

CV
Gejza M. Timcak, PhD



Education: MSc. at the Technical university Košice in 1964, PhD at Imperial College London in 1975. Associate Professor in 1999. Full professor 2001-2005.

Education and initiations in yoga: Practising yoga since 1958, studied under London school of meditation (1968-1972), guided by S. Yesudian (1958-1971), Swami Bhavyananda (1968-1990), initiation by swami Nirvánanda (1980) (both Shri Ramakrishna order), Prabhúdatta Brahmachari (1977, 1980), Deoraha Baba (1977, 1980), swami Satyananda (1977, 1980), Mahaswi Tathata (1996-) (Tapovarishtashram), Abbot Ming Ting (1995) (Taipei), swami VedaBharati (2005-); inspired by André v. Lysebeth, Aviyogi S. Goyal, Yogacharya M.V. Bhole and other yoga teachers.

Qualification in yoga teaching: Yoga teacher since 1976 (ZRTV Prague, class 3). Class 1 teachership in 1985 (by ZRTV CSZTV Bratislava) and 1991 (by SYA Bratislava), Holotropic breathwork facilitator (Grof transpersonal training), 1993

Guest teacher:

European union of yoga (B)
British wheel of yoga (UK)
Okido yoga (Taiwan)
IYTA (Spain)
Irish Yoga Association, Dublin
Italian Yoga Federation
Aranygyökér Klasszikus Jógaközpont Budapest
Magyar jóga társaság Budapest

Positions in yoga organisations: President of the Slovak Yoga Association, Chairman of the Association for the advancement of yoga Košice, EUY delegate of the SYA, head of the Public relations committee, European Union of Yoga.

Yoga related research:

1976-1983 Joint research on application of yoga in preventive medicine and physiotherapy
1991-1995 Research on yoga and its application in learning
1992-1995 : Humanisation of the technical university teaching
2002-2005 : Design of a distance education model and materials for yoga teacher training

Yoga conference organization:

1978: First conference on the application of yoga in physiotherapy, Šaca, Czechoslovakia
1995-1999 Yoga days in Bratislava, Slovakia
1999-2007 Annual conferences of the Slovak Yoga Association , Slovakia

Stays in ashrams:

Shivanandashram Rishikesh – 1977
Prabhudatta Brahmachari ashrams – 1977, 1980
Bihar School of Yoga – 1977, 1980
Sri Ramakrishna Centres – 1968-71, 1977, 1980, 1995
Sri Ramanashramam – 1977, 1980, 1994, 1995, 2006
Tapovarishtashram – 1996, 1998, 2006
Smiling cloud monastery Taipei - 1995
Deoraha Baba Ashram – 1998
Swami Rama Ashram - 2006

An abbreviated list of publications in yoga or areas related to yoga:

Books and teaching materials:

1. Hurná S., Jablonská J., Macej P., Sabol T., Timčák G.M., Zel'ová A. 2000: Manažérske zručnosti a rozvoj ľudských zdrojov, Leonardo PROQUA, ICV TU Košice, 155pp, ISBN 80-7099-489-4
2. Hurná S., Orbánová I., Timčák G.M. 2000: Komunikačné Zručnosti, Leonardo EDUCRATOS, ICV TU Košice, 53pp
3. Timčák G.M. (ed.). 2005: Materials for the 3rd grade yoga teacher course of the Slovak Yoga Association, vol. 1-5 + Manual and videos 1200pp, SAJ Bratislava
4. Timčák G.M. (Transl.) 2007: Gheranda sanhita, Format, Bratislava
5. Timčák G.M. 1978: Joga I, 1st edition reprinted in 1981, 1982, 2nd edition by TJ Joga Olomouc 1983, 3rd enlarged edition by TJ Joga Olomouc 1987, German edition by Yoga Kreis Berlin 1988, 4th Slovak edition TJ Slávia VŠT Košice 1990)
6. Timčák G.M. 1979: Joga II., TJ Joga Olomouc
7. Timčák G.M. 1983: Joga III., TJ Joga Olomouc
8. Timčák G.M. 1985: Joga IV., TJ Joga Olomouc (German edition by T. Michel (Transl.), Yoga Kreis Berlin 1988)
9. Timčák G.M. 1986,2007: Bholeovský model model prány a pránájámy a jeho aplikácie pri tréningu JC, Met. pomôcka pre cvičiteľov JC, Subkomisia jogových cvičení ZRTV SÚV ČSZTV, Bratislava
10. Timčák G.M. 1990: Joga I, TJ Slávia VŠT a PS Košice
11. Timčák G.M. 1991: Starí majstri jogy o pravde a poznání, Šport, Bratislava
12. Timcak G.M. 1992, 2002: Jóga I., Proszoft, Soltvadkert (3 editions)
13. Timcak G.M. 1994: Jóga 2, Proszoft, Soltvadkert (3 editions)
14. Timčák G.M. 1997: Relaxačné techniky, auto-ekológia a manažment osobnosti, In: Základy manažmentu riadenia, VAPC VSŽ Košice, pp. 82-98
15. Timčák G.M. 1997: Vedenie ľudí, tímová práca a komunikácia, Modul 3, M7, Personálny manažment, VaPC VSŽ Košice, 31pp
16. Timčák G.M. 1998: II.3. Komunikácie, Jednanie, Vyjednávanie, III.3. Teória A Prax Relaxácie, In: Učebné Texty Kurzú Úspešná Manažérka, Vapc, VSŽ Košice, 20pp
17. Timčák G.M. 1999: Plánovanie A Manažment Času, ICV TU Košice, 18pp
18. Timčák G.M. 200: Metódy rozvoja osobnosti, AMS FBERG TU Košice
19. Timčák G.M. 2000: Transferable Skills Training Materials, Socrates Welldone, Multimediálny Vyučbový Materiál, TU Košice
20. Timčák G.M. 2000: Základné Metódy Relaxácie A Medziľudskej Komunikácie, Učeb. Texty Pre Bc., KGAM FBERG TU Košice, 89pp
21. Timčák G.M. 2004: Metódy rozvoja osobnosti, FBERG TU Košice
22. Timčák G.M. 2005, 2006: Šatkarmy, SPJ Košice
23. Timcak G.M. et al. 1985 : Jógakonyha, Mezogazdassagi kiado, Budapest
24. Timčák G.M. et al. 1996: Research Reports on application of yoga related techniques and neurotechnology in learning and personality development, FBERG TU Košice
25. Timčák G.M. et al. 1999 : Úspešná Manažérka – M5, VAPC VSŽ Košice
26. Timčák G.M. Hurná S., Jablonská J., Orbánová I. 2000: Manažérske Zručnosti, Stratégie Osobného A Profesionálneho Rozvoja, TEMPUS Patrisea, 2. Vyd.,92pp
27. Timčák G.M., Dugáček D., Polášek M. 1994: Ásány – psychofyziologické polohy – učebnica pre učiteľov jogy, SAJ Bratislava
28. Timčák G.M., Dugáček D., Polášek M. 2003: Ásány – telesné polohy jogy, SAJ Bratislava
29. Timčák G.M., Hurná S., Demčák M., Feješová K., Pčola Š., Antošová M. 1997: Vedenie a rozvoj pracovníkov, LCDV ICV TU Košice, 100 str
30. Timčák G.M., Hurná S., Jablonská J., Orbánová I. 1999: Manažérske Zručnosti, Stratégie Osobného A Profesionálneho Rozvoja, Modul 1.7, TEMPUS PATRISEA, ICV TU Košice, 92pp
31. Timčák G.M., Orbánová I. 1999: Komunikácia, Vyjednávanie A Časový Manažment, ICV TU Košice
32. Timčák G.M., Petráš J., Bardiovský G., Vološin M., Orbánová I., Ihnacík J., Fleischerová B., Juríková V. 1999: Úspešná Manažérka, Modul M5, Vapc VSŽ Košice, 82pp
33. Timčák G.M., Zel'ová A., Gajdošová B. 2002: Managerial skills and human resource development (in Slovak), ICV TU Košice