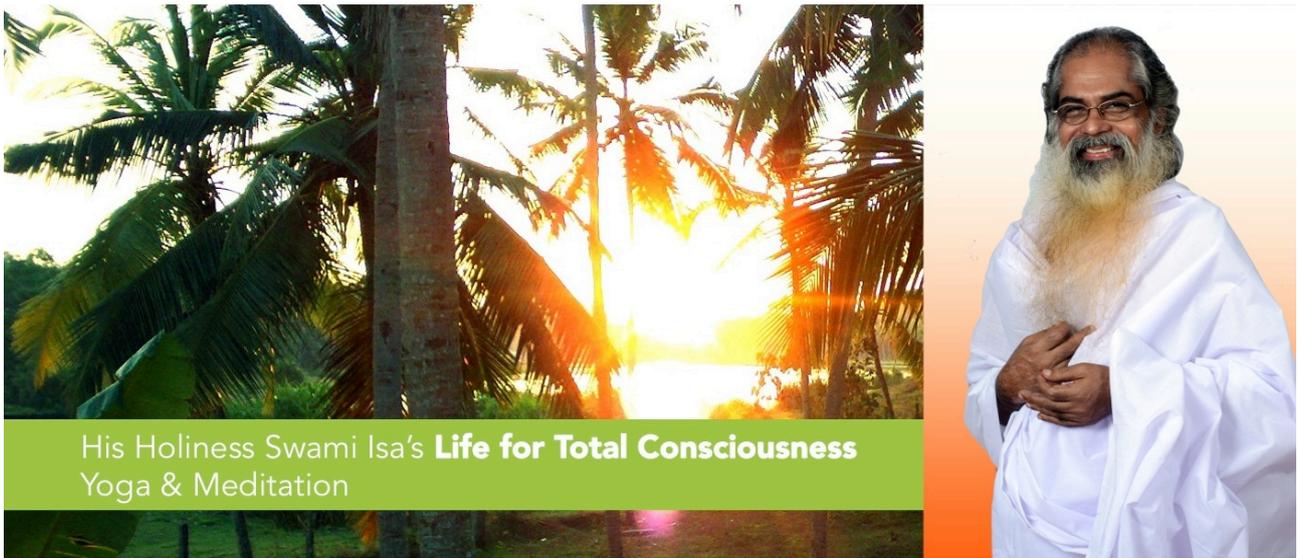


Life for Total Consciousness (LTC) Yoga & Meditation, Kerala, India



Visit the beautiful state of Kerala to learn traditional yoga with His Holiness Swami Isa, a realised master, at his ashram, [Isalayam](http://www.ivpt.org/). <http://www.ivpt.org/>

Life for Total Consciousness (LTC)

LTC is a yoga-meditation sequence developed by Swami Isa that can be practiced by any and every person. **LTC** unifies several important yogic practices into a simple daily practice. It finely tunes the practitioner's body, mind, intellect, ego, and ignorance so that meditation is an enjoyable process, rather than a strain.

Starting from the body level, the **LTC** practitioner begins a journey of 10 precisely tuned steps leading him/her to subtle experiences of their inner world. Finally, one attains the experience of peace, joy of life, a feeling of happiness, health, and harmony, and greater love towards oneself and others.

The sequence contains simple, refreshing body movements, powerful mantras and mudras, pranayama, chanting, visualisations, and also laughing yoga.

LTC BENEFITS:

- **Produces spiritual growth**
- **Promotes happiness, joy, and positive energy, and spreads it to others**
- **Reduces stress and tension**
- **Enhances mindfulness in daily life**
- **Improves overall health, the heart, brain, lung, skin, relationships, and certain psychological disorders***
- **Increases concentration and intellectual clarity**
- **Deepens insight into your body's energy**
- **Learn about universal truths, energy, consciousness, and basic Sanskrit mantras**

* *These benefits are being studied by the [Global Energy Parliament](#) LTC Research Centre*



[1, 3, and 5 Day LTC Packages](http://ivpt.org/lccourses) <http://ivpt.org/lccourses>

Learn the basics of yoga and meditation, and the “**Life for Total Consciousness**” practice while you experience the Ashram life. Three short-term packages are available.

[Ten Day Intensive](http://ivpt.org/lccourses) <http://ivpt.org/lccourses>

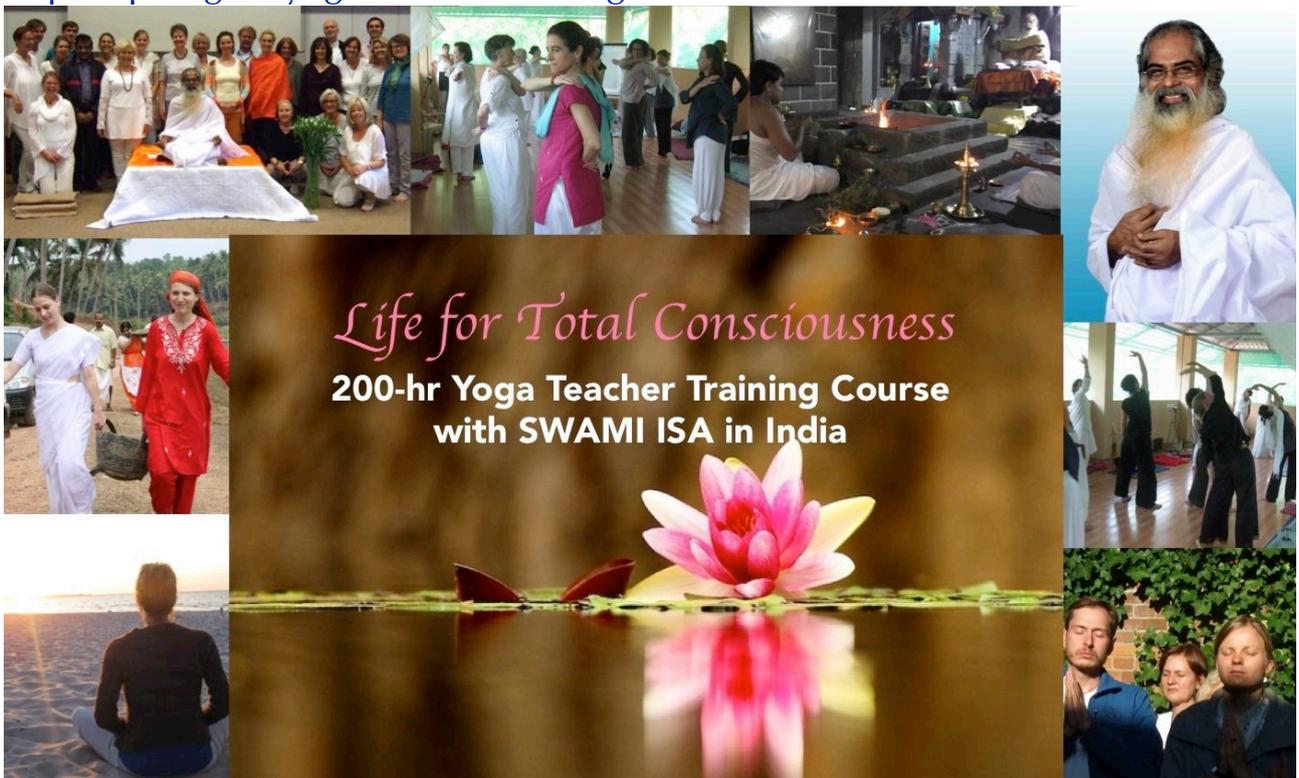
A 10-day Intensive Course in “**Life for Total Consciousness**” yoga & meditation is offered every year. This is an important course to become familiar with the theory, science and practice of yoga. It will help establish your daily routine and give you the techniques for balancing your system.

Courses are taught directly by Swami Isa and include training in chanting the Yoga Sutras and other yogic scriptures.

Students can opt to attend **Mahashivaratri** or just the **LTC** course, but both are very special and complimentary experiences of purification, concentration and devotion.

[One Month LTC Yoga Teacher Training \(200 hrs\)](http://ivpt.org/lc-yoga-teacher-training/)

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Isalayam Ashram offers 200-hour certificate **Yoga Teacher Training** in the specialized integrated system by the name of "**Life for Total Consciousness.**" Students wishing to learn and practice the real essence of yoga in the traditional **Gurukula** system have this special opportunity train directly under His Holiness Swami Isa. Our **Life for Total Consciousness** courses include special teachings by Swami Isa about yoga for the modern world, giving emphasis to scientific explanations. Teacher Training emphasizes Swamiji's **Education for Total Consciousness** way of teaching, which empowers teachers to realize the fullness of the topic and to get in touch with their students in a meaningful way.

LTC integrates important elements from Kundalini Yoga, Hatha Yoga, Karma Yoga, Bhakti Yoga, Kriya Yoga, Jnana Yoga, and Ashtanga Yoga (8 limbs described by Patanjali). Certificates are provided by the international charitable organization, the [Isa Viswa Prajnana Trust](#).

To ensure you get the most out of your visit, we recommend that you read the **Isa Viswa Prajnana Trust's** [website](#) and contact them before visiting the Ashram at: isa.viswa@yahoo.co.in

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