



**Saturday  
July 9, 2011**

**9:00 am—4:00 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](http://www.taksha.org),  
or by calling 757-766-5832.  
You may also contact us  
with questions about regis-  
tration by email at:  
[contact@taksha.org](mailto:contact@taksha.org).



TAKSHA UNIVERSITY  
SCHOOL OF INTEGRATIVE  
MEDICINE (SIM)

15 Research Drive  
Hampton, VA 23666

Phone: 757-766-5832  
Fax: 757-865-1294  
E-mail: [contact@taksha.org](mailto:contact@taksha.org)

# Yoga Therapy Retreat III: “Yogic Kriyas and Wellness—A (W)holistic Approach to Medicine”

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9:00am—9:30am	Registration
9:30am—11:30am	Practice: Yoga Therapy for Wellness Dr. Dilip Sarkar, MD; Dr. Saghana Chakrabortty, MD; and Abha Gupta, PhD
11:30am—11:45am	Break
11:45am—12:15pm	Practice: “Mudras,” “Bandhas,” and “Kriyas” Dr. Dilip Sarkar, MD
12:15pm—1:00pm	Working Lunch with Q&A Dr. Dilip Sarkar, MD
1:00pm—1:30pm	Patanjali Astanga Yoga Abha Gupta, PhD
1:30pm—2:00pm	Yoga Therapy for Common Ailments Dr. Saghana Chakrabortty, MD
2:00pm—3:00pm	Yoga Therapy—A Holistic Approach to Medicine Dr. Dilip Sarkar, MD
3:00pm—3:15pm	Break
3:15pm—4:00pm	Practice: Pranayams and Meditation Dr. Dilip Sarkar, MD; Dr. Saghana Chakrabortty, MD; and Abha Gupta PhD

**Advance Registration is Required!**

Registration Fee: \$60  
Early Registration Fee (before June 16): \$54  
Call for senior or student discounts!

**Bring your own:**

- Bag lunch
- Yoga mat
- Tissues and other personal items



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