

Taksha Yoga Therapy Retreat II

Sponsored by

Taksha* School of Integrative Medicine (SIM)

Hampton Roads Patanjali Yoga

In collaboration with

Patanjali Yog Peeth

Saturday, January 9, 2010, 9:00 AM - 4:00 PM

Webb Center, Old Dominion University, 1300 W. 49 St, Norfolk, VA 23529

Retreat Theme: **“Yoga Therapy for Various Chronic Ailments”**
(Heart diseases, diabetes, obesity, joint-pains, reproductive health)

Retreat Director: **Dr. Dilip Sarkar, MD, FACS, D.Ayur,**
Executive Director & Professor, SIM



AGENDA:

- 9:00-9:30 am: Sign-In
- 9:30-11:00 am: **Practice: Yoga Asanas for Various Ailments - Dr. Dilip Sarkar, MD and Dr. Saghana Chakraborty, MD**
- 11:00-11:15 am: Break
- 11:15-12:00 pm: **Presentation: “Physician’s Use of Yoga as Therapy”**
Moderator - *Dr. Dilip Sarkar, MD*
Panelists - *Dr. Saghana Chakraborty, MD* (Family Practitioner), &
Dr. Suman Vardan, MD (Cardiologist)
- 12:00-1:00 pm: **Working Lunch: Practicing Mudras, and Q & A - Dr. Dilip Sarkar, MD**
- 1:00 - 1:45 pm: **Presentation: "Yoga As Universal Spirituality"**
Moderator - *Adarsh Deepak, Ph.D.*
‘Yoga, The Universal Principle of Spirituality’ – *Rajan Narayanan, Ph. D.*
‘Yoga, One's Personal Inner Journey’ – *Abha Gupta, Ph. D.*
- 1:45 - 2:15 pm: **Practice: Kriyas - Dr. Dilip Sarkar, MD**
- 2:15 - 3:00 pm: **Science & Practice of Yoga Therapy for Reproductive Health, with Q&A - Dr. Dilip Sarkar, MD**
- 3:00 - 3:15 pm: Break
- 3:15 - 4:00 pm: **Presentation & Practice: Pranayams and Meditation**
- *Dr. Dilip Sarkar, MD*

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Register: **Online (www.taksha.org/course/TIM628)**

Or complete Registration Form (below) and fax (757-865-1294) or mail (Taksha University, 15 Research Dr., Hampton, VA 23666) **with payment.** Due to limited space, registration is accepted on first-come, first-served basis. Early-bird donation is \$30, before 12/14/09; \$40, after 12/16/09.

Registrant Name(s) at same mailing address: _____

Mailing Address: _____

Tel-Home, Mobile: _____

Email address (for each name) : _____

Lunch box (add \$7 for each): No ___; Yes (Qty)____. TU Certificate of Course Completion (6hr-CCC), \$45: Yes___ No ___

Disclaimer Form to be signed by each registrant: yes___



Contact: TU Course Administrator, Catherine Houlahan: 757-766-5832 (tel.); courses@taksha.org