

THE 4th SEMINAR ON YOGA AND HOLISTIC HEALTH PRACTICES

SEPTEMBER 25TH AND 26TH 2010 (SATURDAY AND SUNDAY)

PLACE: HINDU TEMPLE OF WISCONSIN, N4063 W243 PEWAUKEE ROAD WI 53072

PH.NO.262-695-1200 www.hindutemplewis.org

SEMINAR THEME –

1. YOGA AND HOLISTIC HEALTH PRACTICES AS THERAPY BY T.P.NANDA, MD & OTHERS
2. YOGA FOR REACHING THE GOAL OF LIFE (MUKTI/ MOKSHA/LIBERATION) BY PROF. LAXMANKUMAR V.S. & OTHERS

NOTE -

SATURDAY 25TH 7AM TO 8AM – 4 VARIETIES OF SUN SALUTATIONS (OPTIONAL PROGRAM) YOU MUST REGISTER FOR THE SEMINAR BY 22ND, SINCE SPACE IS LIMITED--- HELD AT THE JAIN TEMPLE HALL, IF MORE THAN 15 PARTICIPANTS WILL BE HELD AT THE TEMPLE AUDITORIUM

SATURDAY, SEPTEMBER 25TH 2010 HELD IN THE AUDITORIUM HTW

HIGHLIGHT: LECTURE CUM DEMONSTRATION AND TRAINING SESSIONS IN VARIOUS ASPECTS OF YOGA AND HOLISTIC HEALTH PRACTICES BY PROF LAXMANKUMAR V SANNELAPPANAVAR

REGISTRATION 8.00 AM-8.30 AM

8.35 AM –10.15 AM (1 HR 40 M)

SESSION 1: “YOGA AND HOLISTIC HEALTH PRACTICES FOR ALL”

10.15 AM –10.30 AM TEA BREAK (HERBAL TEA)

10.30 AM—11.30 AM (1 HR)

SESSION 2: “YOGA FOR CHILDREN” INCLUDES DEMONSTRATION BY STUDENTS OF AEKTA SHAH

11.30 AM—12.45 PM (1 HR 15 MIN)

SESSION 3: “WAKING UP WITH YOGA AND HOLISTIC HEALTH PRACTICES”

SESSION 4: “YOGA AND HOLISTIC HEALTH PRACTICES DURING TRAVEL”

12.45 PM – 2.00 PM LUNCH (SATVIK FOOD)

2.00 PM- 2.45 PM (45 MIN)

SESSION 5: INNER MEANING OF YOGA AND HOLISTIC HEALTH PRACTICES

2.50 PM-3.45 PM (55 MIN)

SESSION 6: SPIRITUAL ASPECTS OF YOGA AND HOLISTIC HEALTH PRACTICES

3.45 PM 4.00 PM - TEA BREAK (HERBAL TEA)

4.00 PM-5.00 PM (1 HR)

SESSION 7: PRANAYAMA BY PROF LAXMANKUMAR V. S. & Dr.Singal

SUNDAY, SEPTEMBER 26TH 2010

7.00 AM - 8.00 AM (1 HR) – SOUND AND SILENT MEDITATION (OPTIONAL PROGRAM) BY T.P.NANDA, MD. YOU MUST REGISTER FOR THE SEMINAR BY 22ND, SPACE IS LIMITED—HELD AT THE JAIN TEMPLE HALL.

8.00 AM- 8.30 AM REGISTRATION —HELD AT THE AUDITORIUM

8.35 AM—10.15 AM— PRACTICAL YOGA SESSION WITH THULASI MUNIRAJ NARAYANA ----SONU JOSEPH (HASTA VINYASA) JEMINI JOSEPH (SURYA NAMASKARA SERIES A VINYASA) SAMANTRAKA SURYANAMASKARA (POORNIMA PRADEEP)

10.15 AM TO 10.30 AM TEA BREAK (HERBAL TEA)

10.30 AM -11.45 AM—PRACTICAL YOGA SESSION WITH—THULASI MUNIRAJ NARAYANA AND YOGA TEAM (SURYANAMASKARA SERIES B VINYASA)

12NOON—2 PM---LUNCH (SATVIK FOOD)

2.00PM—2.45 PM—HOW TO GET MOST OUT YOUR YOGA PRACTICE—T.P.NANDA, MD

2.50 PM-3.45 PM—THERAPAUTIC ASPECTS OF YOGA- T.P.NANDA, MD

3.45 PM -4.00 PM- TEA BREAK (HERBAL TEA)

4.00 PM – 5.00 PM (1 HR) PRENATAL AND POST-NATAL EXERCISES BY STUDENTS OF T.P.NANDA, MD

5.00 PM - 5.30 PM QUESTIONS AND ANSWER SESSION WITH PROFESSOR LAXMANKUMAR .S

5.30 PM—6.00 PM (30 MINS) VOTE OF THANKS, PRESENTATION OF CERTIFICATES, CONCLUSION OF SEMINAR

PROGRAM DIRECTOR: T.P.NANDA, MD

COURSE FEE ONE DAY ONLY, SINGLE \$25.00. 2 DAYS \$40.00

COUPLE ONE DAY ONLY \$40.00 2 DAYS \$60.00 ALL FEES ARE DONATION TO THE TEMPLE AND ARE TAX DEDUCTIBLE CONTRIBUTION

AUDIENCES ARE EXPECTED TO PARTICIPATE FULLY BOTH DAYS DURING THE PRACTICAL YOGA SESSIONS. BRING YOUR YOGA MAT, TOWEL etc. PLEASE DO NOT BRING CHILDREN BELOW THE AGE OF 11 EXCEPT FOR CHILDRENS PROGRAM IF OFFERED IN THE SEMINAR

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