



FUN - FRIENDSHIP - FREEDOM

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Native Land Ackn: Comanche, Jumanos



Billions Yet To Be Served...
Billions Yet To Be Fed...



Thank you and luv y'all
Give-Give



Friendship In, Conflict Out

CAUTION:

PRACTICE: listening to your body

No competition, no compulsion

breathe, smile and enjoy opening your heart



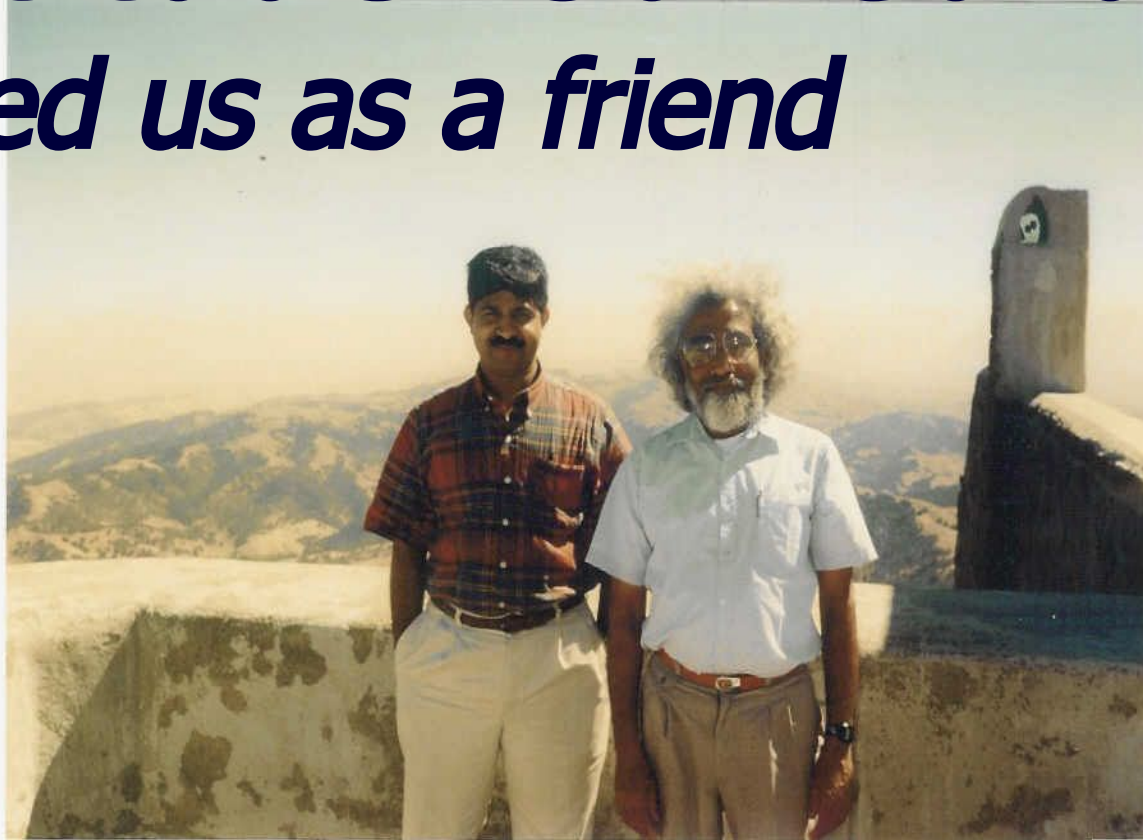


Yoga-Mitra

for Harmony, Health, and Happiness



Gratitude: Our Guru *treated us as a friend*



1997: Dr Rao and P in Berkeley, CA Mountains

Happy B'day to the Master



Parvathi Kumar (c) 2010



**2010: P-M & kiddos with
Padmashree Nimbalkarji,
graduation of First YTT batch**

**2019: Annual Day: Prashant
with Padmashree Nimbalkarji
95 today!**

Agenda

- Fun Recap
- Why Friendship is KEY to everything?
- Friendship with the elements
- Friendship with body, breath & mind
- Swaadhyaya (Further Studies)
- Q&A



Fun Recap

- Fun In, Fun Out
- BE more, Do less
- Build good habits to become new you
- Daily Routine matters with more Leisure
- Exhalation = Relaxation

Summertime is fun time

Key to ENhancing Friendship & Freedom



FRIENDSHIP IS



...the key to everything.

Why Friendship is the KEY?

- Friendship is about a honest relationship
 - Mutual Respect & Trust
 - With **YOU** and others
- Afterall, Yoga is **Your Own Great Asset**
- Friendship is how we grow everything
 - Health, Wealth, & Peace
- Our Journey: Friendship with Township



Definition: Friend/Friendship

मित्र = मि + त्र (*Mitra*: Neuter gender word)
(मैत्री: *Maitree* aka Friendship)

What does *Mitra* mean?

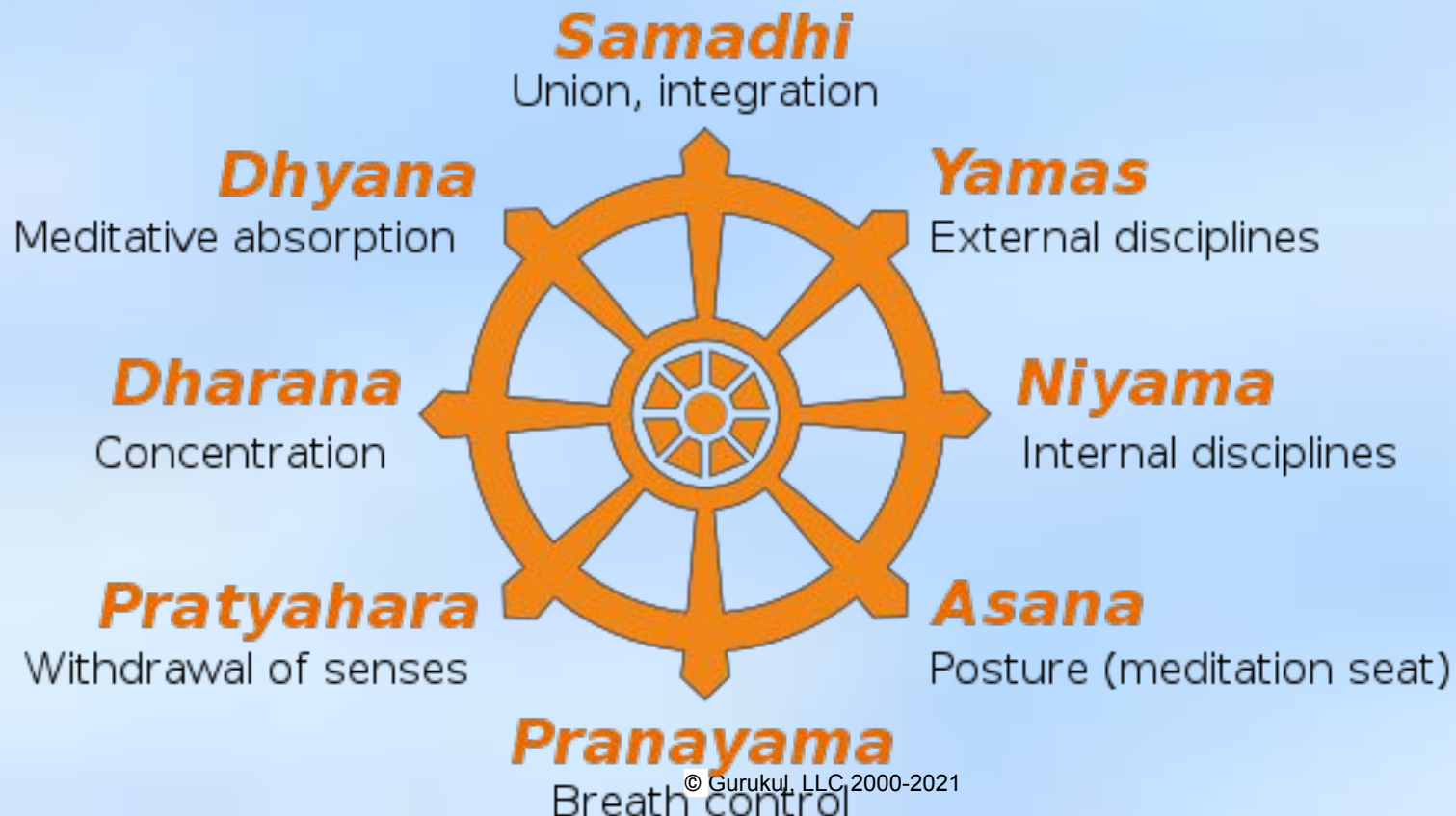
Mitra is a Sanskrit word which means "friend." It is a combination of the root words, *mi*, which means "destruction," and *tra*, meaning "protective force."

The term is best explained as a friend who protects you from harm, guides you through the right path and brings you happiness.

Friendship & Ashtanga Yoga

Let's prevent injuries

- From Yama/Niyama, Asana to Samaadhi
 - It's all about becoming your best friend
 - Self-care, transformation, realization



Friendship with the elements

gratitude, gratitude, gratitude

Each finger represents one element (**FAEEW**)

- Thumb: **Fire**
- Index: **Air**
- Middle: Ether
- Ring: **Earth**
- Little: **Water**



Balancing the Energy system

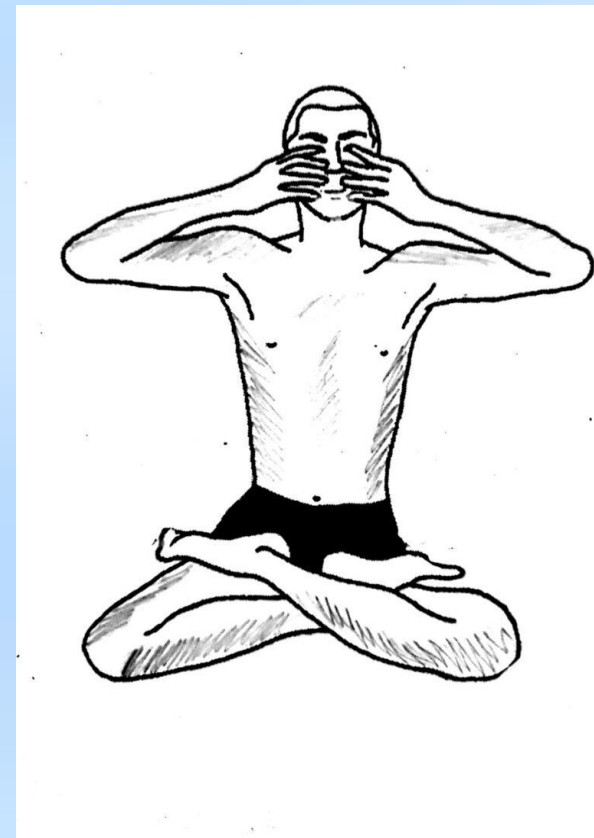
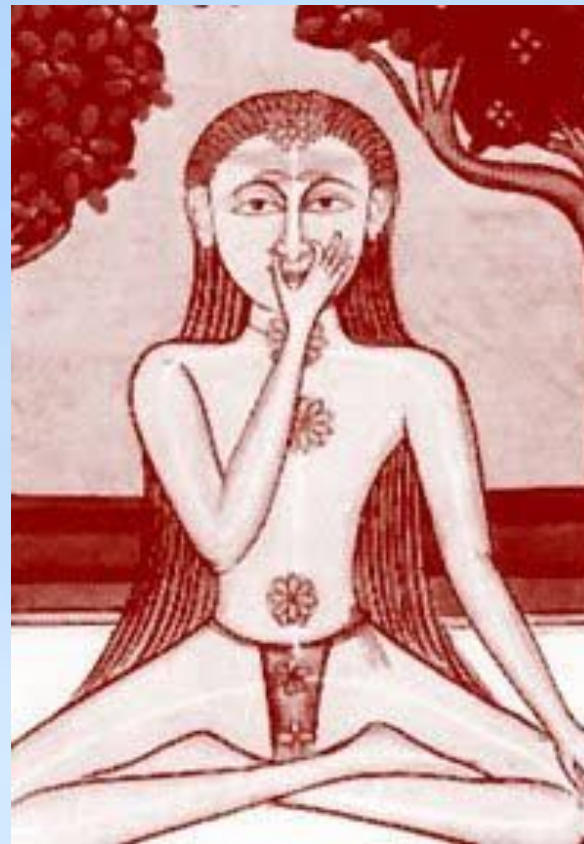
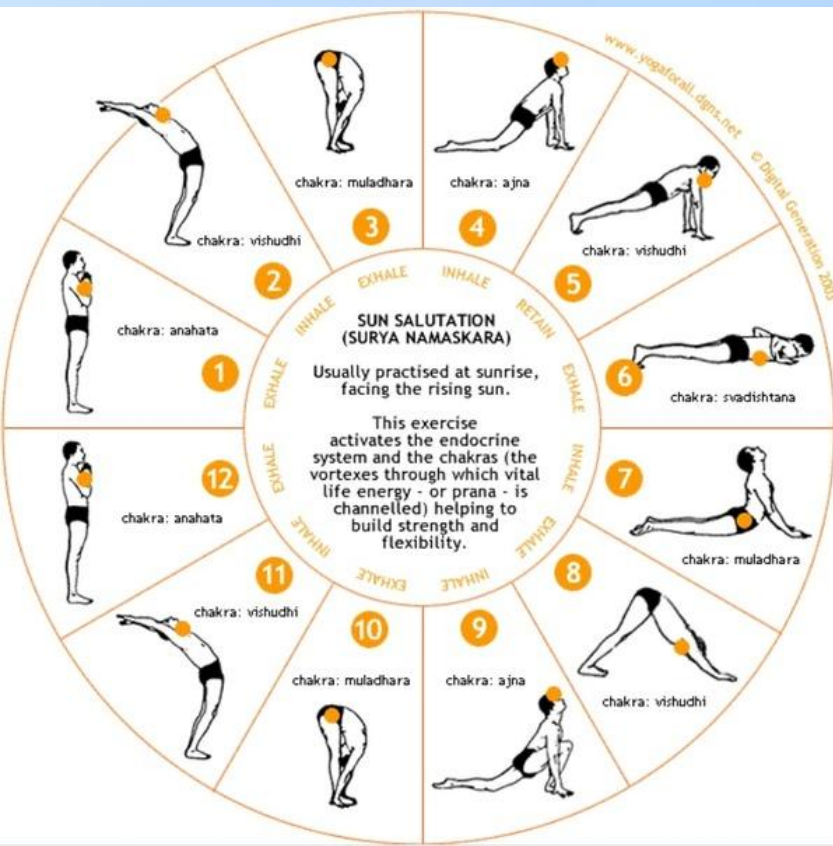
3rd, 4th Chakras

- Third / Solar / *Manipura* / *Fire* : Rum
- 4th / Heart / *Anaahata* / *Air* : Yum



Build friendship with your body, breath and mind

- Sun Salutation: friend in need is a friend indeed
 - 12-steps: First Step Mantra is OM **Mitrayanamaha**
- Listen to the body, Listen to the weather



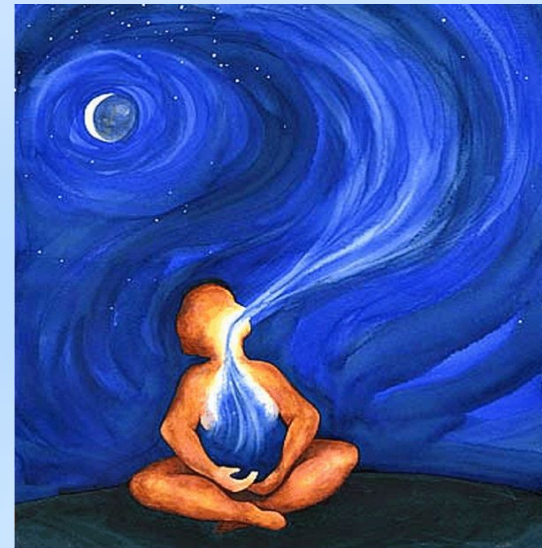
Friendship with your breath (Air) (Hatha Yoga Pradeepika)

*Chale Vaate, Chalam Chittam,
Nischale, Nischalam Bhavet*

Meaning:

*As the breath runs, so does the mind, as the
breath steadies, so does the mind!)*

Practice, Practice, Practice...



Healing the Heart

magic of the breath



Friendship Summary

- Friendship by definition is KEY to everything
- Friendship with body, breath, mind
- Friend in need is a friend indeed

Friendship in, Conflict Out

Fun-path towards Freedom

Further Studies

- Continuing Education - Study with us
 - YTT 200/500
 - Reiki Level 1, 2
 - Nutrition
 - Leadership
- Chakras 8-week course live or pre-recorded
- Ongoing Srividya/Hatha Yoga Classes (new groups can be formed)
 - Kundalini Yoga kriyas
 - *Energy-Medicine Practice*
 - *Asanas, Pranayama, Dhyana*



इन्द्रादीनृवापुत्रा



Thank you

Q&A



***May There Be
Harmony, Health & Happiness!***

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Abhaya Mudra with Mantra Recitation SYTAR 2018 Banquet

*recitation of **Shreem Mantra** for abundance*

Our Voice
in public policy forums
on integrative,
complementary and
alternative medicine



Shreem



Shreem

Let go of the heat from your feet
cool bare feet walk...



Exhalation = Relaxation

- Evolve your Yoga Practice & Teaching
 - Fill up on cheer & laughter, Let go of the sadness, anger & fear...
 - Catch up on plenty zzzs, else pay hefty fees...

