

AWAKEN AND HEAL THE SPINE

Let's Practice.....

Dionne OM's YOGA Studio * October 3, Wednesday *
6 pm to 9 pm @ \$ 35



A whole new way to Integrate Yoga Therapy

Awaken Your Spine!

Let us explore the various ways in which Yoga as a combination of Physical postures, Breathing, Meditation and Relaxation techniques helps in benefiting the Musculo-skeletal system, central and autonomic nervous system to *Heal, Deal and Restore the Back*. The focus of this workshop is to learn ways to **relieve pain, increase strength & flexibility and teach relaxation to promote healing.**

DETAILS

- Learn Mudras, Kriyas, Postures, Movements for the **right posture and strength**
- **Heal the stress** with Poses, Meditation, Pranayama and Relaxation techniques

All levels welcome.....



Dr. Indu Arora is an international speaker, Yoga Master, Ayurvedic Counselor, doctor in Alternate Medicine, author and healer with more than 30,000 hours of teaching experience. She has received awards like 'Gem of India', 'Ray of Light', 'Hall of Fame', 'Dupage Woman you should know' for her contribution to Yoga. www.yogsadhna.com

namaste नमस्ते

Moolbandha~ Potent tool for all Yogi (nis)



Moolbandha is the master key to unlock the flow of kundalini energy to the higher chakaras and into the sushumna. One of the best-kept secrets of esoteric Yoga is the advanced practice of moolbandha and was taught only to elite students who had mastered asanas, pranayamas, and mudras. The Siva Sambita lists it as one of the top ten best Yoga practices.

In this workshop with Dr. Indu Arora, learn:

- What is Moolbandha?
- Techniques and pre practices (asanas, mediation, mantras and mudras) of Moolbandha
- Benefits of Moolbandha
- Textual references and how to use it as a potent tool for the transformation of consciousness
- Practice of Moolbandha

A workshop topic, which is rare, and the topic not generally shared...Welcome to all Yogis and Yoginis!!

Dates: Thursday, October 4th

Duration: 3 Hours

Time: 6 pm to 9 pm

Registration Fee: \$ 45 per person and Register online www.dionnesomyoga.com

Locations: Dionne's Om Yoga Studio
607 Bemidji Ave N

Ayurveda and Pulse Diagnosis

By Dr. Indu Arora

Ideal Course for Yoga teachers/Therapist or those who want to know more about healing with Ayurveda



Pulse diagnosis is the most powerful Diagnostic Tool for understanding the cause of any Ailment or Disease in the Human body as per Ayurveda. It is a part of our Vedic lineage and is passed on from Guru to the disciple depending on the spiritual evolution of the disciple.

In Ayurvedic medicine the pulse is used in conjunction with Darshana (pure observation and inspection), and Prashna (questioning). All three of these must be employed to reach a complete diagnosis.

Contents (Nadi Pariksha)

- History of Nadi Pariksha/ pulse Diagnosis
- What is Nadi?
- Nadi and Dosha
- Introduction to Vata, Pitta and Kapha Pulse
- 7 levels of pulse

Yoga for Dosha (with 80 minutes practice session)

- What is Dosha & relationship between five elements and Yoga
- Mudras, Pranayama, Meditation and Asana specific to Vata, Pitta and Kapha Dosha
- 80 Minutes practice session

WHEN: - Friday, October 5, 2012, from 10 am to 2 pm

Tuition:- \$ 55 per person

Salute the Moon~ Chandra Namaskaar~ Dr. Indu Arora

Location: Dionne's OM Yoga Studio | 607 Bemidji Ave N.

Date: Friday, October 5, 2012

Terms: \$ 45

Time: 5:30 pm to 8:30 pm



Let us learn how to salute, acknowledge and invite the lunar energies in our life to balance the heating and the cooling channels, to build Soma and radiate love, compassion and healing vibrations to self and others.

In the words of Swami Veda Bharati, *“Soma is one of the key words in the ancient traditions of India. It stands for all that is gentle, beautiful, delicate, and sweet of temperament. It is a synonym for moon. Soma is part of the eternal pair of agnee-Shoma. Agni is the fire element, soma is the water element, moonlike. This pair is the Vedic equivalent of the Taoist yin-yang principle, balancing of the female and the male, energiser (female) and the energised (male).”*

In this session we will cover

- History of Moon Salutation
- Role of lunar energy in Yoga and Ayurveda
- Pre practices of Moon Salutation
- Mantra of Moon Salutation
- The practice of Moon Salutation~ Chandra Namaskaar

AYURVEDA, DOSHA & DIET

True freedom comes through diet & awareness!

October 6 (Saturday) | 9 am -5 pm |
Dionne's OM Yoga Studio | \$ 90

dinacharya



Dinacharya is the Sanskrit word for **daily routine**, 'Din' means day and 'charya' means to follow or close to. The Ayurvedic daily routine recommends good hygiene, moderate exercise, healthy diet, efficient elimination of wastes and a positive mental outlook. Ayurveda states that in order to be optimally healthy we should tune our bodies to nature's master cycle.

This workshop will explore Ayurveda, an ancient form of natural medicine coming from India. Participants will gain a basic understanding of Ayurvedic principles and how to develop a personal routine, which will promote health, vitality, and peace of mind.

Contents of Workshop:

- Ayurveda~The grandeur of GREAT five elements
- What is Ideal Daily Routine~ **Dinacharya**
- Concept of **Tridosha and Diet**
- **Sattvic Food**, compatible and incompatible food combinations
- **5 Main Sattvic herbs/spices** for everyday living, healing and cooking

MANTRA~ JAPA ~ MEDITATION

Dionne's OM Yoga | Monday, October 8
| Cost \$ 55 | 5:30-9:30 pm



Chanting, Meditation and Mantras is a wonderful combination to take the inward journey as taken by many sages and seers for liberation and achieving higher goals. Let us take this path together and take one-step closer to ourselves. Along with Meditation, one gets the opportunity to learn and practice chanting, how to hold Japa beads which is the most beautiful and direct tool to release tensions and rise to a higher frequency. This class brings to you serenity, union, solace apart from its proven deep therapeutic effects on body & mind.

Content of the Workshop:

- What is Mantra~ types of Mantras, how to hold mala beads etc
- What is Japa~ types of Japa
- What is Meditation~ types of Meditation
- Relationship between Mantra, Japa and Meditation
- Practice of Mantra, Japa and Meditation

Please bring 108 beads string, eye pillow, and blanket.

PS: You may buy the mala beads before the workshop in the class itself.

Personal Consultation
Ayurvedic Pulse Diagnosis~Mind Body Constitution
~ Dr. Indu Arora

DATE/ SLOTS

Thurs, October 4: 10am, 11:10 am, 1 pm, 2:10 pm, 3:20 pm

Friday, October 5: 8am

Saturday, October 6: 8am

Monday, October 8: 10am, 11:10 am, 12:20 pm, 2:15 pm , 3:25pm

Tuesday, October 9: 9 am, 10:10 am, 11:20 am, 1:30 pm, 2:40 pm, 3:50 pm

6 spots open... Please pick your slot and pay by mail or online to reserve your spot. I will be opening this up to the community this week. You get first choice.

1 HOUR SESSION | Dionne's OM Yoga |

\$ 120 PER PERSON Cash or Check or \$125 Credit Card/Debit Card

What is Ayurvedic Pulse and body constitution?

Ayurvedic pulse diagnosis uses the radial artery to investigate the patient's state of health. It stems from vedic knowledge over 5,000 years old which views the body, mind and spirit as one. This deep pulse represents your true essence or your specific nature where your soul's knowledge and wisdom reside. The deep pulse is your body's balanced state (prakriti). This is your body's own particular formula that supports a perfect state of health.

Get your pulse diagnosis

- ~ For knowing your Ayurvedic constitution (Vata, Pitta, Kapha)
- ~ For your unique **Mudras, Asanas, Pranayamas, Stones, Mantra, Meditation, Herbs, Kitceem remedies, diet combination and life style changes.**