

Emergence of Yoga

Traditional Yoga in the Tradition of Sri T. Krishnamacharya & Sri T.K. Srihashyam

Yoga Seminar with Mrs Brigitte Khan

Following the Teachings of Sri T.K. Srihashyam

12th – 16th August 2026

Wells Museum, 8 Cathedral Green, Wells, Somerset, BA5 2UE

In practical and theoretical sessions the Seminar will clarify the role, aim and various elements of practice sessions presented in the book Emergence of Yoga. It will cover some essential practical and theoretical aspects of concentration according to the concept of Marma Sthana and will explore the technique and impact of meditation.

We will investigate some of the key elements a human life contains. Who are we really? What exactly is our ‘mind’ and is it telling us the ‘truth’? Why do we sometimes feel like turning around in a circle, not finding a way out? Why does our inner Peace keep slipping away?

We will try to find some answers by looking into the concepts of Klesha, the functions of perception and the mind, as well as the power of emotions and how to harness them to find lasting Peace . We will also look at how the various parts in the Practice of Traditional Yoga help and support us in facing the challenges related to the above questions, thus creating a bigger space in our lives for the spiritual search.

You will require a copy of the book *Emergence of Yoga* by T.K. Srihashyam



Sri T.K.Srihashyam was born in Mysore (India) in 1940. According to the family tradition, Sri T.K.Srihashyam has studied Indian Philosophy, Ayurveda and Yoga under the transmission of his Father and Master T.Krishnamacharya. He has been teaching Yoga since 1956, and teaching in Europe in English and French since 1970. He is the founder of Yogakshemam Teachers' Training School in France and Switzerland. He was one of the main participants in the recent documentary "Breath of the Gods". He has published the following books: "Emergence of Yoga", "Moksha Mārga", and "Bhakti: Quintessence in Indian Philosophy" and "From Devotion to Total Surrender, Śaraṇāgati Yoga”.



Mrs Brigitte Khan. In 1998 Brigitte discovered Yoga with a student of Sri Sribhashyam. The same year she joined the Teachers Training program of Sri Sribhashyam's Yogakshemam School of Yoga and Indian Philosophy in Switzerland. She continued studying under his guidance for 19 years, and translated his English seminars in Heidelberg, Germany, to German, held seminars with his regular students in Athens, Greece, and accompanied his seminar in Wells in 2016. Since Sri Sribhashyam left this world in 2017 she has held regular workshops in Malaga, Spain, as well as a workshop in Wells, UK. She says: "The immense gratitude I feel for all that I have learnt and received from my Revered Teacher and Guide expresses itself in the wish to share it, pass it on and let others benefit from it."

T.K. Sribhashyam came to teach a five day Seminar in Wells, Somerset, UK in 2016. This Seminar will be honouring the 10th Anniversary of this significant event in the transmission of Krishnamacharya's teaching in the West. It will be a rare opportunity to engage with these profound teachings flowing directly from the Vedic Seers and in our generation from Sri T. Krishnamacharya and his son Sri T.K. Sribhashyam. Mrs Brigitte Khan, a student of Sribhashyam for two decades, will share her in depth knowledge of traditional yoga supported by her practical experience.



Seminar Cost is £270, £50 deposit to reserve a place.

To book a place please contact Stephen Brandon [email: stephenbrandon07@icloud.com](mailto:stephenbrandon07@icloud.com)