



Summer Academy of Yoga, Meditation and Spiritual Wisdom

Organised by: Prof. Diwakar Acharya (University of Oxford) for Oxford Sanskrit Text Society

Dates: 11th–22th August 2025

Location: Maharshi Vedic Foundation, Chalnakhel, Kathmandu, Nepal



Description: The Summer Academy offers both a theoretical understanding and practical experience of Yoga, Meditation and Eastern spiritual traditions. This integrated framework bridges the divide between the experiential and the intellectual, fostering a deeper, comprehensive approach to these contemplative disciplines. From the philosophical underpinnings of the *Pātañjala Yōgaśāstra* to Buddhist teachings on the path of awakening, the course is grounded in robust theoretical frameworks. Beyond theory, participants will experience Yogic Cleansing (*ṣaṭkarma*), Yoga Postures (*āsana*), Breathing Exercise (*prāṇāyāma*), Mantra Chanting and Guided Meditation sessions. Physical health and mental wellbeing are paired with intellectual enquiry, leading to integration in how we see and practice yoga.

The Summer Academy hereby offers participants the opportunity to be introduced to the yogic lifestyle that was developed over thousands of years and continues to evolve with the needs of time. Yogic lifestyle contains proper exercise, proper breathing, proper relaxation, proper diet, and positive thinking and meditation. This yogic lifestyle addresses all aspects of life: physical, emotional, psychological, ethical, and spiritual. Our course accordingly covers practices targeted at health, exercise, diet and breathing as well as ethical conduct and meditation.

The Summer Academy will rigorously analyze and discuss selections from the *Pātañjala Yōgaśāstra*, *Vijñāna Bhairava Tantra*, and *Ṣaṭcakra Nirūpaṇa* and dwell on the core Buddhist teachings from the *Mahāsatipaṭṭhāna Sutta*, the *Pratītyasamutpāda Sūtra*, and relevant canonical texts. It could be a unique opportunity to see how Yoga and Buddhism are complementary systems striving towards awakening.

The Academy is held at the Maharshi Vedic Foundation on the southern slopes of the Kathmandu Valley whose natural and forested surroundings are ideal for yogic practice. The area's strong connection with celebrated spiritual masters - Padmasambhava, a Buddhist yogi celebrated as the second Buddha and Gorakṣanātha, a revered founder of the Haṭhayoga tradition – should serve as inspiration for participants.

The Summer School features five modules:

- Module 1: Pātañjala Yōgaśātra: Theory and Practice:** Excerpts from the *Pātañjala Yōgaśāstra* with practical experience of Āsana, Prāṇāyāma and Meditation.
Teachers: Prof. Diwakar Acharya (Oxford), Dr Netra Acharya (Kathmandu)
- Module 2: Awareness as an art and science: Buddhist meditation and Mindfulness**
Excerpts from the *Mahāsatipaṭṭhāna Sutta*.
Teacher: Prof. Diwakar Acharya (Oxford), Dr Netra Acharya (Kathmandu)
- Module 3: Vijñāna Bhairava Tantra:** Diverse meditation techniques for the understanding of consciousness, with a special focus on the interrelation between yoga and Tantric practice.
Teachers: Prof. Diwakar Acharya (Oxford), Dr Pongsit Pangsrivongse (Oxford)
- Module 4: Pratītyasamutpāda (Dependent Origination): Buddhist Meditation on Emptiness.** Awakening through Breaking the chains of cause and effect along with deconstruction of the illusion of the Self.
Teachers: Prof. Diwakar Acharya (Oxford), Dr. Netra Acharya (Kathmandu)
- Module 5: Awakening Kuṇḍalinī Energy: Psychophysiological process of activating latent energy for awakening.** Excerpts from the *Ṣaṭcakra Nirūpaṇa* along with cakra meditation impacting both the subtle energetic body. Visual material showing how historic practitioners envisaged the *cakras* and *kuṇḍalinī* will be studied.
Teachers: Prof. Diwakar Acharya (Oxford), Dr Netra Acharya (Kathmandu), Dr Pongsit Pangsrivongse (Oxford)

Other Special offers: *Invited Lectures, a short package of Transcendental Meditation, a session of Singing bowl Meditation, and more!*

The program will include the following **field visits** for exploring the spiritual sites and cultural features and living traditions connected to the texts/practice under study:

- (1) Pharping Statue of Padmasambhava. Asura Cave, venerated as a meditation site for both Padmasambhava and Gorakṣanātha.
- (2) Aurobindo Ashrama, Thankot
- (3) Pharping Dakshinkali Temple

Course requirements: Basic/intermediate or advanced level of Yoga practices with some familiarity of Eastern Spiritual tradition.

Accommodation: Accommodation has been arranged in Maharshi Vedic Foundation, Chalnakhel. The location is also only a short walk away from Tribhuvan University and is surrounded by hillsides and greenery.

Participation fee: \$ 700.00

The costs include accommodation and full boarding for the duration of the program (12 nights, 11th to 22th August), field trips (including site entrance fees).

Participants should cover their own international travel and insurance fees.

Application procedure: Please send a CV and a small statement of motivation by **15 June 2025**.

Applications and queries should be sent to p.pangsrivongse@gmail.com

