John Sellinger lived in Rishikesh, India, in the ashram of his family's spiritual guide, Swami Veda Bharati. During this time, he had the privilege of practicing under the guidance of many renowned teachers, with a focus on meditation and silence.

  
2/4/2025

Principal

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