

Yoga @ Ayurveda Immersion

with
Arun Deva & Sequoia Neptune

Hosted by
Ishika Mohan Motwane

Ayurveda for Daily Living

Sunday December 2: 10am - 1pm

An introduction to the 'Science of Living'.
Handouts will be provided.

Rs. 1495.00

Creating a Home Practice

(Based on the Vinyasa Krama Yoga of
TKV Krishnamacharya)

Monday December 3: 6pm - 9pm

Creating a Home Practice: The Basics

The basic practice: Open to all levels.
Beginners welcome.

Tuesday December 4: 6pm - 9pm

Creating a Home Practice: Next Level

For those who have an ongoing practice
already.

Rs. 1095.00 each or both for Rs. 1900.00



All three workshops: Rs. 3145.00 (a savings of Rs. 540.00)

Where: Gyan Ghar Bungalow (in the mandir), 14th Road Khar (W), Mumbai 400-052

Contact & Registration: ishikamohan@gmail.com

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 past 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!