



# Yoga Therapy Retreat 6 (YTR6): Yoga Therapy for Heart Health

**Sunday**  
**February 15, 2015**  
**9:30 am—5:00 pm**

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

**Parking:**  
Park in Garage E, 49th St

**Campus Map:**  
<http://bit.ly/1Enehwh>

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

Register at  
[www.taksha.org/course/TIM628](http://www.taksha.org/course/TIM628)

or call 757-766-7990  
Call for special pricing for full-time students.

Bring your own:

**BAG LUNCH:** for onsite lunch options, see TU website at [www.taksha.org](http://www.taksha.org)

**PERSONAL ITEMS:** yoga mat, water, blanket (or covering), tissues, etc.

TAKSHA UNIVERSITY (TU)  
SCHOOL OF INTEGRATIVE  
MEDICINE (SIM)

[www.taksha.org](http://www.taksha.org)  
15 Research Drive  
Hampton, VA 23666 USA

Phone: 757-766-7990  
Fax: 757-865-2017  
E-mail: [contact@taksha.org](mailto:contact@taksha.org)

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

A

9:30am—10:00am

Sign-In

10:00am—12:00noon

Practice: Yoga Therapy for Heart Health  
(Dilip Sarkar, Saghana Chakraborty, and Abha Gupta)

g

12:00noon—1:00pm

Working Lunch with Q&A  
(Dilip Sarkar)

e

1:00pm—1:45pm

Yoga Sutra of Patanjali and Patanjali Astanga Yoga  
(Saghana Chakraborty)

n

1:45pm—2:15pm

Yogic Anatomy and Physiology  
(Abha Gupta)

d

2:15pm—3:00pm

Mudras, Bandhas, and Kriyas  
(Dilip Sarkar)

a

3:00pm—3:15pm

Break

3:15pm—4:00pm

Yoga Therapy for Cardiac Disease and Practice  
(Suman Vardan and Dilip Sarkar)

4:00pm—4:15pm

Break

4:15pm—5:00pm

Practice: Pranayams and Meditation  
(Dr. Sarkar, Dr. Chakraborty, and Abha Gupta)

**Advance Registration is Required!**

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**Required Donation: \$90 (before 1/30 - \$72)**

Even if you do not attend this event, your generous donations are critical to continued TU offerings such as this.

Please donate without registering at  
[www.taksha.org](http://www.taksha.org)



Dilip K. Sarkar, M.D., FACS, CAPS

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