



[www.taksha.org](http://www.taksha.org)

**Sunday**  
**February 5, 2017**  
**8:00 am—4:30 pm**

Venue:

Cultural Hall  
Hindu Temple of Hampton  
Roads  
217 Sampson Creek Rd.  
Chesapeake, VA 23322

Map with new directions to  
enter:

<http://bit.ly/2fzhobM>

**[Advance Registration](#)**  
**[and Acceptance of](#)**  
**[Liability Release](#)**  
**[Required](#)**

Call 757-766-7990, if you  
do not have internet access  
to register.

**Bring your own:**

yoga mat, water, blanket (or  
covering), tissues, etc.

**Lunch:**

Brown bag or pre-ordered  
Subway lunch box—  
veggie sandwich, chips,  
whole fruit. (\$5 on site) Call  
757-766-7990 to pre-order.

TAKSHA INSTITUTE (TI)  
CENTER OF  
INTEGRATIVE MEDICINE  
(CIM)

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# Yoga Therapy Retreat 7 (YTR7):

## Daily Yogic Routine - Dinacharya: The Preventive Medicine

Retreat Director:

**Dilip Sarkar, M.D., F.A.C.S., C.A.P.**

With Presentations by:

**Abha Gupta, Ph.D., Saghana Chakraborty, M.D., Sastry Topalli, M.D.**

Guest Speaker: **Amrita (Sandra) McLanahan, M.D.**

# A G E N D A

8:00am-9:00am	Sign-In
9:00am-9:30am	Lecture: Yoga Sutra of Patanjali and Patanjali Astanga Yoga (Gupta)
9:30am-12:00pm	Practice: Yoga Therapy as Primary Prevention, Secondary Prevention, and Rehabilitation for Chronic Diseases (Sarkar, Chakraborty, and Gupta)
12:00pm-1:00pm	Working Lunch with Q&A (Sarkar)
1:00pm-2:00pm	Lecture: Joy of Health Through a Yogic Lifestyle (Guest Speaker: Amrita (Sandra) McLanahan, M.D.)
2:00pm-2:15pm	Practice: Pranayama and Mudras for Digestion (Sarkar)
2:15pm-3:00pm	Lecture: Dinacharya (Topalli)
3:00pm-3:15pm	Break
3:15pm-4:30pm	Practice: Daily Pranayams and Meditation (Sarkar, Chakraborty, and Gupta)

**[Advance Registration is Required!](#)**

**[\(click the registration icon at:](#)**

**<http://www.taksha.org/event/CIM628>**)

**Required Donation after 1/15/17: \$80**  
**Early Registration Discount before 1/15/17: \$72**  
**There are further discounts for seniors (60+) and**  
**full-time students! (Bring ID for entry.)**

*Please note that even if you do not attend this event, your  
generous donations are critical to continued TI offerings*



Dilip K. Sarkar, M.D., F.A.C.S., C.A.P.

**All proceeds from registration, sales, and donations help support the educational programs of Taksha Institute, founded in 1976 as a 501(c)3 not-for-profit educational institution in Hampton, Virginia USA.**