



**NAMAH**  
The Journal of Integral Health

on 6-8 December, 2023  
with sessions at 5.30-6.30 pm IST



# ELEMENTS OF THE INTEGRAL YOGA

*an online workshop organised by NAMAH,  
the Journal of Integral Health with*

**DR. ALOK PANDEY**

**The Integral Yoga is a creation of Sri Aurobindo and the Mother**, with a new aim and possibility for earth and humanity. While the Yoga itself moves through vast landscapes and uncharted territories towards completely new goals, its core practices are the triple labour of *Aspiration, Rejection and Surrender*. This course will focus upon these and other practices of Integral Yoga.

|       |   |
|-------|---|
| Day 1 | <i>Beginnings of the Integral Yoga</i>  |
| Day 2 | <i>Progression of the Integral Yoga</i> |
| Day 3 | <i>Fulfilment of the Integral Yoga</i>  |



## **DR. ALOK PANDEY**

*is a medical doctor specialising in psychiatry, practising at the Sri Aurobindo Ashram, Pondicherry. He has conducted several workshops on diverse subjects in India and abroad and contributed numbers of articles on different subjects in various*

*Indian and International journals. He has authored three books and also edits All India Magazine, a monthly journal of the Sri Aurobindo Society. He is also a Founder-Editor of NAMAH, the Journal of Integral Health.*

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### **REGISTRATION DETAILS**

INDIA : Rs. 1,500 - <https://rzp.io/l/o4sDF0I>

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Zoom joining details will be circulated in the morning of 6<sup>th</sup> December