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**SPEAKER:**

Good morning, good afternoon, good evening yoga alliance community, welcome. Happy New Year's to those who I have not yet seen. My name is Patricia Anderson, my programs are she/hers/her/please be José, I serve as... Demystifying the chakras. We were pleased to have Manju Joshi join us in November, and she of course, is a wealth of knowledge. And as often happens with these subjects that we all love to talk about, we pretty much ran out of time (Laughs)

We are back here in the new year to talk more and to learn more from Manju about this aspect of the subtle body called the chakras.

Today, this week rather at yoga alliance is yoga humanities week, so this workshop is eligible for continuing education credit. And you may select credits in yoga community and philosophy, or also yoga techniques or practices, either of those fields would apply.

There is as usual a location pole on your screen, we do actually use this information, we'd love to know where folks are joining us from. It helps us in planning our future sessions, and I want to thank you for joining us today.

Behind the scenes, our director is our good friend and colleague Sybil Ballantyne, North America, Central America, South America, and Europe are in the house today Manju. So exciting.

**MANJU JOSHI:**

Thank you, thank you all for joining.

**SPEAKER:**

Yes, let me give a proper introduction of the manager, and then let me turnover because I know you have a lot to share with us today. Manjula is going to leave us -- lead us through a very quick recap of her last session, we are going to dive in with some slides, which yes we will share after the fact.

And then she is going to take us on a focus on the heart chakra the (unknown term) chakra. Manju has a lot of letters after her name, she is a very accomplished woman. She is an ER white T 500, oh why (inaudible) CA you IT, and then also MCA osteo-, and HHC which I just learned our Masters certification in osteopathy, and holistic health coach.

She is a cofounder and research director of (inaudible) yoga, and she has been a yoga practitioner teacher and therapists for more than 20 years.

Yes, she is a child prodigy, she doesn't look old enough to have been doing anything for 20

years.

(Multiple speakers)

SPEAKER:

I'm just trying to Pay you a compliment about how youthful you look.

(Laughter)

SPEAKER:

She has been serving communities all across the globe, a published author and Reiki Master. We are super grateful to have you join us again Manju. I think you for your time this morning, and with that, welcome. I'm going to turn it over to you.

MANJU JOSHI:

Thank you. (Unknown term) everybody, happy new year, blessed new year to you all. Thank you all for joining here today, thank you perdition, everybody in the YA community. Let's begin.

We will begin with invoking with the sound. As always. Sound. This is my singing bowl. Let's begin. Let's sit nice and tall, eyes closed. And just listen to the sound. And allow your breath to be nice and smooth and quieter. Let's begin.

(Singing bowl music)

MANJU JOSHI:

Two more. Bring yourself back into your body.

(Singing bowl music)

MANJU JOSHI:

And then we will invoke (Name), the destroyer of obstacles, in our gurus, guides, and (unknown term) herself. I'm just going to say simple invocation. (Speaks foreign language)

OK, with that we can go to our slides. And today, as Patricia said we will go through our previous workshop slides very quickly. And then we will get into the heart chakra. Given the circumstances going around in the world today, or in this new year, I thought that getting into the heart would be – nice thing to do. Let's go to the next slide.

So that is our agenda, we talked about it, and we will go to the next slide. And we will start with – yeah.

So what is – what are chakras? As we have seen it last time, so they are not visible in our physical body, but there presence is felt in the physical body, so they are in the subtle body if you're practising yoga and no yoga, or study the philosophy behind yoga, in that body, we have these seven chakras located a particular spots, or places. Were junctions, we can call them.

There are seven chakras, and each chakra deals with certain aspects of our life. And we can go through that also, so let's go to the next one.

And all these chakras, they get energy through prana. And we talked about it quite in detail, what is prana? Prana is a vital energy, the energy that is needed to breathe, to see, to digest our food, and we get this prana through various things that we have seen last time in detail.

We get the prana from just looking at beautiful nature. We get the prana through our food, we get of course the prana through our breath. And so on, there are different names. In various cultures, like Chi, or (unknown term), or like in reiki (unknown term) or (unknown term). We have seen those last time.

Let's move to the next one. And then there are (unknown term). These are the channels, nadis comes from the word (unknown term), meaning hollow structure. Any hollow structure in our body, even in the nature is called nadis. It is one word, it means (inaudible) in Sanskrit.

And we have seen, there are three major nadis according to yoga and Sanskrit philosophy. Or even in your Veda. Just by the side of our spine, so the spine is one of the biggest nadis. And there are about 72,000 nadis according to yoga or Sanskrit philosophy.

And they usually originate from the navel. From our navel part. So that is where they originate from, and that is why the navel chakra is very important in yoga, and also various Asian cultures, it is also called the (unknown term) point.

There are three major nadis described in yoga, the first major one is called (unknown term). (Unknown term) various meanings to that, it is great him, or you can call it good, our mind, kind, that kind of a word. Gracious, kind, nadis, or a great him.

It is a beautiful word, and then there are two nadis that run along with (unknown term). It is called (unknown term) on the left side, it is (unknown term), meaning our intellect, our speech, feminine, cool energy.

And (unknown term) is masculine, energetic, it can bring the energy in our body, makes our body warmer, it has the power to analyse and those kinds of things.

And they typically run from left nostril or right nostril, so left nostril is (unknown term), right is (unknown term).

We also talked if you have a fever or something, if you start breathing through (unknown term) which means the left nostril, the fever can come down. Or if you're feeling anxious, you can also start breathing through the left nostril. And you start feeling calmer.

In the middle of the day, if you are tired, and you want some more energy, you can start breathing through the right nostril, and you will start getting a bit more energy. Or if it is cold outside, you can start breathing through the right nostril and you feel warmer.

So these are (unknown term), (unknown term), and (unknown term). And I wanted to come back to (unknown term) a little bit. Because it runs through the spine, and through which the prana is taken all the way, or the energy is taken all the way towards her brain.

Or the (unknown term), the seventh chakra. It is also called great him in some of the yoga text, because it is activated by sound. So that is why mantras are very important part of our chakra (unknown term). You can do breathing, Asana's, although sorts of things, but mantras, will stimulate or activate these nadis very quickly. It is kind of a hack.

If you don't have time to do your Asana's, or other things, if you just do your mantras, and there are ones to do for each chakras, there are some other mantras also, we will just take one or two mantras from the other texts.

But if you just do the seven mantras, that will activate your (unknown term) nadis. It will also align our spine. We do a lot of poses to align the spine. That can be done for the physical structure, before the (unknown term) or the internal structure, the body structure, we can activate or align that structure through the mantras.

It is very important to notice, because many of the times we don't do enough mantras. I have been practising yoga for 35 years, and unfortunately I didn't pay much attention to mantras, but fortunately now, I pay more attention to mantras. And it really makes you go deeper. Within your yoga practice.

I just wanted to make that point. So let's go to the next one.

And then we also saw that each chakra has certain Lotus petals given to them, a symbol of Lotus is given to each chakra, and each Lotus has certain petals, at certain chakras, so the first chakra has four, the second one has six, and then so on.

Each petals also have some mantras, some letters on them. And they add to it also the area around the chakra, activate the nerves, the nadis at that particular chakra.

It is correlated to, if you see the physical structure, the physical body, certain nerves come together at certain points, and they are called plexus, and somehow they correlate with the chakras. Most of them correlate with the chakras.

The nerves – those many nerves are there, those many petals are there. We don't know how that happened, that is why the yogas were see years, they could see, they could feel, they understood, they didn't need any dissection of the body, or anything. It is a very fascinating thing.

Most of them, they do align with the nerves coming together. The symbol of the Lotus is very important in yoga, or in the spiritual world, because it comes always – always always comes from the mud, not the fresh area, it also -- it always comes from the mud, and it has the power to blossom, the power to grow upward and blossom.

With the energy of the sun. And we do have that power as well, coming from the mundane (unknown term) or mundane life, we do have power to rise ourselves to that level of enlightenment.

So we went through that last time. So let's go forward.

OK. Now, Kundalini we talked about it also, Kundalini is the power that we all have. (Unknown term) means round. And Kundalini is that which is coiled up. Or there? Means a pot, that which is sitting in a pot, and yogis envision it as sitting it at (unknown term), the base chakra, in a pot, or sacred place.

And it is a dormant energy, some people also call it sexual energy which is partially true, because it has the power to create a new life. And that energy is sitting at the (unknown term), or the first chakra.

Interesting thing is, we have to think this way, that whenever I think of Kundalini it actually makes me feel very emotional, because imagine this, that this is a vast universe, and this whole universe runs on some power, and that power – you know, it is not just on the earth, or in the earth, but be on the earth.

It is everywhere in the galaxy and galaxies, all the order in the universe is because of this power, and it is very loving. Without love it -- nothing happens. Even a simple flower cannot blossom without that energy, that love.

That is everywhere. And imagine that, that energy is sitting at the base of our spine, near the bone called the sacrum. Meaning sacred. It is a sacred bone. It is a triangular bone, at the base of the spine. And it is sitting there, reading for us to be noticed. We don't even notice it, it is there all the time, it is so loving in our life.

Right now I am talking, but I don't know how I am talking. By which force I am talking, I am not aware of that, but it is still doing its work, with love, unconditional love. Whether I pay attention to it or not, it is doing its work.

That is the unconditional love that we all have, and that is that energy sitting there just waiting to be awakened.

Yoga is one of the ways to awaken this energy, to notice this energy, and it can go in for directions, downward, it is called (unknown term), meaning going downwards. Which we use most of the time in our day-to-day life.

In sexual activities, or just running our life. Or it can go (unknown term), meaning it can go upward. And when it starts rising upwards, miraculous -- miracles can happen.

If this energy, if this power has power to create a new life, if it goes upward, it can heal our own physical body, mental body, emotional body. It has the power.

And we just tend to notice it, work with it, try to raise it upwards, and that is where all the yoga postures and breathing, all the things that we have in yoga, they all come, so that we notice power and raise it upwards.

Let's go to the next slide.

Alright, so there are seven major chakras as we know. In each chakra governs certain aspects of our life. The first one is called (unknown term). This is all according to the yoga philosophy.

There are many chakras of course in your hands, everywhere, but the seven major on your spine, so the first one is called (unknown term). (unknown term) means (unknown term), (unknown term) means support. It is a supporting chakra, the chakra itself as we have talked in the previous workshop, chakra meaning (Speaks foreign language)

That which enables the movement is chakra. (Unknown term) is our roots, how rooted we are. Then we have (unknown term), means self, it is the abode of the self. Who we are, how we feel, those kinds of things.

And then the third one is called (unknown term). (Unknown term) meaning jewel, (unknown term) meaning city, so the place of the jewel. Which is our energy. Creative energy, and all those things.

Then there is called (unknown term), means that which is an struck. Once you reach the (unknown term), once you reach the heart, it is also called the heart chakra, the sounds – you will start hearing certain sounds, which are for any sound to be created, we need two things, we need things to create the sound, but once you reach (unknown term), the sound, comes without banging anything else, it is the sound of our soul. That is why it is called (unknown term).

Then comes (unknown term) meaning pure. The purity of our life, thoughts, actions. They come through the throat chakra. Then there is (unknown term), means command, and that is at – between your eyebrows, it is also called the third eye.

In the pineal gland is related to that, we could have another huge session on the pineal gland, and the (unknown term) chakra itself. It is very fascinating, a lot of research is going on on that.

And the seventh one is called (unknown term) means thousand, (unknown term) means petals, so it is really the thousand petal lotus, above your head, top of your head basically.

We can go to the next one, they govern certain aspects of our life. We talked about them briefly, the first one is called (unknown term), which is who you are, how grounded you are. How you feel comfortable with your family. Your surrounding, and so on.

And they do talk to us as well, our chakras talk to us literally. If you don't feel safe and secure, the first chakra talks to you by giving the physical sensation of constipation. If you go to a new place, and you feel constipated. You cannot feel clean. Because we don't feel secure there. So they do talk to us.

The second chakra is about who you are, how comfortable you are in your body, how comfortable are you being a man or a woman, or any profession, that kind of a thing. The first instinct to write, to read, to create something that starts from there.

Raw emotions start from there, the instinct to make friends with others, those kinds of things come from there.

The third one is (unknown term), which is our self-esteem. How you express yourself, through your self-esteem, whether you feel comfortable being in your job or not, all those things come

with that. From that chakra.

And these first three chakras, some people call them consumers of the energy, they consume a lot of energy because they are very necessary for our survival. So they are survival chakras.

And if one remains too much into that survival, they are not aware of the other aspects of their life, and they cannot raise their energy up towards the heart chakra. Then comes the (unknown term), how you love yourself, how much you love yourself. In a real way. Not in a boasting kind of way.

How truly you love yourself, others surrounding, and all those things come under that chakra, we are going to go into that a little bit in depth.

Then comes the (unknown term). The throat, how you express yourself. If you are comfortable expressing your truth, who you are, that comes to the throat, and it talks to us all the time, so if you want to give a big presentation at work, or somewhere, you feel a choking sensation in your throat, then you are not able to express yourself properly, and those kinds of things can happen (Laughs)

So they do talk to us all the time, you just have to pay attention to them. Somebody breaks your heart, you literally feel the pain in your heart. Your breath kind of stops, you feel sadness, and all sorts of things can happen.

So feelings, our expressed in our body by our sensations, various sensations. And we just have to pay attention to it, and see where they are stuck. Because this is a journey, and her body constantly tells us what is going on. Where are you stuck?

That is (unknown term), then we have (unknown term), which is our intuition, which we need all the time to succeed in life, without intuition, and without the love, we cannot succeed in our life in a true way.

And then (unknown term), which is the true connection of our individual selves, or our individual consciousness with the universal consciousness. And again, if that is not there, then we are not aware of that consciousness, beyond us. Then also, we are stuck, and we will just remain in this world continuously, trying to achieve something, trying to gain something.

And we don't see you -- feel satisfied at all in our life. These are the aspects of the chakras, now we will go forward.

These are the (unknown term) mantras for each chakra. Instead of me talking continuously, I want you to experience also. Like I said, these mantras can align the spine, the spinal cord has fluid going through it, just called cerebrospinal fluid, and as you know, water, fluid can carry (inaudible), can retain memory, that is why you know, continuously, we are creating memories, and those are being retained in that area, the spinal area.

Many times, a lot of our problems like back pain, and all this start because we don't release those memories, that have been stored there. Mantras do a wonderful job of releasing those energies. Making us move forward.

Let's take a moment to recite those mantras. The first one, the (unknown term) is called (unknown term). And they want you to do a simple experiment, just say (unknown term), and when you say it, automatically you hold in (unknown term), which is a contraction of the pelvic area.

When you say (unknown term), the pelvic area contracts, the perennial area gets contracted. So try it. Just say (unknown term). (Chanting)

And you feel that. And that is exactly what (unknown term) is. Yogis, they want to remind us that we chant mantras, or do any prior practice, we need to hold that (unknown term). So that we don't release the energy downward, we talked about that. We don't release that energy downward, but we take it upwards.

That is what the reminder, and that is why that letter is there, (unknown term). We are going to recite those mantras, and then the second one is called (unknown term). It is for water, it is the deity called (Name), the deity of water. (unknown term), is the third chakra, which is for sun energy.

Then (unknown term) is for heart. (Unknown term) is for throat, and then (unknown term) is for the (unknown term) chakra. Three times we will recite those, and you just pay attention to what is happening in your body. Just close your eyes briefly. Maybe I will recite, and you can just listen and see what happens in your body.

(Chanting)

MANJU JOSHI:

And you feel something is shifting towards the centre, so if you're too much to the left, meaning you're too much analytical, something starts shifting to the centre, to emotional it starts shifting to the centre as well. If you do it may be seven times, you can feel that alignment happening. In your spinal cord itself.

Hope everybody had some experience of that, and I hope that you will all recite these seven mantras every day. And it doesn't take much, as you've seen, two or three minutes, and you are ready to go.

Even in night, if you do it, you will have a good night's sleep. Thank you for joining again, this meditation. Now we will go to the next one. Next slide.

And now we come to the heart. The reason we are at heart, heart is the centre, there are three chakras below heart, and three above the hard. In heart, as you know is the place of love. And it is not just any love, it is the unconditional love that we talked about.

So all we have to do when we come to the heart, is to remember that how our body itself is running. There are cardiac muscles, cardiac cells, they behave like cardiac cells only, they do not behave like your liver cells, or anything like that.

And it is all done with extreme love, extreme (inaudible) love. This is at the centre of your chest,

heart centre.

It is called (unknown term) chakra, Sanskrit is a very meaningful language, so (unknown term), is the main -- name for this chakra also. (unknown term) means to take. (Unknown term) means to give. And that sound, is to circulate, to regulate. To circulate actually.

And that is exactly what (unknown term) does, the heart does. It takes from one side, purifies it, and then gives it out from the other side.

That is exactly how our life is expected to run. That we get all kinds of impressions, all kinds of experiences, from our various chakras, mostly from the lower chakras.

All we have to do is purify them, we don't take them as it is. All the emotions, all the experiences that you get, we don't accept them as it is. We need to purify them. Sort them out, and then circulate through our being, through our energies body, from the other side.

From one side we take, from the other side we give, only after purifying it.

It is very interesting, and very... Intelligent way of describing any organ as well. Give and take. Take and give. And that is exactly what is expected by this chakra as well.

This is at the centre of your chest. Again, each chakra, like we said, have some kind of (inaudible) to it. There is a mantra, and each chakra also has elements given. The five elements are given to the first five chakras. This particular chakra has the element of air, it is given to this chakra.

(Unknown term) is earth, the second one is water, the third is fire, and the fourth one is air. Fifth one is (inaudible).

Next to the (unknown term), the third eye, mind can be considered as one of the aspects.

There coastal – my colours also given, spectrum colours given, it is not given in the actual yoga text. Where the chakras are mentioned. There are different colours given, but again, you don't have to go through all these colours, because when we are going through it, whatever colour we feel, that is our chakra for our experience.

Green or pink is given, so you can wear pink (unknown term) like this if you want to strengthen your heart chakra, or feel that love. Get that energy of love, this is a rose quartz that I am wearing today.

You can wear certain colours, to feel that energy - one of the colours I am wearing is a pink kind of colour, so that also you can wear.

Various things, this chakra is related to how you give and receive love. If you give too much without receiving, that is without doing anything good for yourself, doing your meditations, taking the prana or energy from the outside world, and you're just giving, giving. Then you can deplete your heart chakra, you can deplete yourself, and that is not expected of this chakra.

There is many things that is given here, Rose Quartz, you can use green (unknown term), those stones, you can use various fragrances like lavender. Or my favourite one, Rose.

These fragrances, essential oils, you can use green leafy vegetables to strengthen this chakra. To get the prana from the food. You need to eat light for this chakra.

This is just the sample that I have given, in our course, and then I go in depth through each chakra, there are poses you can do, tabletop, or camel pose, these poses, they seem simple, but they do open the heart.

In all these teaching years, I have seen many people whose heart chakras are not ready to open, they refused to do these poses. Or when they do it they start crying, because it starts opening up so quickly. That they start releasing that energy, so these are wonderful poses to do. You can do (unknown term) for this chakra, or for any chakra. These are great techniques. Absorb the prana from the universe.

And now here we come to the meditation part. And we will do some simple meditation. And I'm going to use not just (unknown term) mantra for this one, but I am going to introduce a mantra called (unknown term). It is another mantra, which in today's world – it is very unique, very important, because (unknown term) brings all kinds of abundance, or all kinds of auspicious nice.

All kinds of good things, wonderful things, loving, gentle things to ourselves, and also we can give it out to the universe. I'm going to introduce that mantra called (unknown term).

And then we will also chant the (unknown term) mantra later on. As we go into the meditation.

All we are going to do is imagine, imagine that the lotus flower is coming all the way towards your heart, the stem of the flower is coming to the spine, at the heart. There are 12 petals, so I will change the (unknown term) mantra four times. Each time you will imagine that the pedals are being open, and you will bring the energy from above, from the earth below, and you will just stay there, experiencing that love. That energy from the universe.

And then we will give out that energy to the whole world as well. This is called (unknown term), or giving, we will do that, we will reach our heart, and we will give it out as well. Sounds good? Simple?

Let's sit nice and tall now, keep your son -- spine straight as much as you can, or you can lie down if you want to. And we will keep the eyes closed, again, with the sound, so that our bodies are aligned.

(Singing bowl music)

MANJU JOSHI:

And bring yourself and your body, take two deep breaths. You can imagine the breath coming from the universe all the way down from the top of the head, all the way down to your (unknown term) Centre, to your second chakra.

Do it three times. And allow it to expand in the universe. Just dissolve in the universe, each breath.

Now imagine a beautiful lotus flower at the base of your spine. And it is slowly rising up – rising up towards your heart. And it is at the heart centre. It is still in the bud form, it is not open yet. Just a bud of a lotus flower. Coming to your heart.

And here, we will chant the (unknown term) mantra four times.

(Chanting)

MANJU JOSHI:

And the petals from the left side are being opened.

(Chanting)

MANJU JOSHI:

The petals in the front are open. Any colour of the lotus flower, it does not matter.

(Chanting)

MANJU JOSHI:

The petals at the right are open.

(Chanting)

MANJU JOSHI:

The petals at the back or open. A fully bloomed lotus flower at your heart. And within that lotus, six beautiful white bulbs. Your (unknown term), or soul. Beautiful, shining, luminous white balls.

Beautiful golden light coming from above, full of loving energy. Full of love. Unconditional love. Pouring into your heart, over that (unknown term), the white bulb.

And the loving force, loving (unknown term) coming from the earth. All the way up to your heart. Just pure love. No reason, no season, just love. And allow your heart to open. Absorb that energy, absorb that loving (unknown term). And please, keep aside all the titles that you carry, all the burdens. No need for them right now, just feel that love. That energy.

That force behind our being. Please open your heart. Allow yourself to be loved. And now we will circulate that love throughout her body, around us, in our aura, in the world, with this sound. Imagine this beautiful energy is being circulated everywhere.

(Chanting)

MANJU JOSHI:

Loving (unknown term). In beautiful energy. Together. In your heart. Allow it to open please. If the tears flow, let them flow. If the heart starts vibrating, let it be.

There are about 470 people from all over the world, in our -- and our hearts are opening. Beautiful energy is flowing. We are receiving beautiful, loving energy from everywhere.

Receive, bring your hands to your heart, left hand over your heart, and right hand over it. And we will chant (unknown term) again, three times.

(Chanting)

MANJU JOSHI:

Feel your heart pulsating beneath your hand. Now take your hands out, in a giving gesture, (unknown term). And we will give this energy out to the world. Those who needed the most. Let it go to them.

May all be well.

(Chanting)

MANJU JOSHI:

May all be safe, sound, and healthy.

(Chanting)

MANJU JOSHI:

May all awaken this heart energy. The love. Within them.

(Chanting)

MANJU JOSHI:

Bring your hands together, rub them. Bring over your eyes. Over your head, give that energy to your head. Back again on your heart.

(Chanting)

MANJU JOSHI:

Peace, peace to all. Bring your hands in namaste (unknown term). Bow down a little bit, we are bowing to the (unknown term) within us. May it rise every day. To enrich our life, to enlighten us. (Speaks foreign language) Oh mother, please bless us. Namaste. Thank you.

You can open your eyes, and look down gently at the floor.

Well, that was our little heart centre meditation. In my heart is still vibrating, my voice is shaking. I felt that love, and energy, just wonderful. I wish and I hope that you all will do it every day, just to keep yourself open, let the emotions come out. May you feel open, so that you can receive and give back as well. I hope you enjoyed this. Thank you.

We don't have to go through the slides again, but this is the presentation. I don't know if you want to hear too much after this, or if I want to talk too much after that. But we discovered many aspects of chakras, the most important thing is come to the heart. Come to the heart.

All the chakras get purified by that love. Bring love, and bring infusion. And all the chakras start behaving. There is no such thing as closed or open, simply it means – closed means we are not paying attention to that particular energy, aspect of our life.

All we have to do, is to just pay attention. In our heart, you can bring your attention to your energy centres, or upper energy centres, and they start talking to you. And all you have to do is bring the love, and the force behind everything, to that particular centre. Allow you to relieve whatever is being trapped there, and just keep pouring loves into it.

That is all (unknown term) want to tell us, but then we say it is (Speaks foreign language). That means you can do all kinds of things, but you can also surrender to the higher power. Surrender to the higher power, and that higher power is nothing but unconditional love. And you are a yogi.

Thank you very much, I hope you enjoyed this presentation. I certainly did, and thank you again yoga alliance, and all of you who are here. Lots of love to you.

Again, we will have another workshop in two weeks, so I hope you will join for that as well. Once again thank you, namaste, and again blessed new year to all of you. Namaste.

SPEAKER:

Namaste, managing. Thank you so much. I really appreciate that presentation. Although we discussed may be having some questions, I think what I would like to do instead is just leave people with the vibration, and the intention that you set.

Just let everybody know, as Manju said, we have another presentation with her later this month, and another series exploring this body on Thursdays. I hope you will find ways to connect through yoga alliance in the workshops.

You can always find our calendar online. And we thank you for your time today, and all of you who have joined us, and we wish you well. Keep breathing, keep moving.

MANJU JOSHI:

Thank you, namaste.

SPEAKER:

Namaste.

