



**Sunday
January 27, 2013**

8:30 am—5:00 pm

Webb Center, ODU
North Cafeteria
1301 W. 49th St.
Norfolk, VA 23529
Directions:

[http://admissions.odu.edu/
undergraduate.php?
page=directions](http://admissions.odu.edu/undergraduate.php?page=directions)

**Advance Registration and
Acceptance of Liability
Release Required**

Register at www.taksha.org,
or by calling 757-766-7990.
You may also contact us
with questions about regis-
tration by email at:
contact@taksha.org.



TAKSHA UNIVERSITY
SCHOOL OF INTEGRATIVE
MEDICINE (SIM)

15 Research Drive
Hampton, VA 23666

Phone: 757-766-7990
Fax: 757-865-2017
E-mail: contact@taksha.org

Yoga Therapy Retreat 4: “Yoga for Health and Transformation”

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Creative Expressions—Shikha Sarkar (Tagore Song) accompanied by kinesthetic yogic expressions by Shaoli Sarkar and Eesha Choudhari.

Presentations by Dr. Dilip Sarkar, M.D., Dr. Saghana Chakraborty, M.D., and Abha Gupta, Ph.D.

8:30am—9:00am	Registration
9:00am—9:30am	Yoga for Health Overview (Dr. Sarkar)
9:30am—11:30am	Yogasana Practice Session (Dr. Sarkar, Dr. Chakraborty, and Abha Gupta)
11:30am—11:45am	Break
11:45am—12:45pm	Complementary Yogic Practices—including bandhas, mudras, kriyas, acupressure, Ayurveda (daily routine/ yogic lifestyle) (Dr. Sarkar)
12:45pm—1:30pm	Working Lunch with Q&A
1:30pm—2:20pm	Yoga Sutras of Patanjali and Patanjali Ashtanga Yoga Grounded in Scriptures (Abha Gupta)
2:20pm—3:10pm	Yoga Anatomy (Dr. Chakraborty)
3:10pm—3:25pm	Break
3:25pm—4:30pm	Pranayam and Meditation (Dr. Sarkar)
4:30pm—5:00pm	Wrap-Up, Q&A, Experiences/Testimonials/Future Programs and Direction

Advance Registration is Required!

Registration Fee: \$75

Call for senior or student discounts!

Bring your own:

- Bag lunch
- Yoga mat
- Blanket or covering, in case you get cold
- Tissues and other personal items



Dr. Dilip K. Sarkar, M.D., FACS, D.Ayur