



# Living Ayurveda:

## Make your Yoga Practice Come Alive!

with Indu Arora of Yog Sadhna

*"Nothing has the greatest power to heal, but self."* — Indu Arora

### Schedule of Events for May 31 - June 3, 2023

#### FRIDAY, May 31, 2024

- 1pm**            **REGISTRATION begins (Sorrento Memorial Hall)** Asana Classes with SOYA faculty 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)**
- 7–9pm**            **Opening Wisdom Session: (Sorrento Memorial Hall)**

**Living Ayurveda: Make your Yoga Practice Come Alive** - Yoga and Ayurveda are like different sides of the same coin. Each perspective offers a solution and benefits! Like we want both eyes to view the world, our Yoga and Ayurveda can work together. The application of Ayurveda with our Yoga will make our practices come to life! Preparation is key, and yoga's shat kriyas are essential. Practice in the light of the doshas, marma and pranas.

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#### SATURDAY, June 1, 2024

- 6:30–7:45am**    **Asana with Indu Arora (Sorrento Memorial Hall)**  
**Yoga of Five Pranas** : It all begins with Prana. Understand the Tri-Dosha theory and how it is affected by, and in turn, affects the Five Pranas. Practices to understand the role of the above in asanas, pranayama, shat kriyas, and mudras. To go deeper in the realm of Prana, we will put into practice the relationship of five pranas in each breath and how it relates to natural urges and cravings.
- 8am**            **Continental Breakfast (Sorrento Centre Dining Room)**
- 9:30–12:00pm**    **Morning Wisdom Session: (Sorrento Memorial Hall)**  
**Role of Five Pranas and Five Apanas in Living Yoga:** When the desire of self-realization arises, it alters the way the prana moves, stills, and is held in the body. This science of understanding the various pranas and pranic pathways is essentially the heart of Living Yoga. So often, there is too much focus on prana and very little knowledge and focus on apana. The balance of prana and apana is what keeps the body healthy and full of vitality. When we understand Prana, we understand Yoga!

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

**2–5:15pm Afternoon Wisdom and Asana Session (Sorrento Memorial Hall)**

**Marma Points in Yoga (Wisdom Session):** Marma points are the bridge between the prana and the physical body, the divine wisdom of Yoga and Ayurveda within our body. The practice of asana, pranayama, and relaxation becomes 1000 times more powerful when combined with the knowledge and awareness of main marmani (marma points) in the body. Pranic channels open, facilitating its flow in the entire body. Learn about the marma basics as well as how to work on marma points using a marma stick. **Marma Points in Yoga (Asana Practice):** Deepen your Yoga practice of Surya Namaskara, Nadi Shodhana, Mudras, and Shavasana in the light of Marma points.

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

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

**Sharing Circle:** on yoga practices, takeaways, inspiration points, quotes, etc. Bring your journal. The session will end with OM chanting with a focus on marma, prana, and mudra.

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## **SUNDAY, June 3, 2024**

**6:30–7:45am Early morning Asana with Indu Arora**

A unique experiential approach to Yoga through kriya, mudras, pranayama, and mantras. This approach makes the state of Yoga, as well as its practices, balancing for doshas and gunas. Indu will guide you to design your own flow by listening to your body. Let your practice be a dialogue, not a monologue. This is Living Ayurveda!

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

**9:30–12:00 pm Morning Wisdom Session (Caritas at Sorrento Centre):**

**Yoga of Common Sense:** Have you ever wondered how to sequence a class that is just right for you, for the time of the day, and for the season? Being able to tune into your own body, breath, and mind to receive the cues for practice is what is called “Yoga of common sense.” This kind of Yoga is not a workout, but a work-in. In the words of my Yoga Guru, Shashi Khosla, “Yoga is not to be done, but explored and realized.”

**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.

