

STUDY RESIDENCY

India 2024



FROM 18 FEBRUARY TO 8 MARCH
2024



STUDY RESINDECY IN INDIA

20 days of immersive experience in the ancient South Indian Arts of Kalaripayattu, Ayurveda and yoga

WE INVITE YOU TO PARTICIPATE IN THIS AMAZING IMMERSION INTO THE REAL INDIA; THROUGH THE TRADITIONAL SYSTEM OF EDUCATION "GURUKULA" FROM 18 FEBRUARY TO 8 MARCH 2024.

This residential study opportunity features an intensive programme rooted in the South Indian martial art, KALARIPAYATTU. During this residency, participants are offered training in either YOGA or AYURVEDA. Both training courses provide international certification endorsed by KALARIGRAM (Hindusthan Kalari Sangam) located in the district of Pondicherry, INDIA.

www.kalarigram.org

The program is designed for Yoga teachers, performing artists, health professionals, holistic therapists and or anyone who is looking to advance and deepen their knowledge of these ancestral disciplines through the traditional education system of Indian Culture "Gurukula".

The term Gurukula derives from the Sanskrit words: Guru (Teacher/Master) and Kula (Family/home). No previous experience in Kalaripayattu is required.



Kalarigram

AYURVEDA DIPLOMA

The Ayurveda Diploma program taught by Kalarigram covers the theoretical and practical study of two important therapeutic methods: SHAMANA* (Detoxification) and RASAYANAS* (Rejuvenation therapies). So even for those, who already have a basic knowledge of this holistic medical practice, they can broaden their therapeutic field by adding new tools for self-care, as well as for the treatment methods and therapies to use with their patients/clients.

Shamana – Detoxification Methods

Ayurveda believes that before starting any healing treatment it is necessary to eliminate the accumulated toxins or “Ama” out of our systems. Shamana, is the primary stage of the detoxification treatment used in Panchakarma, which is a soothing and calming, preventive treatment that relies on herbs, diet and exercise to promotes lifestyle changes.

Rasayana - Rejuvenation Methods

Rasayana is one of the eight areas of Ayurveda medicine that focus on rejuvenation, lengthening lifespan and preventing disease by boosting the immune system through plant derived-medicine. Rasayanas are prepared with 100% natural ingredients, using only the best of herbs and spices, ghee (purified butter), honey, brown rice syrup, etc.

As part of the program the students will receive therapeutic specialisation in these two methods.



INTRODUCTION TO PANCHAKARMA (SHODANA METHOD)

SYLLABUS:

- Detox massage
- Oil massages preparation techniques based in Ayurvedic science.
- Sweda Sadhana technique Ayurvedic sweating detox method
- Dhinacharya Shamana Self-care, lifestyle and detox recommendations
- Churna preparations medicinal powders used for treatments
- Dhinacharya Rasyana Self-care, lifestyle and rejuvenation advice



YOGA DIPLOMA

During this twenty-day intensive course in India, you will be immersed in an ancient Yoga tradition through "teacher and disciple" relationship. The daily practice will not only include pranayama, kriyas, asanas and meditation but also the concepts of mudras, bandhas and the most important foundations of yoga philosophy.

In addition to this, you will gain teaching skills on how to create a more comprehensive advanced Yoga asana sequence in order to make you an even more knowledgeable and confident Yoga teacher.



Memories India 2019

KALARIPAYATTU DIPLOMA

It is believed that Kalaripayattu is one of the oldest existing martial arts in the world, which flourished during the Medieval Kerala period. However, it was banned by colonial powers during 140-year span of the British Empire. Nowadays, this powerful discipline has influenced actors, theatre directors, dancers and martial artists alike, allowing its revival. Kalaripayattu opens and regulates energy channels by pushing the body to its limits, the practice emphasizes on spine and hip flexibility as well as lower body strength. The intensity of this practice will not only support you physically but also mentally and spiritually.



Memories India 2020

PH: @yoss_cloud



Memories India 2023

WHAT TO EXPECT FROM THIS COURSE?

The residency includes three areas of studies delivered by native Indian teachers. The courses are delivered from Monday to Friday: Yoga, Kalaripayattu and Ayurveda. The participants will learn and practice on a weekly basis. It is recommended to choose only two disciplines at time as Kalaripayattu and Yoga and both physically demanding and teaching schedules (unfortunately) clash with one another.

Broad Itinerary

1. Ayurveda Diploma
2. Advanced Yoga Course or Kalaripayattu course
3. Two tours:
 - 1st weekend of the course: Temples and Ashrams and shopping tour around Pondicherry.
 - 2nd weekend of the course: Temples and ashrams around Chidambaram y Thiruvannamalai (Tamil Nadu).

OBJECTIVES

- The main aim of this program is to provide enhanced studies in YOGA, KALARIPAYATTU and AYURVEDA (principles or nutrition and massage) through immersion in a south Indian "Master-Student" teaching context (Guru/Shishya tradition).
- For those who choose not to complete Sadhana (physical practice eg; Yoga or Kalaripayattu), there will be moderate and low-demanding learning options available.
- The course is designed to enhance your knowledge and understanding and provide you with tools to improve lifestyle habits (yours and your clients) and self-observation, formulation of health diagnose and treatment (Ayurveda diploma course).
- Upon completion a certificate of studies in India will be issued by Kalarigram-Yogishananda Peetham, supported by Hindusthan Kalari Sangam



TOURS SOUTH INDIA

The Study Programme in India 2024 includes two tours around Tamil Nadu, which together with Kerala, are the birthplace of the Ayurveda science and the martial art of Kalaripayattu. The tours will take you to visit places of millenary history of South India and various acclaimed Temples and Ashrams such as Auroville.



Gingee Fort



Gokilambal Thirukamesware



Auroville



Chunnambar Boat House



Sri Aurobindo Ashram



Shopping Tour

TOURS SOUTH INDIA



Chidambaram Temple



Chidambaram Temple



Kailasanathar Temple



Annamalaiyar Temple



Ramana Maharshi Ashram



Thiruvannamalai

During the Residency (February 2024), participants will also witness, Shivratri (Maha Shivratri in honour to the deity Shiva), an authentic annual Hindu festival which occurs at this time and more specifically, the “Tantrotsav”, Kalarigram's annual arts and cultural festival that happens during Shivarathri, with different events and performances spanning a 3 week period; an unforgettable vibrant experience of south Indian culture.

FEES

FULL FEE USD \$2,300

DEPOSIT: USD\$ 500 in order to secure the booking, the outstanding balance must be paid a week in advance before departure.

What is included?

- Course admission (regular Kalaripayattu, Ayurveda and Yoga practices).
- Study material
- Food
- Accommodation
- Tours
- Transfers from Pondicherry airport to the Study Centre and return

What is NOT included?

- Flights to and from INDIA (Pondicherry airport)
- Entrance to museums and others
- Visa
- Travel insurance (Compulsory)
- Vaccinations (compulsory)
- Extra cost of excursions such as: markets, cafes, art performances, etc.

Further details about the food and accommodation

- All meals will be vegetarian Indian style, 3 times a day, plus tea and snacks.
- Accommodation: accommodation will be at the Kalarigram Study Centre. Divided between male and female participants.
- Private rooms can be arranged at an extra cost, either in the centre or within the area (near by accommodation)
- Transportation in India: From Chennai to Pondicherry is around 150 kilometres. Depending on the number of participants the transport will be arranged in either taxi or bus. As previously highlighted this cost is already considered in the price of the course.
- Visa for India: Each participant will have to arrange their own visa for India. Please ensure you plan ahead in order to get your visas in time for departure. If necessary letters and invitations can be provided in order to facilitate access.

Cancellation policy

Please be aware that we reserve the right to refund only 50% of the fee if cancelled with in 60 days on the trip.

WHO ARE WE?

The Kayapalka program and the Study residency program are organised and designed by Kaloorka (Chile) and Kalariargentina (Argentina) in Collaboration with Kaligram (India).



Manoj V. Mathai (India)

Actor, theatre producer, Yoga teacher, Ayurveda Therapist and founder director of “Kaloorka”. Born in Thrissur, Kerala, South India, Manoj has dedicated his studies and career to the performing arts fields, Ayurveda and Yoga. He holds a BA in Theatre Arts (BTA), a Master of Theatre Arts (MTA) a Master of Philosophy (M. Phil.) and a Ph.D. in Actor Training from the School of Theatre, University of Calicut, Kerala.

Manoj specialises in physical theatre and has directed theatre workshops, residency studies and retreats in India and Chile. He has been teaching Yoga since his certification in 2000 from the Sivananda Master Teacher Training in the Himalayas and specialising in Ayurveda/Panchakarma since 2009 from the Ashtami Herbal Care Ayurveda Nursing Home.



Macarena Rubio Escobar (Chile)

Dancer, Ayurveda Therapist, Masseur and exponent of the martial art Kalaripayattu in Chile and India. Co-founder of Kaloorka since 2011. Macarena holds a BA in Dance Pedagogy from the Universidad Arcis (Chile) has trained in the fields of Chinese Medicine (Tuina and acupuncture) Yoga and Ayurveda internationally. Since 2012 has been working independently combining the practice of Yoga with Ayurveda therapies.

Her vast background in Tarot, Astrology and Bach flowers has influenced her teaching approach towards healing and consciousness empowerment.

In 2010 she travelled to southern India to deepen her practice in Kalaripayattu at the Hindustan Kalari Shangam Centre. She was certified from the Thrisiva Yoga Kendra with Gopinath Edakkunny and Sivananda Yoga with Manoj V. Mathai. In 2013 she took part in the Ayuryoga teacher-training course organised in India under Kaloorka at the Ashtami Herbal Care Ayurveda Nursing Home.



Carla Guida Johnson (Argentina)

Performer artist and teacher, in constant training in Theatre, Dance, Yoga and Martial Arts, she lived in India for 4 years and is dedicated to the practice of Yoga and Kalaripayattu. She coordinates Clown seminars, and participates in several productions and festivals. Founder of Kalariargentina, she organises Kalaripayattu seminars and retreats.

Do you want to see photos of previous programs in the recent years?
Get to know the team through their Instagram account with photos,
videos and more
follow us!

<https://instagram.com/kaloorika> - Macarena Rubio/Manoj V. Mathai
<https://instagram.com/kalariargentina> - Carla Guida Johnson
<https://instagram.com/kalarigram>

Do you want to know more?
Drop us a line expressing your interest at:
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Hablas español?
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