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(Music plays)

SPEAKER:

What do you think of when you think of yoga? Poses on the mat, perfect alignment, reaching far beyond your toes. The beauty of yoga is that it is much more than a sequence.

SPEAKER:

Thank you so much for joining us.

SPEAKER:

Yoga is asana and also activism. Yoga is about a quiet internal journey. And a growing powerful outward voice. Yoga is action, curiosity, empathy. Join us as we celebrate yoga, the diversity of the millions who practice it, and the power it gives us all. Because we are all for yoga and yoga is all for us.

KEVIN KARAS:

Alright everyone, well it is so good to have you altogether today. While we get started here in a little bit, we always like to open it up with a location poll just to see where folks are joining in from C can see that on your screen, if you could just take a moment to complete that, it is nice to see where we are joining in from around the world. You will see in the chat, we have got some messages coming through from Tricia, you can always check their for the updates. My name is Kevin Karas, and I work here at Yoga Alliance. My role is board governance manager, so on a day-to-day basis I am supporting the work of the Board of Directors.

If any of you wanted to ever get involved in that sort of way, would love to hear from you. You can always reach out to me. We are really excited today to get to have this continuing education program. Just a reminder that this is a part 2 of our series. You can always utilize these for your continuing education requirements, if you want I will take a look at that previous video, you can go and sit in our video library.

I am really excited to get to introduce our 2 presenters. First off we have Prashant Joshi, who is such a wonderful human being. He is an electrical engineer, computer scientist and a yoga teacher and therapist who is brought yoga principles into all levels of management. Love that intersect up business principles and yoga. He is published on yoga leadership and is presented globally as a part of his executive coaching methodology. He is the cofounder of the Google yoga school, (indiscernible) as well as founder of food yogini. So good to have you Prashant, also want to introduce Manju who has a Masters in yoga and Sanskrit, and so many trainings and credentials. She is the cofounder and

research director. She is been a yoga practitioner, teacher and therapist for over 20 years serving communities across the globe.

She is a published author and reiki master, so we are so grateful here Yoga Alliance to have the 2 of you are back for the 2nd part of this series, I will let you take it away.

PRASHANT JOSHI:

Think you Kevin, thank you Tricia and Yoga Alliance. Namaste to all, good afternoon or evening wherever you are in the glow. Great to be back, happy summer. And we will do the 2nd session today. Before we get started, wherever you are take a deep breath, sent to yourself so that for the next one hour or so is your time to unveil yourself. Remember that is the key unveiling, just enjoy. I will start with just a singing bowl as our little mantra.

(Ring)

Bring your attention, energy all here for the next hour, so thank you and we will get started. Again, we want to give you more time for Q&A, so let me just quickly start with a presentation. So quickly again, as Kevin mentioned this is Prashant and Monte we are a husband and wife team serving the yoga committee for the past 30+ years. Coach P and coach M are our titles the kids have given us. We are herein Austin Texas, which is the native land of Comanche and Jumanos we are very grappled to be here. This is a holistic foods and goods project. Yoga Alliance is the reason why we are here.

At the bottom right is our home unit, 2 daughters so this is what is driving us to do what we do. With that said, also wanted to serve some gratitude, international Dave yoga is coming up, June 21. Again last time we were talking again Earth Day was coming up. And then the 4 loyalties we are showing here, again yoga alliance complemented by international yoga therapists Association, yoga therapist I OIT and the 2 bottom ones are fillers of yoga globally, Kaivalyadhama which is about to reach 100 years and then Vayu, just ensuring that again and inspiring you to get more involved with the freedom of yoga.

With that said again quickly the agenda but we will share is a quick repair For those who will join the first time, but you can get the big picture, then we will take a deep diving into Anamaya Kosha, and again there's no yoga without practice will have practice component as well. The word kosher itself is sheath, think of layers, butterfly going from a cocoon to unveiling to its potential. There are so many analogies you can give and we can relate to ourselves as we go, we are a very settled consciousness so we are reaching a path of discovery of who we are to facilitate this journey of coaches at the end. Showing our journey from micro to macro again we are part of the entire universe and sometimes we get caught up in our ego. This journey takes us from our egos to being in a blissful state beyond ego and so on. That is the idea here and we will see how the overall series goes.

This is our 2nd session is reset. The first time we covered the 3 bodies, the causal body, the (unknown term), today we have kept that content in this PDF if you would like to see that later. Today's focus is Anamaya Kosha and we will see that today in the practice. With that, we start this conversation as we know we all can relate to it, right?

Food is what we spend so much time on to nourish ourselves, to enjoy ourselves. It goes back to a long time, in a very famous (unknown term) where the first revelation from this disciple pupil is (unknown term), Manju will share a little bit more about that, it is a conversation between the father and the son, and telling about the ultimate reality. And he says go meditate. So Manju will add to that.

MANJU JOSHI:

Think you Prashant and thank you again everybody for joining this. So it is mostly the dialogue between the son and father or husband and wife, or the pupil. So we must remember that the (unknown term) was the son here who's asking the question he later on became a great sage of astrology. It is a very well known writing on astrology. So everybody starts at the basics, right?

So this person asks his father, there are 2 basic questions that all the seekers usually have. Which is "who am I?" And "what is the ultimate reality, what is Brahman?" When he asks this question the father says "go meditate" he does not give the answer just like that. That is also what we must remember, that the answers come from within. So he meditated and then found out "oh, I am body." And with that the first thing I need is food, so I must be food. That is how he realized it.

Then he comes back and says "OK, this is what I realized." Then the father says "no, go one more time and meditate." That is how it evolves. He goes up to the causal body and the Bliss Kosha and the father says yes you are in place, but Bliss is not you. Who you are, you still need to find out. he goes and finds out "I am that I am basically. Was quote I am that whole in finite love, that is what he realizes. From that, what yoga did was they elaborated very beautifully and very powerfully all of these kosha concepts. So we have this body, that is our first run this and that is why it is called layers, the Kosha is layers. Would you cassette is take control of your food or eat in a regulated way. That way it is easier for us to go to the next level, which is the 2nd level of energy, of mind, intellect and so on.

Food is the starting point and we need to pay attention to that. There are many quotations in the 6th chapter of yoga which is dedicated to yoga and then also actual yoga text there are a lot of references to food. We will not go too much into it because it is not a nutrition class. That is the first awareness. Once you control the food you do certain yoga poses that opens up it is easier to allow it to flow in the body. Once you understand this energy, that is in the subtle body, it is a settled cross body, right? Which we cannot see. Food we can see, body we can see but (unknown term) we cannot see, that is why it is in the subtle body. So inflows to various sense organs but mostly to that breaths you can join

the breath with (unknown term) practices and then we realize that if you control the brother you regulate the breath you can control your body as well as which is settler then you can control mind as well.

So breath becomes a bridge between mind and the body, and then once you go and start controlling both the mind which always controls our breath and body it starts coming down. There comes the realization of these things like "yeah, once I control the breath I can control the mind and the body. And once the mind is calmer, I can go into the bliss state." that is the knowledge, that is knowing. It is not just information but it is experience. Knowledge is called (unknown term) in Sanskrit so that is to know, to understand, to experience and with (unknown term) is what takes you to that knowledge. So that is going towards the knowledge, it is not the ultimate knowledge. So they talked about that, so it is not new information but it is the experience but the expense is the bliss which is in the causal body, which is the understanding of why we are here on this earth in the first place. Who am I, what is my purpose all of these things are in the causal body. We get there in our deep sleep as well but we are not aware of it. Here we are consciously aware really getting into the blessed state by controlling body, mind and breath.

And then beyond that, bliss is not just the thing, you go beyond that and that is where all the other practices, the higher practices of meditation come into place. See how beautiful they have elaborated this system. It is not mere philosophy, but it is to be practice. If you are a seeker, if you are a yoga practitioner this is how you understand yourself and you go towards the higher self. So I think it's beautifully said, per shot you can take over after this.

PRASHANT JOSHI:

So again Manju basically covered all the evolution of Kosha going from food and all the way. We just give you an overview of where food is coming into the text. For example we become our own, we eat papaya and the papaya becomes part of you and all that. So many analogies we can give but as they say you are what you eat and it becomes so true. This can be seen in our own practices. If you have a heavy meal late at night I think your morning will be a bit miserable. We are not judging here were talking about foods and diets but to see the big picture here of how food will see whether you feel lighter, or heavier and how your yoga practice is affected. When you are talking to your students, mentioned this is not a compartment, it is holistic truly, that is white is an important topic to cover. Again in the text it goes a little bit deeper, Manju can mention that.

MANJU JOSHI:

So it is a very beautiful book on yoga, especially (unknown language) he or she will encounter many diseases and will not have any success in yoga. It is a little harsh to think about it but if you just go deeper a little bit, you can see that if you are eating heavy food, any kind of food. Whether it is a vegetarian or nonvegetarian does not matter but if it is heavy it is hard to digest and you do your yoga

practice after that or before that whenever you do it will in balance the water or gases in your body. It will in balance the fire, the digestive fire in your body. That will invite many problems in your body, right? Many diseases and we have seen it.

Lik eating habits wrong eating habits and then doing yoga practice does not go well. Or if you eat too much or you don't eat anything or very little that is also not good for the eucre practice. That is why it is also said to observe moderation in your eating habits, in your sleeping habits and in your exercise habits and all those things. We did not put that one here but that is what the general idea is. Observe what you are eating, if you are on a yoga path. It is not for the masses, but for the people who are going on a yoga path. That is the first thing we need to pay attention to. We can go to the next one. Gheranda Samhita, this is also the concept of how much we should be eating. (Reads) Meaning, the meaning is there so one should eat only half full, you know? It is not good to eat until you cannot stand up. So the solid food should be half a part of it, here this is any kind of thing like soup and all the things we drink. So only one third of the stomach should be filled with liquid, and one third, meaning the 4th part should be left for the gases to move around freely. (Reads) Is the 4th part of the stomach that should be left for the gases. So we need to eat only solid food half of what we can usually eat or what we can really eat. And 1/4 for the water and 1/4 for the air.

Again people ask, should we drink water in the beginning or later. It all depends but when you are eating something solid, just sipping, a few sips of something liquid is recommended here, OK. So it is very beautifully said how much we need to eat anything and then there is an image of your hands, the food in your hands. So that is asked to the concept of pyruvate as well. That if you take your hands together like in the image, everybody has different hand size. So you need that much food, which can fit in your 2 hands. Which means that if you eat rice, take the grains of rice in your hands and then cook that much and that is the food you need. If you want to talk about protein, you take one hand, put some nuts or something like that in your one hand, and that much you need the part of the protein. It is very beautifully and very easily recommended in the yoga text as well as in the Ayurvedic. There is nothing computed about it is just understanding that everyone is different. So you take your 2 hands together and put that much food in that, uncooked, not cooked because we can put 3 burgers in our hands, that is not what we are talking about. Just understand these concepts and if you want to learn more you can go deeper into it as well. Thank you Prashant?

PRASHANT JOSHI:

One thing I want to say is if you must've seen the older Eastern traditions are reset on the flooring eat, I think we actually sit on the little bench and then the actual plate is on the floor so the theory was that when you are cross elected Foster, when you cannot find any further your half stomach is full and that is when you stop so to speak. That was the concept, very scientifically done and we've taken many of the situations for granted and now we all eat standing and things keep going down and so on. Again, we are not judging here this is just sharing how beautifully things have been worked out. The word for

intake or full is also (unknown term) and it happened so many ways beyond just the mouth. There are many things but it is really taking from all of our 9 doors of our body. So many doors.

So that becomes the overall intake also in this concept. We just want to share in the ancient texts, with the Annamaya Kosha, what makes sense here in this context. Now talk about very practical things here, something that we've taken these words. Think of Annamaya Kosha, you are aware of your manifestation here, and it starts with that awareness. Awareness of just living. That you are aware and this is a much bigger topic of its own to talk about mindfulness over in this concept but you guys with this mindfulness if you think about it eating again we spent so much time and money on foods, when are we going to think about a single task. Eating is my activity. Not doing multiple things just focusing on mindful eating. In that context you must've heard of a recent experiment that you actually take-- raisin experiment, this is a great activity for teachers here with students when does a teachers training program, you can enjoy this experiment, you can spend 5 minutes on just one reason. Just becoming aware of how saliva slowly starts mixing in your mouth, no chewing happening, just awareness and then slowly the sweetness of the raisin is experienced and so on. Otherwise you are just in a gulping mode and then the awareness goes out of the window. That is why single tasking is something that is recommended here in this mindful living. In all of the contexts of course. And then walking as well. We are all multitaskers in them so much going on in our lives, but try these single activities mindful walking, mindful eating and see how you become more aware. The other awareness aspect from a food perspective is seasonal foods, grows around you?

You have your different seasons, then what happens in other parts of the globe so you focus on your seasons, your geography, where you think of, and again that is the sense of it being easy to digest. So we will simply find even in the whole context of yoga practice we do mention listening to the body. This is where again you are aware of where it is hurting, where it is not. Think of from a Annamaya Kosha, perspective again general practice is not necessarily in the absolute yoga practice concept. Manju do you want to add anything here?

MANJU JOSHI:

Yeah I mean just observing what we are doing every day is yoga anyways, we are connecting to ourselves and then that may be if you eat certain food after that if you feel more bloated or you may or may not digest properly. Those kind of things being able to observe. Those concepts are given.

PRASHANT JOSHI:

Your video by the way is off. So going further, now we should focus a little bit more on yoga practices themselves. I think Manju had mentioned last time about the time involved.

MANJU JOSHI:

I think I need to elaborate a little bit on that because there were a lot of questions about it. Yogis

mentioned this particular time, as an age of water which means the Vata is more prominent, I don't know how they come up on these things but that is what they mention and that means that there is an increase in activity at all levels. At an environmental level we all are observing that. We are all experiencing that. And then at the mind level as well. And then we really would like, and at the same time the mind is driving the bodies as well., That is what people are experiencing, come that element we are expanding a bit. Because the mines are very active, there are many innovations at this time, it is not always bad. There is nothing always bad or good, we just respect what we observe is becoming more prominent. There are more innovations happening, more people are also practicing and getting into the yogi practices. Because the pandemic, people had time to reflect upon life.

They are more motivated to go into the spiritual path and those kind of things that happened again. Whatever things you focus on, so what yogis are saying is that this is an excellent time to focus on yourself, focus on your body, breath, mind, intellect everything. Focus more on your spiritual practices. These practices, if you are inclined to do those things. And again, if you want to come out of that is a rapid way to come out of those kind of things through those spiritual practices like yoga practices. So there are always challenging aspects of every kind. That is all I need.

Because it is vata time you will see that even in your practices people are going for more asanas which is OK but if you're practice is for one hour, it is extremely important at this particular time, and time that we are living, we need to have more common practices as well. If you have a one hour yoga practice, what we recommend is may be spend 30 minutes on asanas, health and relaxation. Add some reading practices that are more calming, and then also focus more on the calming of the mind that happens after all of these. Go into more meditation or contemplation kind of practices.

That is what is needed at this time, if that is not happening in your body will run out of fuel basically. That we have seen it in our own callings, or in our yoga students. Again we are not judging anyone this way, but this is just what the time wants you to do. You can add more (unknown term) and your practices, I can share one or 2 as well. So that is what we wanted to share about this age of Vata today. Inc. you Prashant.

PRASHANT JOSHI:

When you think of Annamaya Kosha again we said it is the physical body. We have done the ABCs of yoga, we have been sharing these in our previous practices. From a perspective on the map. I think they go well, with this practice before we close today. But it is so important you can spend just 15 or 20 minutes in awareness of the body, and it becomes it is a practice where we recommend you to focus on it. And then talk about Annamaya Kosha, digesting your food and asana is awesome in relieving constipation for that manner or balancing your digestive fire.

That is things where Sutya Namaskar, if you practices it becomes very useful. What is stable, what is

steady. It is not just the body, the body, breath, mind. You see all that they are in our basic practices well. So of course you are all experts in the various options, standing, sitting. That is at the root of this practice. This is not all about departments, it is about holistic, but you make that strong as so many analogies have been given. As you go through the trial and relations of life you become stronger and grow beyond your physical body. It becomes your tool to carry out potential of your life. So we would be focusing on the practice here shortly but and then quickly as we promise, we are going to spend more time on Q&A, less on the content here. So quickly recapping the outcomes of Annamaya Kosha is that you start out with that reality that you feel that this is it. I am the body, I am the food, food is the ultimate reality. And then you slowly grow, for levels of consciousness. Listening to your body is very much part of it.

Again if you are a practitioner who does enjoy slow practice and then see how you are able to enjoy that more. Listening to your body, experiencing mindful living, but the meaning is so important that you are doing this. As I mentioned, you don't do anything mechanically. It is all about awareness. That is really all of this. What we will do now is actually stop sharing, we will focus on the time and do the Q&A. That is the idea here, so let me just quickly stop sharing. As I mentioned we are giving more time before we wind down here for the Q&A. Right now, let me start simply with the ABCs we have been talking about, right? And then Manju will take it to the (unknown term) and we will go to the Q&A.

So for the next few minutes folks, wherever you are whether you are sitting, standing, lying down enjoy being at ease. That is the intent, again your intent matters. The intent is to be at ease physically, emotionally, spiritually. It starts with your toes all the way, feeling some sensations just become aware. Your toes, soles of your feet. Your ankles, slowly bringing attention up, your calf, your shins, your knees. With that attention you are also grateful that your body is your tool that is working for you. You are aware of your thighs, hamstrings, quadriceps, your bottoms, your hips. Your entire lower body you are aware. At ease. Then you bring your attention up to your lower back., Just so you are aware, you are aware of your belly falling and rising with your breath. You gently massage and bring the attention further up, feel the chest rising and falling with your breath. Observe your middle back, upper back, and observe your arms all the way, shoulders to the fingertips. Again, we built tension without being aware commerce right now you are aware, release tension. Ease that is the intent. Bring your attention to your neck, gentle movement if needed.

Relieve tension of your neck, ease at your neck. And your face, jawline, you are aware of tension in the jaw, and let go. Your cheeks, your eyes, pick up your eyes, enjoy the darkness. And your 4 head, a gentle massage. And your head, the front, the middle, the back of your head. All the way to the earlobes. That was us aware of the body. And breathing again, awareness of the breath. You are not controlling it, you are not judging it. Just observe. As Manju mentioned, mind, breath, the connection. So become aware of the state of the breath, that turns to the state of the mind. And the good news is we have tools to regulate that. Then become aware of your thoughts. In recovering just the Annamaya

Kosha today, everything is ballistic. You are aware of your thoughts-- holistic you are not judging your thoughts, that is where again these practices help. Right now, we are just practicing awareness.

And practice awareness with sound of a singing bowl. (Ring) your breathing (ring) slowly but surely (ring of singing bowl) and you may use your own singing bowl, or humming sound. Take a deep breath in (humming sound) and Manju, go ahead with the ohm sound.

MANJU JOSHI:

OK so what we will do is inhale through your nose and as we exhale we will use the ohm sound, you can cover your ears as well. You can feel that sound vibrating in the brain, in the heart area. Just take a nice deep breath, expanding your belly and your chest (ohm). Again inhale (ohm) and one more time, inhale (ohm). Try to prolong the sound and find where it is vibrating.

And now just observe the peace after that. And as you are connecting to all of the Kosha's by simple practices, the sound mantras is that we typically have so they can take you from your grasp body to experience. Thank you everybody, namaste. Take a deep breath in, and as we exhale you can open your eyes.

PRASHANT JOSHI:

So folks, we are leading a longer time today for Q&A, last time he ran out of it. So Kevin, the floor is yours, feel free.

KEVIN KARAS:

Yeah well, Manju, Prashant thank you so much for the wonderfully simple yet, brands of practice. As was the information. Got to have the information and experience. So is anyone on here, you can see all of the hearts they are coming through, everyone is feeling that. I am just letting everyone know that we have the Q&A function so that is where you can type your questions and you will see that some folks have already typed some so if there is one in particular that you want here, I think we can get through all of these. You can hit a thumbs-up for once he would like to be more interested in hearing. So as we get into it, I think folks are kind of interested in this age of Vata that you've been speaking on. Let's see. It looks like everyone is very enthusiastic about wanting to know, which as Manju mentioned, which specific mudras_enhance the Annamaya Kosha, that seems like the low hanging fruit enter about.

MANJU JOSHI:

All of the mudras's are good. We have 5 fingers on each represent one element. So we have a mudra that we have given on our YA alliance committee. The simple thing is that our fingers have a lot of nerve endings, right? So by simply touching the tips of your fingers can make a mudra this is hand

yoga you can call it. So the first, the thumb and the first finger, the index finger they combined together. The first finger, rather the index finger is air and some is always fire. So if you do Aaron fire together, automatically brings a single that all is well and you can relax.

PRASHANT JOSHI:

We have this mudra already emerging. We live in with these emojis.

MANJU JOSHI:

That is when everyone can do. If you want to go deeper you can bring the index finger and put it base of your thumb. Put your thumb over your index finger. If you can see me like this. What that indicates is that the fire, or the energy is overpowering the Vata, which always goes out of bounds. The fire which is your kind of mine is calming the vata, the air it is calming that. That is why it is called (unknown term) mudra, these are 2 very important one string this age of Vata if you want to know about it. And then the other mudra taking the index finger at the base of your thumb and simply putting your thumb over it, these 2 are very important.

I also like when more which is the namaste mood drug, you take the namaste mood dress and again you want to calm your mind, you calm your Vata. All you do is you imagine the namaste mudra opening into a beautiful flower. You inhale, take a breath and as you exhale you keep your thumbs in your pinky fingers together but try to open the remaining 3 fingers like this. Inhale, and then as you exhale open the fingers a little bit. As if you are reading into that flour and you are opening it up. Then you inhale again, and exhale you open it a little bit more. Then you inhale and you open it a little bit more. That becomes the Lotus mudra, you can keep it at your heart. If you can see me I'm not putting it at heart but a little bit up just see you can see it. Then that actually calms your heart, calms your mind because at the sides of your palms are related to pericardium area, which is the muscles around your heart. Then you can simply keep this mudra at your heart and breathe in and breathe out.

That also calms the Vata in you, the constant moment within the body and mind. OK, hope this is useful. Thank you.

PRASHANT JOSHI:

Kevin, maybe we can do quickly since we have time is to read the questions. If you don't mind, I will read "is the Vata imbalance caused by food/yoga cause an increase in Vata (wasn't sure which direction 'imbalance' meant)?"

(Reads) In these vata times, if one has a lot of stress from work, etc. would you recommend having a less vigorous asana practice, and focusing more on pranayama and meditation? Thank you.

Thank you. I'll like to understand more about the age of vata. How does being in this age impact on

our body constitution?

when does the period of VATA start and end please?

what could i say to my students to explain why we do the om and covering ears?

KEVIN KARAS:

If there is a question on there that speaks to you, since we have them alright off go ahead and address one.

MANJU JOSHI:

So age of Vata we don't know when it started, and I really do not know what is going to end. With the yogis have told us is we are right in the middle of it and all we can do is, it answers all the questions actually yes it can affect our body, mind, intellect, everything because everything is moving faster and we feel that we are rushed into things and all. So yes, doing as we mentioned. Giving time to practice your breath work, meditation, relaxation is absolutely important. Along with your asana practice.

It's not about less asana and more asana the giving time to practice.

PRASHANT JOSHI:

The asanas themselves when you practice, make sure we are pausing. One thing we are lacking even whit yoga practice in this Gogo life is we do not pause enough. Need to pausing your final position, not holding longer than you are capable of but enjoying that pause is so important here. That is where we really actually heal when we post and that is why it is important that we do pause. The other thing to mention, I think one question is what would I say to students, why do we do the ohm is waking up the vibration cells.

MANJU JOSHI:

Will be closed our ears we are blocking all the other outer stimulations that is coming through the sound and we are focusing more on our inner vibrations, you know? You can ask the students to do both ways. They can do the ohmkar, any sound. It does not have to be Aum, any mantra that you want to choose that and in a nasal sound, like ohm or yam prolong the vibration of the nasal sound. Do it

without closing your ears and see how you feel. Whether you are able to focus more on the sound or not. And when you close your ears, and then you do that sound, see if you can focus more or if you are able to focus more on the sound or feel those vibrations. Actually where they're happening, you can feel them when you close your ears. And then, you need to adjust or you need to find where exactly they are happening. Then that way you can focus more on that part of your brain.

Your chest or throat area. This will help you go even deeper within yourself. Where the vibrations are happening, what are they stimulating? This is all again just as (Name) says to his son, go contemplate, go meditate. This is exactly what we are doing. This is what we're doing so and so forth on. Thank you.

PRASHANT JOSHI:

Alright, I see one more question has popped up. (Reads) Would'nt be Chandra Namaskar more appropriate if one has too much Agni?

MANJU JOSHI:

Yes, you can practice Chandra Namaskar, surrendering poses like child's pose, heart opening poses like the Kimmell post. Whatever-- like the camels post. You can practice the closing of the right nostril and inhaling and exhaling through the left nostril. Whatever makes you calmer, you can practice those every day.

PRASHANT JOSHI:

Yep, so it let us see ...

MANJU JOSHI:

It can increase vata, or decrease vata and agni both. Or get even more ignited which you do not want. That can cause acid reflux and those kind of things.

PRASHANT JOSHI:

Just to simplify, for the kids we have created an acronym here that is easy to remember, 5, 5 spelled differently is F for fire, E for ether, and earth, that is one way to remember it. With teaching kids it becomes easier. OK so we have still a few more minutes, again the idea is less is more. It was a theme here of less content more interaction. We definitely need more of that. Feel free to suggest any other things to me, mention next time but we will be focusing on the (unknown term) culture, and we will do some practices of some other ancient text and mentioning the importance of that.

KEVIN KARAS:

I really appreciate your sort of embodiment of what you are teaching. Less is more, even in the way

you are wanting to structure these experiences do not have to put even more information but offer these opportunities for the Q&A and the practice. Just looking at it, it just looks like everyone is being really enthusiastic about the lessons you have shared. I know that I have fully enjoyed this as well so it feels like we are reaching a natural stopping point.

All of us here at Yoga Alliance are just so grateful that you are hosting this series and we really look forward to having you next time.

PRASHANT JOSHI:

Looks like we will give a couple minutes on the calendar for everybody to be back in their own. Again, we are really grateful for the opportunity and we will see you in July, July 12 to be specific.

MANJU JOSHI:

Thank you, namaste everyone.

PRASHANT JOSHI:

Happy international day of yoga head.

MANJU JOSHI:

Thank you Kevin, thank you Tricia, everybody.

KEVIN KARAS:

Namaste, have a blessed day.

MANJU JOSHI:

You to all.

PRASHANT JOSHI:

We will stave needed by the way, we don't want to come if anybody has any last minute questions. Alright.

KEVIN KARAS:

(Laughs)

PRASHANT JOSHI:

Thank you.

MANJU JOSHI:

Thank you everybody, namaste.

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