



# Durga Temple

(A Tax-Exempt Non-Profit Organization)

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[www.durgatemple.org](http://www.durgatemple.org)



## YOGA THERAPY AND AYURVEDA ONE DAY CAMP

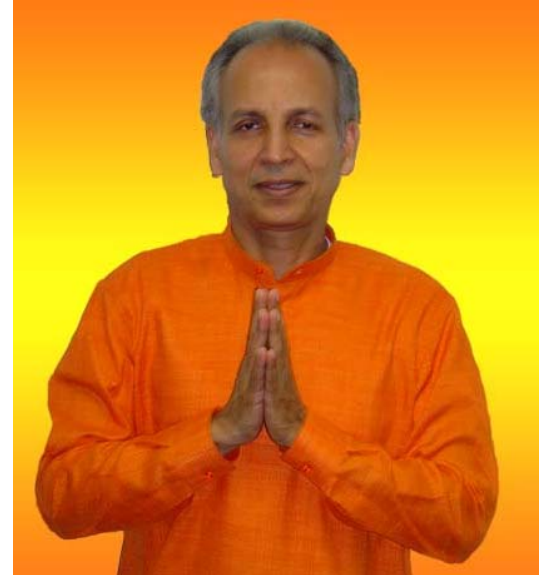
**FREE Admission**

**Saturday, September 18, 2010 | Cultural Hall, Durga Temple**

**Dr. Dilip K. Sarkar, MD, FACS, D.Ayur.**, is one of foremost experts in Yoga Therapy who combines his 40-year experience in Conventional Medicine with his extensive knowledge of Integrative Medicine, including Ayurveda and Yoga Therapy.

Dr. Sarkar has held positions that included teaching as a primary focus of his medical career. He was an Associate Professor of Surgery at Eastern Virginia Medical School in Norfolk, Virginia, and Chairman of the Department of Surgery and Chief of Staff at Portsmouth General Hospital.

Currently, he is the Executive Director, School of Integrative Medicine, Taksha Institute, Hampton, Virginia.



### AGENDA

7 – 8am	Attendee Registration, Opening Remarks (Please be on time)
8 – 10am	Practice of YOGA Asanas and Pranayam.
10 – 10:15am	BREAK
10:15 – 12pm	YOGA Mudras with Pranayam, Bandhas, Kriyas & Acupressure.
12pm - 1pm	LUNCH
1pm - 2pm	What is AYURVEDA, Home Remedies for Various Ailments, Diet, Q&A.
2pm - 3pm	Why YOGA therapy? Instructions for Daily Routine and Q & A.
3pm - 3:15pm	BREAK
3:15pm-4:30pm	PRACTICE: YOGA therapy for different ailments.
4:30pm - 5pm	Savasan and YOGA Nidra.
5pm - 5:30pm	Vote of Thanks and Closing Comments.

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