

Yoga @ Ayurveda Immersion

with

Arun Deva & Sequoia Neptune

Hosted by Om Yoga Studios & Mini Shastri

Ayurveda for Daily Living

Saturday December 8: 10am - 1pm

An introduction to the 'Science of Living' with emphasis on daily routines, exercises and diet. Handouts will be provided.

Rs. 1495.00

Yoga Immersion: Creating a Home Practice

(Based on the Vinyasa Krama Yoga of TKV Krishnamacharya)

Monday December 10: 9am - 11.30am

The basics, standing and balance poses

Wednesday December 12: 9am - 11.30am

The basics, seated poses and backbends

Thursday December 13: 9am - 11.30am

The basics, inversions and arm balances

Friday December 14: 9am - 11.30am

Putting it all together. Your Home Practice!

Please note: These workshops are designed for all levels, not just advanced students! Beginners welcome.



Rs. 1100 each or Rs. 4000 for all four

Om Yoga current students: Rs. 900 each or Rs. 3200 for all four

Add in the Ayurvedic workshop for only Rs. 1200 with complete Yoga Immersion Packet

Where: A-12, Sangeet Shyamala (opp. A-11/6), Vasant Vihar, New Delhi

Contact & Registration: Mini Shastri 9810033866

The Visiting Teachers:

Arun Deva is a Diplomate in Ayurveda, A board Member of the California Association of Ayurvedic Medicine and a certified Yoga Therapist/Teacher. As a well-known advocate of yoga and Ayurveda in the U.S., he has been featured many times on both radio and television. Born in India, Arun has made his home in Los Angeles for the last 30 years. His work can be found at: www.yogarasayana.wordpress.com

Sequoia Neptune is a well-known Ashtanga teacher at Tim Miller's Ashtanga Yoga Center in Carlsbad, California. She has studied with Pattabhi Jois and more recently with Srivatsa Ramaswami, incorporating Vinyasa Krama into all her teachings. Sequoia is also studying Indian classical as well as Devotional music with Jai Uttal and currently tours with Wah!