

The Stories Behind the Poses

with Dr. Raj Balkaran of The School of Indian
Wisdom, Toronto
Schedule for June 2–4, 2023



FRIDAY, June 2, 2023

“These stories will meet you where you are at, and take you to a higher vantage point. And they will do this over and over, no matter how many times you revisit them.”

— Dr. Raj Balkaran

1pm REGISTRATION begins (Sorrento Memorial Hall) Asana Classes will be held during registration to stretch after the drive at 1:30-2:30pm 2:45-3:45pm, and 4-5pm.

5:30pm Dinner (Sorrento Centre Dining Room)

6:45–7pm Welcome and Housekeeping details (Sorrento Memorial Hall)

7–8pm Opening Ritual: (Sorrento Memorial Hall)

ॐ Sanskrit Chanting, Guided Meditation, Intention Setting, Breathe and Stretch

8–9pm Live Storytelling: Wisdom Teachings and Discussion

ॐ *The Power of Yoga in Action* (Perfection Pose, p. 10-13)

ॐ *The Power of Yoga to Ground* (Mountain Pose, p. 22-25)

ॐ *Yoga’s Power to Neutralize Poison* (Cobra Pose. P. 39-41)

SATURDAY, June 3, 2023

“The last bit of wisdom gleaned from the sages can be said to apply to all the tales herein: the value of knowledge lies in its dissemination, not in its acquisition alone. So, go forth and tell these tales.”

— Dr. Raj Balkaran

6:30–7:45am ... Asana with SOYA Faculty (Sorrento Memorial Hall)

ॐ Let’s explore the poses and their stories!

8am Breakfast (Sorrento Centre Dining Room)

9:30–10:30am...Morning Ritual: (Sorrento Memorial Hall)

ॐ Pranayama, Sanskrit Chanting, Guided Meditation, Group Check-In, Breathe and Stretch

10:30–12:00pm... Live Storytelling: Wisdom Teachings and Discussion

ॐ *Yoga and the Power of Devotion* (Reverence Pose, p. 137-139)

ॐ *Yoga as Connection between Heaven and Earth* (Tree Pose, p. 160-163)

12:30pm Lunch (Sorrento Centre Dining Room), then FREE TIME: Purchase items in Sorrento Memorial Hall. Visit the beach. Walk the Labyrinth. Make friends!

2–3pm Visions of Yoga for the Modern Globe (Sorrento Memorial Hall)

ॐ Discussion followed with a Breathe and Stretch break.

3-4pm.....Live Storytelling: Wisdom Teachings & Discussion

ॐ *Yoga and the Sacred Spine* (Thunderbolt Pose, p. 168-170)

ॐ *Yoga and Righteous Wrath* (Yogic Staff Pose, p. 173-175)

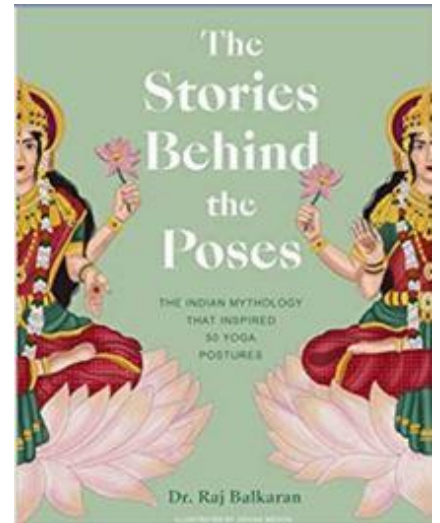
4-5:15pm.... Asana with SOYA Faculty

ॐ Let's explore the poses and their stories!

5:30pm..... Dinner (Sorrento Centre Dining Room)

7–8:30pm Gather for Sharing and Divine Play (Sorrento Memorial Hall)

Gather this evening to sing chants between the exploration of the Divine Play of Child's pose (p. 81-82), our yogic aims in life through the Archer's pose (p. 156-159), and the Yogic Vision of the Bhagavad Gita. Bring your musical instruments!



SUNDAY, June 4, 2023

“Storytelling is no ordinary thing. It is how we make sense of the world. While science is surely the arbiter of the empirical world, storytelling is most certainly the medium of making sense of that world.”

— Dr. Raj Balkaran

6:30–7:45am... Asana with SOYA Faculty

ॐ Let's explore the poses and their stories!

HALL MUST BE VACATED AFTER THIS. PLEASE TAKE ALL YOUR ITEMS WITH YOU.

8am Breakfast (Sorrento Centre Dining Room)

Please vacate your rooms if at Sorrento Centre after breakfast & before session

9:30–10:30am... Morning Ritual: (Caritas Meeting Room at Sorrento Centre)

ॐ Pranayama, Sanskrit Chanting, Guided Meditation, Group Check-In, Breathe and Stretch

10:30-12:00pm Live Storytelling: Parting Wisdom Teaching and Discussion

ॐ *Yoga and Transcending Limitations* (Monkey Pose, p. 77-79)

ॐ *Yoga as Sacred Stillness* (Corpse Pose, p. 47-49)

ॐ *Yoga and the Quest for Perfect Knowledge* (Bharadvaja Pose, p. 214-217)

12–12:30pm Closing arati led by Mugs

12:30pm Lunch (Sorrento Centre Dining Room) and Departure

With deep gratitude to all of you, Om Shanti. Drive Safely. Hope to see you next year.

