

SEMINAR SERIES: YOGA FOR JOYFUL LIVING BY SWAMI MAHESH

The IUPUI Asian Pacific American Faculty and Staff Council in collaboration with the Division of Diversity, Equity and Inclusion, the American English for Internationals program and the Yoga Mitra Mandal of Indianapolis is pleased to host a seminar on Yoga for Joyful Living.

The Seminar series is **free of charge** and **open to all IU and IU Health** faculty, staff, residents, nurses, students, and university collaborators. This will be a progressive seminar in five interactive sessions.

The practices of yoga - Physical postures (Asana); Breathing techniques (Pranayama) and methods of Meditation will be covered systematically. Each session will combine physical, breathing and meditation practice with the underlying theory.

By the end of the seminar, participants will have a toolbox of practices to help:

1. identify and release physical and mental tension;
2. deal more effectively with stressful thoughts, conflict and relationships;
3. utilize the techniques for living a more balanced, energetic life; and
4. better focus on personal goals

SEPTEMBER 13-16, 2018

Register at goo.gl/PmnYWV



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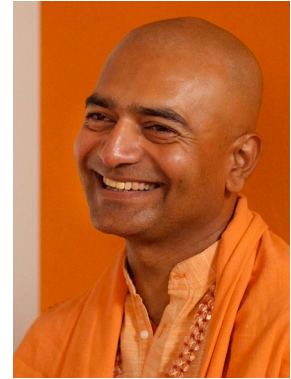
FULFILLING *the* PROMISE

SPEAKER

Swami Maheshanada Saraswati

Join us in exploring how we can experience healing, stress reduction, and peace of mind in this weekend seminar. Swami Mahesh will lead us in techniques which release and direct our own energies to help eliminate stress within our personality, and in all our relationships.

Using a combination of physical postures, breathing techniques, meditation, and the profound vibrations of musical notes, we will experience a new, deeper sense of our true selves. You will leave the seminar refreshed, with a tool-kit to continue to revitalize your body and mind.



For more information, please visit: <https://wanderingmahesh.blogspot.com> or Facebook at Swami Mahesh.

Schedule at a Glance

YOGA FOR JOYFUL LIVING: THE BASICS

Venue: IUPUI Campus Center, 031, Lower Level (420 University Blvd, Indianapolis, IN 46202)

Thursday, September 13

2–4 p.m. Session 1

5–7 p.m. Session 2

YOGA FOR JOYFUL LIVING: BEYOND THE BASICS

Venue: IU Health North Learning Center (11700 North Meridian Street, Carmel, IN 46032)

Friday, September 14

6:30–8:30 p.m. Evening Session

Saturday, September 15

10:30 a.m.–1 p.m. Morning Session

Lunch will be provided on site from 1–2 p.m.

2–5 p.m. Evening Session

Sunday, September 16

10:30 a.m.–1 p.m. Morning Session

Lunch will be provided on site from 1–2 p.m.

2–5 p.m. Evening Session

MORE INFORMATION, EMAIL:

Dr. Poonam Khurana, pkhurana@iu.edu – Faculty representative

Dr. Parisa Masoori, pmansoor@iu.edu – Resident representative

Michele Berger, michelle.berger@eskenazihealth.edu – Nursing representative

Kelley Butler, kbutler7@iuhealth.org – Nursing representative

Mimi Okoye, mcokoye@iu.edu – Student representative

Alka Kapur, alka1.kapur@gmail.com – Yoga Mitra Mandal representative