

October 28, 29 & 30, 2022

Swami Mahesh is a classically trained wandering yogi with more than 28 years of teaching experience in over 35 countries, including several universities in Europe and the US. He makes complex yoga concepts accessible and practical for all students. His mastery of classical techniques helps us access our own potential for evolution and transformation. He combines deep knowledge and experience with his energetic and vibrant presence.

He is the founder of SIYA International, a platform blending yoga disciplines for Harmony, Balance and Self actualization. Learn more at <https://omsiya.com>.



## SCHEDULE

*All Sessions Will Include Physical Postures, Breathing and Meditation  
(Please bring your own yoga mat)*

**Friday, October 28 – 6:30 p.m. to 8:30 p.m.**

**Introduction** Essential concepts underlying yoga practice will include a holistic view of the multi-dimensional, interactive nature of our entire personality and practical tools to achieve balance and harmony.

**Saturday, October 29 – 10 a.m. to 12:30 p.m.**

**Yoga for a Healthy Body** Proven integrated techniques of physical postures, breathing and mental focus. A simple effective routine harmonizes the entire body. It keeps both body and mind healthy, energetic and vibrant through the day.

*12.30 p.m.-2.00 p.m.: Lunch on your own; available at IU North Atrio Cafe and nearby restaurants.*

**Saturday, October 29 – 2:00 p.m. to 5:00 p.m.**

**The Body-Mind Axis** This session will further explore the role of breathing techniques to reduce stress and energize the body/mind. Short sequences can be used to deal with difficult emotions and events. We will join him in the popular musical practice of Nada Yoga – the Yoga of sound vibrations which harmonize body, mind and spirit.

**Sunday, October 30 – 10 a.m. to 12:30 p.m.**

**Health and Healing** A study of deeper aspects of our ability to heal the body, mind and emotions. We can harness powerful internal energies to lead more productive and efficient lives. This will include insight into natural qualities we already possess to understand and diagnose our mental and emotional states.

*12.30 p.m.-2.00 p.m.: Lunch on your own; available at IU North Atrio Cafe and nearby restaurants.*

**Sunday October 30 – 2:00 p.m. to 5:00 p.m.**

**Integration and Q&A** Swami Mahesh will integrate the teachings of the previous sessions, explaining finer points of the practices. The Nada Yoga session evoking feelings of harmony and peace will be repeated.

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### – REGISTRATION AND SIGN-UP –

#### LOCATION:

**IU Health**

**North Learning Labs**

**11700 N. Meridian Street  
Carmel, IN 46032**

- Please register by clicking on the link: [Google Registration Form](#)
- Payment info:
  - \$10 per session. No refunds please.
- Payments can be sent via Zelle to [YogaMM2019@gmail.com](mailto:YogaMM2019@gmail.com) or via check payable to YogaMM, LLC, mail check to 10741 Sand Key Circle, Indianapolis, IN 46256
- Drop-ins: \$15 per session - *if space permits. CASH only.*

*This event is made possible by sponsorship and collaboration between [IUPUI Asian Pacific Faculty and Staff Council](#) and [Yoga Mitra Mandal of Indianapolis](#).*

