

COURSES IN
HUMAN AND SPIRITUAL RESOURCES
BASED ON
**TRADITIONAL INDIAN SCIENCES OF
BHAKTIVEDANTIC TRADITION**



CENTRO STUDI BHAKTIVEDANTA
Università Popolare degli Studi Indovedici
Associazione non profit riconosciuta | APS

*There is no education
which brings more
benefits than the one
which helps us shed light
within ourselves.*

Rakesh Terani



CENTRO STUDI BHAKTIVEDANTA

Bhaktivedanta Study Center

Popular University of Indo-Vedic Studies

Training Institution Accredited by MIUR - Ministry of Education, University and Research - providing courses to teacher and staff of Italian schools, in accordance with Directive 170/16

WHO WE ARE

Founded by Marco Ferrini in 1996, the Centro Studi Bhaktivedanta (CSB) has its head office in Ponsacco, Pisa (Italy) and conducts its activities throughout Italy and abroad.

It operates mainly on the basis of the free and voluntary contribution of thousands of members and more than 100,000 people, including scholars and followers, attracted by the cultural, educational and informative activities through which we seek to offer a useful contribution and value to the individual and the community.

Born as a recognized non-profit association and for social promotion one, in 2019 the CSB officially became the Popular University of Indo-Vedic Studies (UniPSI).

The purpose of the CSB is to preserve the philosophic, literary and spiritual wisdom of the millenary knowledge of the Vedas, recognized as UNESCO world heritage, making it available for everyone through educational courses for personal and professional development, seminars, yoga-ayurveda wellness programmes, spiritual journeys to India, yoga retreats, as well as the publication of books, essays, audio and video materials.

MISSION

Our goal is to disseminate the millenary teachings of Indo-Vedic knowledge, considered of universal wisdom and value, to support the individual in the attainment of deep self-knowledge, and to solve crises and existential, relational, family, and professional struggles, on a personal and social level.

VISION

Ours is a life mission to share Yoga and Ayurveda wisdom by means of a contemporary language and with a suitable methodology for the nowadays' issues. By fostering the dialogue between western and eastern disciplines, we support the individual's evolution through a holistic approach to knowledge, in order to develop, improve and elevate the human and spiritual potential.

Marco Ferrini was born in Pisa (Italy) in 1945. After graduating from the Magistero d'Arte of Florence, he began his apprenticeship under an antiquarian of international reputation esteemed by prestigious art museums. In 1967 he launched his professional interior design firm through which he would collaborate with major Italian and international private clients and some of the most highly regarded Italian and international firms in the field.

Since young age, he felt a certain vocation to inquire on the fundamentals of life and soon undertook a gripping formative and spiritual path. The turning point finally came in 1976: when he met the saintly Vaishnava A.C. Bhaktivedanta Swami Prabhupada (1896-1977), one of the most authoritative representers of the spiritual and philosophical thought of India, ambassador of Bhakti Yoga (the Yoga of love) in the West, who became his Master and initiated him with the name Matsya Avatar das.

After years of several journeys to the most sacred sites of the Gaudiya Vaishnavism in India and of intense spiritual practice of spiritual service to his Guru's mission, in 1995 he founded the Centro Studi Bhaktivedanta: Academy of Traditional Indian Sciences, today known as Popular University of Indo-Vedic Studies, recognized by MIUR (Italian Ministry of Education, University and Research), providing accredited training courses for teachers and Italian school staff, in accordance with Directive 170/16. The institution immediately engaged in the spreading of the universal wisdom of Yoga Psychology and Philosophy, with particular focus on the teachings of Bhakti-Yoga according to the Vaishnava tradition, always integrating in the offered curriculum the Eastern vision with the Western one.

Marco Ferrini's aim is to preserve the holy scriptures and traditions of the Vaishnavas, the Vedas, Upanishads, Puranas, Itihasas, Yoga Darshana and Ayurveda, to study them, following academic methods, in their historical and



philosophical context, inspired by the teachings of A.C. Bhaktivedanta Swami Prabhupada and widespread through this Centro Studi Bhaktivedanta.

Characteristic of his activity as an educator and disseminator is an authentic attention to the person, whom he listens to according to his or her needs with humanity, masterfully valorises in his or her potentialities, and considers in his or her widest evolutionary vocation.

"In recognition of his contribution to the dissemination of the Vedic knowledge throughout the world, entirely dedicated and without other purposes, to the authentic spirit of Vedas for the wellbeing and welfare of humanity", in 2012 the President of India and the Rector of the Dev Sanskriti University in Haridwar awarded him a golden medal with a honorary certificate along with the academic title of Ph.D. Doctor of Philosophy Honoris Causa.

Marco Ferrini is author of more than a thousand publications, including audios, videos and books, that, in a modern key, repropose the Indo-Vedic historical, sociological, philosophical, psychological and spiritual thought, within the dialogue between East and West, between modernity and tradition.



Bhaktivedanta Study Center - Popular University of Indo-Vedic Studies

Our courses are flexible and accessible to everyone, even remotely, in Italy and abroad, and allow the attainment of official certificates for both a personal and professional development.

Accredited Training Institution recognized by MIUR, Italian Ministry of Education, University and Research. CSB provides training courses for teachers and Italian school staff, in accordance with Directive 170/16.

CSB is twinned with Dev Sanskriti University of Haridwar (India) and GLA University of Mathura (India), two important Indian Universities which have recognized the academic value of CSB Courses.



TRADITIONAL INDO-VEDIC SCIENCES

- Psychology and Philosophy of Yoga
- Yoga and Ayurvedic Well-being
- Science of Relations
- Harmonisation of Emotions
- Yoga Psychology of the Life Cycle
- The Great Classics of the Yoga Tradition: Bhagavad-Gita and Patanjali's Yoga Sutra
- Indo-Vedic History, Art and Literature
- Vaishnava Theology

YOGA AND AYURVEDA

- Yoga Courses
- Training for Yoga Teachers (Adults/ Children)
- Yoga retreats in India and Italy
- UNI Certification
- Ayurvedic Treatments
- Personalised Consultations
- Yoga and Ayurvedic Wellness Stays
- Ayurvedic Training

COUNSELING AND SPIRITUAL ASSISTANT

- Counselor
- Spiritual Assistant
- Continued Counseling Education
- Counseling Desk

KITCHEN FOR THE SOUL

- Courses in Ayurvedic Cuisine
- Courses in Vegetarian and Natural Cuisine

THE COURSES HELP YOU

UNLEASH your inner resources

IMPROVE your relations

PERFECTIONATE your communicative skills

FIND concrete answers to your aspirations

HARMONISE thoughts and emotions

BECOME the best expression of yourself

MANAGE and **OVERCOME** conflicts

OPTIMISE your social and professional acknowledgment

LEARN to make the right choices

OVERCOME unconscious limits and fears

ENTER higher levels of consciousness

EDUCATIONAL TRACKS



CHOOSE YOUR TRACK

A fascinating journey in search of harmony with yourself and others. You can comfortably study from home and, additionally, you can also participate to experiential seminars and in-depth workshops.

PERSONALISED COURSES

You can choose to start from any level. Every course, depending on the chosen educational track, offers you the possibility to study fundamental and optional subjects among the ninety available.

You can request an information session with the teachers to identify the track that is most apt to your objectives and interests, creating a personalised study plan.

The courses are aimed at the members of CSB. Enrollment is open throughout the whole year.

For each course level:

- Exclusive books
- Audios and videos
- Live streaming and on-demand classes
- Tutor assistance
- Mind-maps
- Guided practice sessions
- Private Online Space
- Experiential and residential seminars in Italy and India (optional)
- In-depth workshops with our teachers
- Exam preparation
- Online exams (with written and oral test)
- Exams (with written and oral test) at the CSB Campus or during the seminars
- Certificate of completion



STUDY FROM HOME

Studying from home allows you to:

- Save time and money, avoiding commuting and stays away from home.
- Realise a “dream”, without subtracting time to work commitments.
- Plan according to your needs and availability.



TUTORING

Study with a tutor taking into account the personal study rhythms. Tutoring via Skype, webcam, in person at the CSB Campus in Ponsacco (Tuscany), in your city or during the CSB seminars



RECOGNISED CREDITS

Educational titles, cultural, professional and social experiences, university exams already attained may be recognized on the basis of the individual curriculum vitae

4 EDUCATIONAL LEVELS

More than 90 subjects available



INTRODUCTORY LEVEL

3 basic subjects



IN-DEPTH LEVEL

6 basic subjects



ADVANCED LEVEL

9 basic subjects
+1 subject choice



MASTER

9 basic subjects
+6 subject choices

THE 9 STUDY TRACKS

- 1 Yoga Psychology
for the Development of Human and Spiritual Resources
- 2 Science of Wellbeing
Yoga and Ayurveda
- 3 Yoga and Science of Relations
- 4 Yoga Psychology of the Life Cycle
- 5 Yoga Science
For the Harmonization of Emotions
- 6 Patanjali's Yoga Sutra
Consciousness and Meditation Techniques
- 7 Psychology and Philosophy of the Bhagavad-Gita
- 8 Indo-Vedic History, Art, Architecture and Literature
- 9 Vaishnava Theology



For study experiences, tutoring and exams: you can reside in our ashrama "Shanti" and taste delicious natural and vegetarian meals prepared by the chefs of "Kitchen for the Soul".



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1 YOGA PSYCHOLOGY

for the development of human and spiritual resources



DESCRIPTION

This course offers an in-depth study of the millenary psychological science of Yoga, capable of expressing such advanced levels of depth and completeness that still nowadays retain a cutting-edge status and an extraordinary value. Yoga represents an endless universe, with a series of psychological, metaphysical, cosmological and anthropological implications. A science that allows us to reconnect to that inexhaustible source of knowledge, consciousness, and bliss that has always been inherent to the human being.

Yogic wisdom allows to identify the deep causes of suffering and ills. It instructs on how to: manage daily stress and frenzy, overcome one's conditionings, make important decisions, value one's potentialities, re-establish a higher balance by harmonising body, psyche, and spiritual being.



The subjects guide us step by step through the practical applications of the psychological science of yoga in every sphere of life: individual, relational, social, professional one.



- Rediscovering one's human and spiritual resources
- Overcoming unconscious fears and conditionings
- Learning the art of conscious and balanced acting in all circumstances of life
- Mastering emotional detachment
- Projecting and realising one's purposes and goals
- Learning how to deeply know oneself
- Elevating one's vision of the world
- Freeing oneself from disturbing attachments, thoughts and emotions
- Gaining access to the brightest peaks of consciousness.

BASIC SUBJECTS

- Context and Sources of Vedic Literature
- Compared Psychological Models
India and the West
- Psychology of the Bhagavad-Gita
- Samkhya Psychology
Mankind and the Universe
- Yoga Psychology – Samadhi Pada
How to realise oneself
- Vedanta Psychology
The Self and the Functions of the Psyche
- Psychology of the Upanishads
Stages of Consciousness and Personality Components
- Yoga Psychology of the Life Cycle
Beyond Birth and Death
- The Role of Will in the Transformation of the Unconscious and in the Development of Deficient Faculties.

2 SCIENCE OF WELLBEING YOGA AND AYURVEDA

DESCRIPTION

How to foster, re-pristiniate and maintain one's bio-psycho-spiritual wellbeing the longest possible?

“Yoga is “Science of Being” and Ayurveda is “Science of Life”. They are an inseparable combination, a millenary knowledge to acquire and put into practice, that renders the invisible world perceptible, offering a new vision of reality, beyond the boundaries of sensorial perceptions.

They instruct us on how to become promoters of our good health, keep a healthy body and a sharp mind, conduct a balanced life, return to our own center, experience real and lasting wellness.



Taking care of oneself at 360 degrees, become guardians of one's own bio-psychic balance, elevate one's own consciousness, be at ease in our spiritual matrix, and raise life quality in every context.



- Adopting a healthy and sustainable life style consistent with the creation (Dharma)
- Harmonising thoughts, emotions and feelings
- Overcoming stress situations
- Developing a higher awareness of oneself and restore one's center
- Knowing the Gunas, the three cosmic forces that influence our acting
- Learning how to recognise what benefits and what damages us
- Overcoming unconscious conditionings and fears
- Improving the energy and wellbeing level
- Boosting one's own health
- Harmonising personal life, relations, work and health
- Eating in a healthy, tasty and non-violent way

BASIC SUBJECTS

- Compared Psychological Models
India and the West
- Philosophy and Psychology of the Bhagavad-Gita
- Samkhya Philosophy and Psychology
Mankind and the Universe
- Yoga Psychology – Samadhi Pada
How to realise oneself
- Psychology of the Upanishads
The stages of consciousness and the components of the personality
- Theories and methodologies for Holistic Health
- Fundamentals of Ayurveda
- Ayurveda and Self-Healing
- Yoga and Ayurveda

3 YOGA AND THE SCIENCE OF RELATIONSHIPS



DESCRIPTION

Good relationships are the greatest wealth that one can build in the field of wellness, at no cost. To experience them peacefully, without tensions, is the basis to construct relations of increasingly higher level, capable of lasting and oriented towards growth.

The course helps you to understand the subtle relational dynamics, to evaluate the weak and the strength points, to find solutions to problems, to solve conflicts, to establish the right empathy, to acquiring the capability of creating fulfilling and evolutionary relationships.



To learn how to know oneself and others in depth, to bring harmony to relationships, within couples, families, among friends and to the workplace.

To acquire useful knowledge in order to manage thoughts, feelings and emotions; to recognise the undisclosed needs and desires that lie at their roots and become capable of harmonising them; to develop real success in every relationship and in life.



- Being capable of creating authentic relationships
- Harmonising thoughts, emotions and feelings
- Foreseeing and solving disagreements and conflicts
- Recognising and valorising the strength points in oneself and in others
- Facing crises with an evolutive attitude
- Improving one's own communicative and relational skills
- Solving conditionings and overcome unconscious fears
- Establishing empathic and conscious relationships
- Learning to forgive
- Learning to love

BASIC SUBJECTS

- Compared Psychological Models
India and the West
- Psychology and Philosophy of the Bhagavad-Gita
- Samkhya Psychology and Philosophy
Mankind and the Universe
- Yoga Psychology I – Samadhi Pada
How to Realise Oneself
- Yoga Psychology II – Sadhana Pada
The Value of Spiritual Practice
- The Role of Will in the Transformation of the Unconscious and in the Development of Deficient Faculties
- Karmic Affinities and Emotional Relationships
- Betrayal, Love, and Forgiveness
- From Eros to Love

DESCRIPTION

Understanding the role and the purpose of death helps us realise the role and purpose of life.

The phenomenon “death” is usually experienced as an ultimate end, dissolution, disappearance, with a spectrum of tones oscillating between resignation, drama, to tragedy. According to the philosophical-spiritual Yoga tradition, death has no existence itself as an ontological reality, but only as a biased mental conception: it is a transitional moment from a segment of life to the other. By undertaking a path of profound consciousness, everyone can face it, discovering a new phase of one’s eternal existence to constructively project, beyond birth and death.



We will discover that concealed meaning that sustains everyone of us and the entire universe, that provides lifeblood to our indispensable quest for happiness, immortality and love, beyond the limits imposed by body and mind.



- Being capable of dealing with emotional blocks, sense of guilt, conditions of non-acceptance or of passive resignation
- Developing an evolved and farsighted perspective on existence
- Becoming conscious of one’s own true identity and nature beyond body and mind
- Being able of elaborating grief and pain
- Welcoming suffering as an opportunity
- Overcoming the fear of illness, old age and death
- Restore one’s own human and spiritual potential
- Eliminating constraining beliefs
- Preparing oneself to the “great leap” with serenity and consciousness
- Being author of one’s own destiny

BASIC SUBJECTS

- Compared Psychological Models
India and the West
- Life, Death and Immortality
In the Indo-Vedic Civilisation
- Psychology and Philosophy of the Bhagavad-Gita
- Samkhya Psychology and Philosophy
Mankind and the Universe
- Yoga Psychology I – Samadhi Pada:

How to Realise Oneself

- Upanishad Psychology
Stages of Consciousness and Personality Components
- Yoga Psychology of the Life Cycle
- The Soul’s Journey after Death
- Support Itineraries during the Soul’s Journey

YOGA SCIENCE FOR THE HARMONISATION OF EMOTIONS

DESCRIPTION

Yoga science instructs on how to remain balanced through the accurate management of thoughts and emotions. To most people, conscious management of their emotional world appears difficult: words and behaviours are often at the root of interpersonal conflicts, discomfort, disunity. Relational difficulties, character problems and bodily illnesses emanate mostly from disturbing emotional processes that have emerged at deep and consolidate unconscious level. It is important, therefore, to elaborate them adequately through the reconstruction of a profound vision of ourselves and of life.



This course guides us towards an understanding of the subtle and unconscious dynamics at the root of automatic mental and emotional schemes, with the purpose of increasing our own inner fulfillment and enter a more stable and authentic sphere of feeling.



- Recognising, managing and transforming one's own emotions
- Letting negative emotions go
- Cultivating emotional detachment
- Developing the right vision of oneself and of the world
- Improving the management of one's own impulses and reactive answers of the mind
- Developing self-control: becoming master of one's own inner abode
- Retrieving a lasting emotional stability regardless of what happens
- Empowering one's own wise will
- Managing emotions through Self consciousness
- Overcoming unconscious conditionings
- Solving inner conflicts
- Re-discovering one's own hidden potential

BASIC SUBJECTS

- Compared Psychological Models
India and the West
- Psychology and Philosophy of the Bhagavad-Gita
- Samkhya Psychology and Philosophy
Mankind and the Universe
- Yoga Psychology I – Samadhi Pada:
How to Realise Oneself
- Upanishad Psychology
Stages of Consciousness and Personality

Components

- Thoughts, Emotions, Realisations
- Physiology of Emotions
Yoga Science and Art of Communication and Relationships
- Vairagya – Ontology of Emotions
Origin and Nature of Emotions
- The language of Emotions, Evolutional Development of Emotions, Emotional and Bio-energetic Training of Emotions.

PATANJALI'S YOGA SUTRA

studies on consciousness and meditation techniques



DESCRIPTION

A deep study of Patanjali's work, the most ancient Yoga psychology, philosophy and spirituality treatise.

Patanjali describes Yoga as "cessation of mental spirals" to restore one's full self-consciousness and stir one's life. Showing where the psyche gets stuck, it also explains how to reactive it by way of freeing oneself from unconscious mental automatisms and ascend successfully towards the brightest peaks of super-consciousness.



- Acquiring teachings and methods to become one's best version
- To free oneself from false identifications that produce suffering
- Transforming disturbing thoughts through meditative practice
- Solving unconscious conditionings
- Developing one's own human and spiritual potential
- Extinguishing one's own conditionings
- Knowing what to avoid and what is useful: abstentions and prescriptions (Yama and Niyama)



- Developing attention, concentration and absorption
- Becoming cable of freeing oneself from disturbing thoughts by meditating on their opposite
- Freeing oneself from sensorial and mental agitation
- Gaining tranquility, lucidity and determination
- Living in a fulfilling and enthusiastic manner
- Elevating the level of consciousness
- Solving the most rooted fears
- Drawing from the inexhaustible source of bliss, wisdom, hope and strength that is within us
- Learning to be oneself

BASIC SUBJECTS

- Samadhi Pada – *Part I*
- Samadhi Pada – *Part II*
- Sadhana Pada
- Vibhuti Pada – *Part I*
- Vibhuti Pada – *Part II*
- Kaivalya Pada
- Pranayama – *Respiration techniques and management of vital energy*

- Asana – *Techniques and positions for holistic wellbeing*
- Theories and methodologies for holistic wellbeing

7 PSYCHOLOGY, PHILOSOPHY AND SPIRITUALITY OF THE BHAGAVAD GITA



DESCRIPTION

The wonderful dialogue in which Krishna reveals to Arjuna the science of soul through which he can orient his existence.

The Bhagavad-Gita is a masterpiece of perpetual philosophy. Through time and space, it has penetrated the life of millions, modelling and shaping them, helping each one to face and overcome one's inner conflicts through the multiple and diverse existential vicissitudes. This course offers competences and methods for senses and mind control, by fitting them in the maze of everyday life. The application of this wisdom allows for the harmonization of "earthly needs" with "heavenly aspirations", until the experience of higher levels of reality.



The Bhagavad-Gita instructs on how to manage desires, thoughts and emotions; to have a clear mapping of the route to cover in order to reach one's own center; to express oneself as a free being and rediscover the love relationship between mankind and God, between the individual, the environment and all creatures (Bhakti).



- Overcoming one's own weaknesses
- Overcoming challenges with balance
- Transforming every defeat into a victory
- Purifying and dominating the mind
- Solving conditions that constrain us
- Returning to one's own center and living a fulfilled life
- Becoming the directors of our own lives
- Managing unconscious fears
- Making the right choices consciously
- Rediscovering one's own human and divine potential
- Experiencing bliss and love in a fulfilled manner
- Building authentic and fulfilling relationships
- Penetrating the secret of life and Love

BASIC SUBJECTS

- Introduction to the Bhagavad-Gita

Divinity, humanity and nature

- The Vision and Promise of Love
- Wisdom and Love
- The Yoga of acting*
- Faith that thinks, acts and loves
- Journey for the Discovery of Happiness
- Metaphors of Life and Development of Spiritual Vision
- Knowledge, Freedom and Love

- From Humanity to Divinity
- Dante's Journey and the Bhagavad-Gita
- Psychological Experiences of Hell, Purgatory and Paradise for Contemporary Mankind*

8 INDO-VEDIC HISTORY, ART, ARCHITECTURE AND LITERATURE



DESCRIPTION

This course offers a contemporary approach to the architecture, art, literature of ancient India, rich with highly inspirational works and symbols. A fascinating journey to discover one of the widest and deepest expressions of creativity and of the human spirit.

Art and religion represent the paths of feeling, science and philosophy those of the intellect. Just as the left and the right hemispheres of our brain dialogue through a thick bundle of nerves, so do we have to manage to harmonise the opposites on a social level.



Connecting the different levels of being, the human-empirical dimension and the metaphysical-spiritual one, until attaining the experience, through the development of virtues and wisdom, of a state of perfect fulfillment in the relationship with God, with all creatures and the creation.



- Harmonising oneself to the project “Universe”
- Understanding our origins and our history
- Grasping the deep sense of reality
- Living in harmony with oneself and others
- Fostering new creative processes
 - Knowing the laws of Dharma and Karma
 - Discovering one’s own human and spiritual potential
 - Increase inspiration in one’s life and the power of meditative visualization
 - Rediscover a deep fulfillment
 - Harmonising oneself with the Universe, with the creation, the Creator and the creatures
 - Entering higher stages of consciousness

MATERIE FONDAMENTALI

- Context and Sources of Vedic Literature
 - Philosophy of the Bhagavad-Gita
 - Samkhya Philosophy
 - Nature and Origin of Life*
 - Myths and Symbols in the Indo-Vedic Civilisation
- Indo-Vedic Archaeology
 - Fundamentals of Vastu Architecture
 - Epic Literature: the Mahabharata
 - Karma and Architecture
 - Universe and Architecture

DESCRIPTION

It was theology to have the most significant influence in the vast landscape of traditional Indian culture. There, we can indeed find the roots of mankind and of the universe, the knowledge to attain a complete vision of the world and life principles that allow to transcend obstacles, conditionings and crisis. It fascinates through its abundance of teachings on humanity, divinity and nature. Rich in symbolism, ethical and spiritual values, it concretely fosters the harmonious development of personality, orienting towards the concrete experience of the relationship with the Divine in the communion of love with all creatures.



With this course one dives deeper in the most significant works and the main philosophical schools of the Bhakti Yoga Tradition, from which one can draw a universal wisdom and methods for the elevation of consciousness, as well as the attainment of spiritual realisation.



- Harmonising oneself to the project “Universe”
- Knowing the laws of Dharma and Karma
- Fostering the harmonious development of the person
- Overcoming the challenges of life consciously
- Knowing oneself in understanding the self and restoring one’s center
- Freeing oneself from constraining and conditioning beliefs
- Greater focus and consciousness
- Bringing stability and harmony to the relationships
- Acting in spirit of offering
- Rediscovering the love relationship between mankind and God, between the individual, the environment and all creatures (Bhakti)



BASIC SUBJECTS

- Context and Sources of Vedic Literature
- Philosophy of the Bhagavad-Gita
- Philosophy of the Upanishads
Connections between micro- and macro cosmos
- Vedanta Philosophy I
- Vedanta Philosophy II
- Vaishnava Philosophy
- The Path of Bhakti: Naradabhaktisutra
Narada’s Sutras on Divine Love
- Upadeshamrita
The Nectar of Teaching
- Mystic Literature

LIST OF STUDY SUBJECTS

RELATIONSHIPS

- From Eros to Love
- Karmic Affinities and Emotional Relationships
- Betrayal, Grudge and Forgiveness

HISTORY, ART AND ARCHITECTURE

- Art as Yoga Between India and the West
- The Art of Listening
Sound and Psyche
- Myths and Symbols in the Indo-Vedic Civilisation
- Ethics and Aesthetics
- Fundamentals of Vastu Architecture
Science and Art of Living Space
- The Universe within Architecture
- Karma and Architecture
Practical application of Vastu
- History of the Indo-Vedic Civilisation
- Indo-Vedic Archaeology
- History of Indo-Vedic Art

YOGA AND AYURVEDA

- Theories and Methodologies for Holistic Health
- Fundamentals of Ayurveda
- Ayurveda and the Mind
- Yoga and Ayurveda
- Science of Nutrition
Introductory Elements
- Science of Nutrition in Ayurveda
- Ayurveda and Pancakarma
- Fundamentals of Yoga-therapy
- Theory and Practice of Meditation
- Fundamentals of Mantra-therapy
- Theory and Practice of Yoga Neurofeedback
- Yoga and Holistic Health

EMOTIONS

- Thoughts, Emotions and Realisations
- Physiology of Emotions
Yoga Science and Art of Communication and Relationships
- Vairagya - Ontology of Emotions
Origins and Nature of Emotions
- Emotional Development of Emotions
- Emotional Training

- Bioenergetics of Emotions
- Asana and Pranayama
For the Harmonisation of Emotions

LITERATURE

- Context and Sources of Vedic Literature
- Dante's Journey and the Bhagavad-Gita
Psychological Experiences of Hell, Purgatory and Paradise for Contemporary Mankind
- Introduction to the Bhagavad-Gita
Divinity, Humanity and Nature
- Bhagavad-gita I
The vision and Promise of Love
- Bhagavad-gita II
Wisdom and Love: The Yoga of Acting
- Bhagavad-gita III
Faith that Thinks, Acts and Loves
- Bhagavad-gita IV
Journey for the Discovery of Happiness
- Bhagavad-gita V
Metaphors of Life and Development of Spiritual Vision
- Bhagavad-gita VI
Knowledge, Freedom and Love
- Bhagavad-gita VII
From Humanity to Divinity
- Bhagavad-gita VIII
The Nature of Being and the Science of Living
- Bhagavad-gita IX
From Restlessness to Bliss
- Bhagavad-gita X
The Art of Acting, The Freedom of Choosing
- Bhagavad-gita XI
The Courage to Love
- Bhagavad-gita XII
Knowledge for Conscious Choices
- Bhagavad-gita XIII
The Ultimate Teaching
- Epic Literature I
The Mahabharata
- Epic Literature II
Ramayana
- Mystic Literature
- Puranic Literature I
The Ancient Narrations of the Bhagavata Purana

LIST OF STUDY SUBJECTS

Puranic Literature II

The Ancient Narrations of the Bhagavata Purana

- Elements of Sanskrit Language
The 4 Sampradaya or Traditional Schools
- Brihadaranyaka Upanishad
- Chandogya Upanishad
- Shvetashvatara Upanishad
- Aitareya Upanishad
- Taittiriya Upanishad
- Isha Upanishad

THE LIFE CYCLE

- Yoga Psychology of the Life Cycle
- Life, Death and Immortality in the Indo-Vedic Civilisation
- Assistance to Terminal Patients and their Relatives
- The Soul's Journey after Death
- Vedic-Puranic Cosmogony
- Consciousness and Origin of the Universe

PHILOSOPHY

- Philosophy of the Upanishads
Connections Between Micro- and Macro-Cosmos
- Philosophy of the Bhagavad-Gita I
- Philosophy of the Bhagavad-Gita II
- Samkhya Philosophy
Nature and Origin Life
- The Science of Vedanta
- Vedanta Philosophy I
- Vedanta Philosophy II
- Philosophy of the Six Darshana
Perspectives of the World and Visions of Reality
- Vaishnava Philosophy
- Karma and Reincarnation

PSYCHOLOGY

- Compared Psychological Models
- India and the West
- Psychology of the Bhagavad-Gita
- Samkhya Psychology
Mankind and the Universe
- Yoga Psychology I
Samadhi Pada: How to Realise Oneself

• Yoga Psychology II

Sadhana Pada: The Value of Spiritual practice

- Yoga Psychology III
Vibhuti Pada: The Awakening of Higher Faculties
- Yoga Psychology IV
Kaivalya Pada: Freedom from Conditionings and Suffering
- Psychology of the Upanishads
The states of consciousness and the components of personality
- Vedanta Psychology
The Self and the Functions of the Psyche
- The Role of Will in the Transformation of the Unconscious and in the Development of Deficient Faculties
- Foresight, Management and Overcoming of Crises
- Psychology of the Leadership of Wellbeing
- Thought, Action and Destiny
- Freedom from Loneliness and Suffering
- Sociology and Anthropology
- Pedagogy
The Educational Ideal in Indo-Vedic Culture
- The 26 Qualities of the Spiritual Researcher

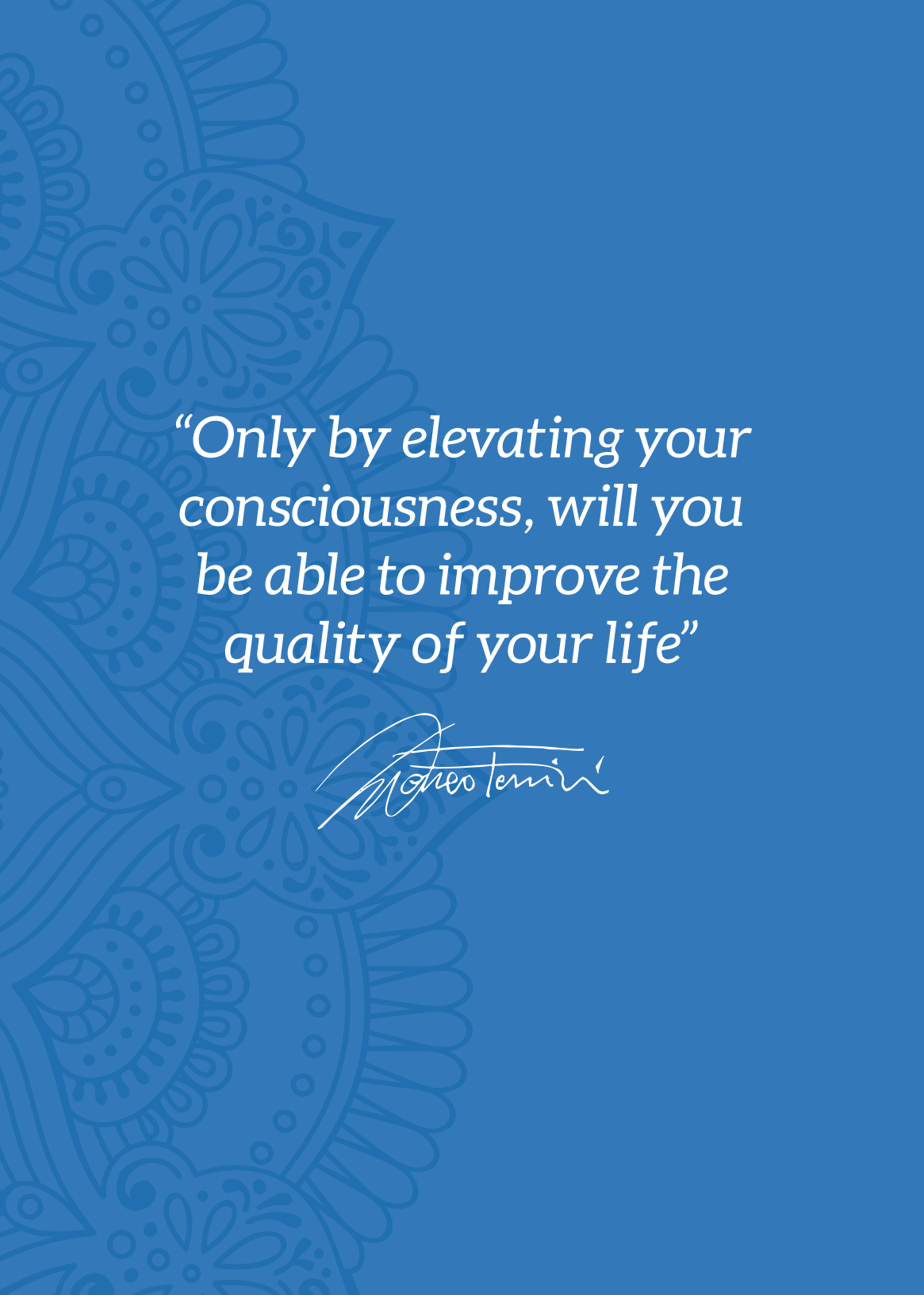
THEOLOGY

- Divinity, Humanity and Nature
- The Nectar of Devotion
- Upadeshamrita
The Nectar of Teaching
- The Science of Bhakti I
Tattva Sandarbha, the Treatise on Truths
- The Science of Bhakti II
Bhagavat Sandarbha, Nature and Qualities of God
- The Science of Bhakti III
Paramatma Sandarbha: God in the Heart of Every Living Being
- Narada Bhaktisutra
Narada's Sutras on Divine Love
- Harinama Cintamani
Meditation in the Yoga of Love
- Technology of Meditation on the Holy Names

NOTE



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*“Only by elevating your
consciousness, will you
be able to improve the
quality of your life”*

Stefano Termini

*Life is a Journey,
Wisdom is the Means,
Love is the Aim.*

Shree Anand



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