



2:30 pm–3:45 pm **Module 3**

### **Mantra & Pranayama: Awakening Energy and Compassion**

- How can we tap into inner power and compassion through sound and breathing?
- What daily practices help in staying grounded during emotional upheaval?
- In moments of fear and uncertainty, what practices are recommended for a seeker or beginner to find calm and stability?
- What daily practices can one cultivate to build or tap into inner resilience, compassion and kindness?
- How does active compassion help practitioners in their daily lives?

*Practices: Nada Yoga Therapy (Cikitsa): Nasarga Mukha Bhastrika, Hakara Kriya, Bhavana Shuddhi Kriya, Malla Kriya, Shabda Pratyahara (Deep Listening and Compassion/Empathy)*

### **Evening Public Lecture**

#### **Yoga Beyond the ‘Branding’: Reclaiming the Sacred**

6:00 pm–6:30 pm Welcome Tea

6:30 pm–8:00 pm **Conversation and Demonstration**

Dr. Ananda Balayogi Bhavanani and Dr. Sangeeta Laura Biagi in conversation with Rajiv Mehrotra.

Welcome Remarks: To be announced

## **Day 2 | Sunday, 13th July 2025**

Seminar Halls 1,2 & 3, Kamaladevi Complex, IIC, Delhi

9:00 am–9:45 am Registrations  
(Online + Walks ins allowed from 9:30 am)

9:45 am–10:00 am Welcome & Brief Introductions

10:00 am–11:15 am **Module 4**

### **Gentle Yoga for Seniors: Sound, Movement and Joy**

- How can Yoga enhance vitality and joy during silver years?
- What simple practices support caregivers of elders?
- How can seated or chair yoga keep the body and mind active?

*Practices: Chair Yoga sequence*

11:15 am–11:45 am Tea Break

11:45 am–1:00 pm

## Module 5

### **Grief and Embracing Mortality : The Serene Encounter of Reality**

- How do people with different dispositions cope with grief?
- How does grief manifest differently in different people? What in the Yoga tradition are some of the antidotes?
- What yogic techniques offer comfort and strength in times of loss?
- How can breath, mudra, or mantra help us face the unknown?

*Practice: Gentle Movement, Guided Meditative Practice, Sacred Sounds of the Chakras (Singing the Heart Center)*

1:00 pm–2:00 pm

Lunch Break

---

2:00 pm–3:15 pm

## Module 6

### **Speak Up! Healing Narratives Workshop for Women**

- How does Yoga support hormonal and emotional health for women?
- What practices can help with PCOD, menopause and bone health?
- How can storytelling empower women's voices and inner strength?

*Practice: Gentle Asana practice with slow stretching, Journaling, Group Sharing*

---

3:15 pm–3:45 pm

Vote of Thanks & Felicitations