What you think of anything of you go? Poses on a mat? Perfect alignment?

Deep breath then.

Reaching far beyond your toes?

(Laughter)

The beauty of yoga is that it's much more of a sequence.

Thank you so much for joining us.

Yoga is asana, and also activism.

This is hands that help.

Yoga is but the quiet and eternal journey. And a growing, powerful out witness. Yoga is action, curiosity, and (indiscernible by captioner).

Join us as we celebrate yoga: a 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.
Good morning, good afternoon, good evening wherever you are joining us from. Thanks so much for being here with us again today. We are so happy you can make it. If you don't know me, my name is Christine Marcella, pronounce Arshi/or/hers -- my pronounce Arshi/her/errors. -- Pronouns are she/her/hers.

So we are here for the part four of the completion of testing holistic practices â€“ excuse me â€“ for better practices and freedom from disease, and also for the summer and as you prepare for the coming fall.

If you don't mind for just a moment, we are doing some housekeeping. There is a poll that popped up for you. Please let us know where you are joining from. We are so excited having everyone here from all over the world.

Please notice the chat feature is also turned off of this section. You will also know about information about your session, how to get the credits, and how to contact your presenters. This will all be in the chat. But your answers will go into the Q&A. That is where you will put in all the things you want to know and say.

If you see a question you want to ask, give it a thumbs up and that is the signal to let me know you wanted answered and why.

So the slides from the session and the video will be available in two days time. If you didn't see parts one, two and three â€“ please go back to the archive, pull them up, join and watch those. Today's session with Prashant Joshi and Manju Joshi.

Let me talk to them Scott? About them a bit. I cannot tell you how fun, gracious, kind and compassionate they are. They are both of the founders of Gurukul yoga and FoodYogini, which is a holistic foods and goods platform.

Prashant is a Yugo therapist and EYRT 500, a electric engineer and computer scientists. More than that, he has been bringing yoga practices and Michael techniques to the corporate world for decades.

Then his lovely wife, mind you, she is the cofounder with him. She has been a practitioner and therapist for more than 20 years. She is also a published author and Reiki Master. We don't want to give you any longer. Let's jump right into this finale. Thank you so much for joining us today and welcome, Prashant and Monty. -- Mind you. -- Manju.

PRASHANT JOSHI: 
Thank you so much, Christine. So if you haven't been here for the first few sessions, it doesn't matter.

First and foremost, I hope you're all safe and sound where you are. As you all know, gratitude is the best attitude. The start of gratitude toward potentially the scientists, the father of classical yoga, started with (indiscernible by captioner). So sit down wherever you are. You can be standing.

Bring that beautiful attitude of gratitude, bring your hands on your heart, and your heart is filled
with gratitude. Feel at ease and that is always our intent with yoga practice.

(exhale)

Take some nice deep breaths.

(exhale)

Just let go. Enjoy this next hour as we are learning, sharing, practising together. (indiscernible by captioner)

(Sings)

Shanti

Shanti

Shanti

This was potentially given the signs of yoga, to all of us, the practice and science of yoga to remove impurities of the mind through yoga, and to remove impurities of speech through the tiresome grammar, and to remove the impurities of the body with the (unknown term).

With that, let's get started with our representation. Manju, you can say hello as well.

MANJU JOSHI:
Hello, everybody. Namaste.

PRASHANT JOSHI:
Again, as Christine mentioned, this is part four of four of this Fun, Friendship and Freedom.

So as we are winding down we're getting into the fall in the US, or wherever you are in the world. This title has been given to us by (unknown name) and my pronouns are he/him. My better half, Manju, R she/her. We are here in Austin Texas.

(Land Acknowledgement)

We are very grateful for where we are. The locals that you see on the top are the livelihood that Christine mentioned. We found that one in 2000 and the next one in 2016. We have been friends for a very long time, and at the bottom right you see the unit the four of us, the two of us and our two daughters.

With that, let's get going. As always I like to start with a thank you and really say I love you all. In these very trying times that we're in for the past year and 1/2, gratitude becomes your best friend. That is how you enhance your word friendship and freedom in your life. (audio issues)

So we do have gratitude for you being here, doing what you do, and being here with the yoga practitioner and a teacher. So we thank you. A quick disclaimer: we will be doing some
practices. Mind you, we will be sharing some meditations and sounds. Again, practice listening to your body. Don't overdo it. There is no competition and no compulsion. You are just enjoying the practice. Breathe, smile and enjoy opening your heart, which is what we'll need to get to this pandemic. So that little disclaimer to start with.

Again, this is what we are going to do for the next hour or so. We will have a brief time for a Q&A. That is our promise and see how we live up to it. But the first series recap of the first three sessions, sharing the science of wellness: bringing everything together. You can be in a boardroom, classroom or in your home. How this miracle of signs of yoga applies wherever you are.

Also, through this language of modern science, modern medicine and the agent. So we will talk about the journey beyond elements, cosmic energy, and Manju will take you to the practice of Montrose and meditation. If you're interested in further studies we have something to share as well.

With that, here's a quick recap of what we did in the past sessions of Fun, Friendship and Freedom. Again, we started this whole team of fun. You cannot have fun with what you are doing if you were keeping on. (indiscernible by captioner) we have been here for seven years and there is lots of blood and sweat and doing what you do. So, make sure you're having fun, take time for yourself. Take a daily routine. Especially with leisure time. Make sure you have downtime and make sure you have routine with leisure there.

Make sure you take walks. Even with her bare feet. Do more -- be more and do less. We always have a big list. "I have to do this and I have to do that." But you have to say, "I have to be." That is the posture of (unknown term). Just be and enjoy the present. That is a gift.

So, we want to give that gift to ourselves more and more so we can give that gift to others. We talked about friendship and the second session. We defined friendship the word is (unknown term) for a friend. This is going from destructive forces to productive forces. The third is to protect.

That is really the key. You can see â€“ also focusing on your business, growing your business with relationships. That is what business is all about. In the third session, we mentioned yoga as a means and an end to freedom. We want freedom. Free of disease, financial, physical, emotional and spiritual. Yoga becomes that means an end. By definition it is to join, unite, be one.

So the word (unknown term) is to be (indiscernible by captioner). So we want to talk about the sutras. (unknown term). This means that is yet to come.

Again, that is the quick recap of what we did, and let's get into what we are doing today. So, here, let's talk about our modern science. We know the brain, as been defined recently, there is a rational brain, and emotional brain and a retailing brain â€“ fight or flight, which is where our stress hormones really begin.

Where we are as emotional animals, we want to be in the emotional brain. That is where we want to be defined. I'm sure you have heard of the word of neuralplasticity. Yogis have heard
this word for a long time. Yoga helps you grow neuralplasticity. Neurons that fire together, wire together. 1949, a scientist named of Don (unknown name) in Canada coined that phrase. "Neurons that fire together, wire together." This means you are not born with this. If you are an angry person yes, you can reverse. You can fire and wire those peaceful thoughts, and you can become a peaceful person.

But, yes, you can reverse your state from disease into ease. That is the definition of plasticity. But how to tie it together? In the 1980s the term emotional intelligence came up. We are sharing this because you can use this in any setting.

People do not know the Yogi language. But you can use emotional intelligence language and convince them why it is important. What is emotional intelligence at the end of the day? It depends on five things: self-awareness, self-regulation â€“ right? That is what yoga is all about â€“ motivation â€“ it all comes from within â€“ empathy, again, some of you feel for those emotions and you feel for someone's pain. Then of course there is social skills. When you bring that altogether that becomes emotional intelligence.

We talked about that in a corporate setting, but yes we can do that in any setting. Sue can build this. You are not bored with it but you can nurture it. That is the idea here.

How does this time with yoga? This is the acronym we created, Yoga: Your Own Great Asset. So this is our choice. Practice, practice, practice.

Yoga should be the (unknown term) so calming the vibrations of thoughts. So that is what yoga is all about. It is more of a tool from self-management to self transformation, and of course self-realization.

Then a mindfulness term came up in the 70s from John (unknown name). At the end of the day what is it? You are just being in the present. We talked about to be. So, without any judgement, you are just being there. That is our first step in our Yogi practice.

Then we act on it and it becomes a compassionate action, and you are going into that state of oneness. So, I just wanted to bring this whole thing together. This is how you get friendship, freedom, and I just wanted to bring everything together with the science of wellness.

At the end of the day, this is your happiness prescription. Remember, every thought â€“ that is what we are going to tie together today â€“ I taught -- a thought with a chemical response. So the response: what do you want? A toxic hormone or a happiness hormone? You might've seen this before: dopamine, oxytocin, serotonin, endorphin. OK? These are the happiness hormones you want, and vehicle practice gives you those. That is a beautiful thing.

So you really enjoy these happiness hormones so there is less of dis-ease, and that is where you want to get to -- and more of ease, and that is where you want to get to. So that is the basis of our yoga practice there. So this is only moment to moment basis and see how we get to it.

Then we went to Ashtanga yoga. We have many ties, but we tie them all together. In the friendship theme we talked about yamas. You are your best friend. Why will you do this to yourself? That is the things there. So we also talked about Samadhi.
So we talked about self-care to self-realization. Manju will talk to you about wellness, physical and spiritual wellness, and that is the definition by WHO.

So, there is no “everything ties together in this context here you can enhance your freedom with Ashtanga yoga, not the style we are talking about, but it is (unknown name) yoga, yamas, asana, pranayama, and you go from growth to subtle and achieve holistic wellness. With that, I will give it to Manju to go with the cosmic energy, beyond the elements. Manju?

MANJU JOSHI:
Yes, thank you, Prashant. Yes, that is what we were talking about. So the yamas, and the mayamas.

They came from social committee -- social harmony. Trust in each other. If you are nonviolent that is how we become nonviolent, we trust in each other. So this is how all of our yoga practices are built upon. Then the (unknown term) or for self-regulation. This is where the (unknown name) that we talked about comes from. It is the discipline from ourselves that comes into that. You behave according to the season, and how your body is talking to you. That is really the mindfulness that pays attention to your own self, and then regulating your daily routine.

It has nothing to do with anybody type or anything. You are just listening to hear own self, and building your practices based on your own capacity, and increasing them. So that is why these elements “everything is evolving around her the elements in the yoga practice.

We start with the grass one, which is the earth. For that we have many yoga poses, right? Art is our body. Art and water are what our body is made above. So we have many poses and yoga postures.

The yoga tax says, "Yeah, that is very important. But out of all of them, there are as many postures as there are many species." Of all of them 64 are important. This is from the yoga literature.

(unknown name) and (unknown name). I'm not really sure what that is. Of those 64 there are 16 that will keep you very healthy if you practice them. Of those 64, the four are the most important, and they are all sitting postures. Like Sedaris and, to costs and -- (unknown name) and (unknown name). (unknown name) is the most important.

But in (unknown name), when you cross your legs and put them over each other, you cannot really bend power -- forward. Your spine remains very erect. That is when the energy starts moving upward. It is easy for our energy to move upwards from our spine.

But to achieve (unknown term) we need our body to be flexible. That is why all of these other parsers came. -- Postures came. It is not your was goal to have the perfect body, but the body must be healthy enough so that we can move our energy toward the self-realization, right?

I know that all of you know that. I am just repeating it or maybe justâ€¦ Just to reinforce what you know. So, then we move to the solar part which is your breath, which connects her body
and mind.

The agony (?), which is the fire elements that moves everything upwards. Then we come up to the heart. We did some practices like tapping on your (unknown name), just listening, that doing anything or driving or anything. Just tap on your heart. Keep your heart open because what happens in the heart is open, when the energy reaches your heart, which means â€” you know, you are kind of beyond your lethargy, and you are energetic. You have some control over your emotions. You are not reacting all the time.

So the energy that is continuously consumed by the first two or three energy centres are called the consumers of the energy because we are always remaining that we are always reactive. I'm not talking about â€” this is not a judgemental thing. It's just how we are as a species because we want to survive.

You know? While we are talking about â€” Just a little fun fact: it takes about eight seconds for our brain to register any negative comment or negative thing that happens to us, OK? Only eight seconds.

If anybody praises you or says anything nice about you, it takes about 20 seconds for our brain to register. That's because we want to survive. So, anything negative that comes â€” all of our senses get very hypersensitive because we want to survive.

We want to remain kind of a live so that is why it happens. But, with the yoga practices, with the breathing practices, meditation practices, we slowly train ourselves that, "Hey, now everything is OK. I can go into my heart and breathe there peacefully. Open my heart and just feel that love for myself, for my life and for others."

So once the energy reaches the heart, it is very easy for energy to move upward toward the other centres. It is very difficult for us to reach the heart all the time. That's why we have postures and breathing techniques, and all of those things. But there is one beautiful thing that yoga has given us and that is mantra.

Mantra is kind of a hack because mantra is related to the fifth Centre in our body, and in our energy Centre. The sense that we get there is listening or hearing, and the sense object is shelved or the sound.

So, the sound can take you quickly to the fifth Centre, the your heart, through everything, it can quickly take you to the fifth Centre. Then from there you can experience some other beautiful things about the elements, which is the sixth Centre. A lot of people say it is related to light. Some people say it is elated to thought. Then the seventh Centre is related to mind.

It doesn't matter, really. We talked about this last time, when we did our meditation â€” the space meditation â€” we actually experienced the light coming in, into our space and our body space.

So if you have already gone into the six Centre, which is beyond element, light or sound can be related â€” sorry, light or thought can be related to the six Centre which is called, Ajna. That is the name and it means command. Interestingly, the maturity gland and the pineal gland are
closer to each other. -- The pituitary gland and the pineal gland. They are close to each other. The pituitary gland gives the command to all of the glands in the body and the token system. -- In the Indo current system. -- In the endocrine system.

So it will tell people that is for that particular gland and so on. Yogis didn't know it because they have seen the body inside out, they have experienced it, etc. There aren't many mystical experiences that can happen reach the heart, throat and upper areas.

So, the thoughts are related to this particular centre, the sixth Centre, which is the anja centre. So we have about 60-80,000 thoughts every day. By doing the mantra, we can reduce those thoughts. By focusing on the sound, we can reduce those thoughts.

I want you to â€“ today, we are going to experience more and talk less. So what we're going to do isâ€¦ The sound or (unknown name) mantra, we talked about that, the bija (?), the seed, this particular centre for the sixth Centre is oom. Not om.

For that, you need to take her navel in when you exhale. You take your navel in forcefully and do the oh sound and the mm sound comes out. So it actually pushes her navel inside and that helps activate your second and first centre as well. It is very beautifully and scientifically done.

Then energy pushes upwards, and it reaches your throat or fit -- six cents if you're doing it correctly. If you want to try, we can try to now. Sit up nice and tall with your eyes closed.

If you want, you can contract your pubic area, tighten your bottom. Take a deep breath. Exhale first.

Then, again, take a deep breath and when you are exhaling say the Aum sound. So like thisâ€¦ Aum.

You can prolong the sound as much as you can, as much as you are comfortable. So, do it one more time and it also vibrates the whole facial area â€“ your thyroid area â€“ and in general, you know your body. So let's do it one more time. Take a deep breath.

Home. --Om.

So that is what happens. See how quickly we can bring our mind, under our control with the mantra hacking, right?

So, the seventh chakra is sahasraara which means a thousand petaled lotus. So that is really to the brain, the nerves in the thousands of nerves. That is another topic.

So chakra is a chakra. Chak means six. (unknown name) meansâ€¦ We could say at his a common tree on those chakras. The explanation of those chakras.

Why six? This is because what Yogi is believe is that you can raise your energy only up to the sixth chakra â€“ the (unknown name), (unknown name) on the right and left â€“ the end there. So (unknown name) goes all the way up to your sixth chakra.
On the seventh, you wait for the grace to descend upon you. There are also thoughts of there is 1/8 chakra and the divine Gateway opens up and from there the grace comes down to your sixth, the seventh, and from there it descends upon you. So, all you have to do is go to the sixth chakra and wait there for the grace to descend. OK?

So that is a by the way information. So the Om sound is there. It is very interesting that the yoga or the (unknown name) talks about how the world is created and all. The first vibration is of the sound.

From the sound, everything is created. That is why the sound is very important in Yogi practices. Please, don't be shy. You know? Don't be shy using these sounds. They have no meeting -- meaning. These mantras have no (indiscernible by captioner) the yogis of practice it and mastered it.

They have known the frequency levels of each sound, and how it will open of that area, how it will create harmony, coherence in that area through the sound â€“ they all practice and they have all known about it. That is why they have given the science to us, OK?

So I want you to again sit up nice and tall. It's not a command. It is a request that we will practice again. Practice all the sounds together and see how you feel. So, all of the sounds you can do it in one breath. As you inhale and you exhale to do all the sounds together. Or you can focus on one sound at a time, depending on the day, how you're feeling and what you really want to experience and those things.

But today we don't have much time for all of those things. So we will just do all of the six, seven sounds with you. You can do it if you want, or you can just listen to it. So it goes like thisâ€¦ You inhale. Then you exhale slowly.

Then we will start with the sounds from the first chakra, which is lam, the second is vam, third is RAM, fourth is yam, Ham is the fifth, om is six and seven is om. So this information is everywhere. Don't worry about knowing it by heart.

Let's close art. -- Close our eyes. Inhale, and begin.

(chants)

lam, vam, ram, yam, ham, om.

And relax.

You can practice seven times if you want on your own, but you can see that each sound will pull the energy upwards. If you want to focus on that, maybe we can do it just one more time. So, how the energy is being pulled up where, you can contract your pubic (?) area, and all of those chakras. So, let's do it one more time.

(chants)
lam, vam, ram, yam, ham, om.

And Relax.

And you could feel that energy is coming to the centre. You could feel the energy in your spine. And if it is not now, maybe you can practice on your own on your times and people can see things starting to happen. Don't worry about it for now.

Now, keep your eyes closed. We can go to the next slide if you want for the meditation. So, now we are going to go to the meditation. The space meditation as we did last time so here is how the grace comes in, and then heart and brain coherence that we are talking about once the heart is in coherence, the brain is in coherence.

So, heart and brain go together. So we did that with space. In the same way, we are going into the space within. But here we are going to do something different. Now, we remove the barriers of the skin or anything and allow our consciousness to merge with the universe.

Just a little caution here: some people may not want to remove those barriers, and that's fine. But you know, nobody dies of meditation. Just trust the process and see if you really want to let go, and enjoy this experience as well.

We are still grounded. That is why we do our asanas and all. If you want, you could put your feet down on the floor. Just to feel grounded.

So you go into the universe, merged with the universe and enjoy that vastness within you, so to speak. Then bring the best of our experience back to ourselves. Meaning, whatever you want to bring: you want to bring health, you want to bring wealth, you want a good partner in your life, more love whatever that is, that is in the universe. You don't have to go anywhere. That is already there.

All you have to have is the intention to bring it back. So, all you are doing is letting go of your old self and bringing in the new self that is healthier, wealthier, who has more love all of those things you can bring it back. Once we come back, you can do the humming. Just the way, you know, the sound will bring you back to existence. So we will do the humming sound of the pranayama. Then we will end with Oma. --om.

Not if you want to, say yes, you can like it. I am just wanting to help you to be prepared for a fabulous experience, and mystical experiences can happen with this meditation. Again, please, if you feel afraid or whatever then you can stay in your body. There is no competition.

Again, sit up nice and tall with your eyes closed. Just bring your awareness to your body again. Inhale and exhale, inhale into your heart, and let the energy merge into the universe with yourself.

Prana coming in, energy into the universe as you exhale. Relax your face. Drop your shoulders down. If you want, keep your feet firmly on the floor, or sit crosslegged, lie down, whatever makes it easier for you. It helps to keep the eyes closed. There are less distractions.
Now when you focus on your face and your head, just imagine space—nothing but space. Vastness and space within your head. Bring your focus to the column of your neck. And just imagine space. The vastness.

Down to your shoulders. Your chest, upper back, and imagine space! And now your arms, palms, fingers, just imagine space there too.


Your feet, soles of your feet, just focus their and imagine space nothing but space. Feel that spaciousness. Feel that likeness. -- Lightness.

Now, we will remove the barrier of the skin, fascia and everything. From the right side! The whole of the right side, the screen is removed.

And then the whole of the front. The screen of your skin, your fascia, is removed.

Now for your left side! The screen is being removed. The space is exposed. Then from your backside, neatly. The screen is being removed. And you are totally free.

No barrier. There is simply vastness within you, all around you. Stay in your heart place if you feel afraid. To let go. Just your consciousness!

That's what Biryam (?) (unknown name) says. That's who you are. You are the divine, which is everywhere and nowhere. Just experience that expansion of the consciousness.

If you feel anxious, please go back to your heart. Now, we will slowly come back to our original space. Bring the best version of yourself back here. Healthier, happier, loving! More loving! Version back to the space, your individual space. Come back.

Come back slowly to your head. The neck, upper body, arms, palms, all feeling heavier! Your body, your abdomen, legs, feet coming back to the body.

Keeping the screens on again, of the skin, the fascia, tissues and muscles! Back in the body, the best of you.

We will vibrate the space within, with the humming sound, the pranav (?) the hum sound. The hum of the consciousness. If you want, you can do it or you can just listen to it. So, take a deep breath and as we exhale, you become sound through the nose. -- You make the hum sound through the nose.

Inhale!

Om.

Do you feel those vibrations? We will do it two more times. Inhale!
Om.

More and more in the body, vibrating everything. One more time.

Om.

Now we will chant the primordial sound. Om. Three times to conclude this mess station. Once again -- to conclude this meditation. Once a hand -- once again, inhaled deeply.

Aum.

Connecting ourselves to the divine. Inhale.

Aum.

And one more time. Inhale.

Aum.

Then feeling relaxed and energized. Let's rub the hands, brings more energy in our hands and our palms. Gently rub your hands and your hands over your head and gently gave that love to your entire body, bring down your face, all the way down to your neck, your chest, down to your legs. Now touch your own legs. Your feet. On your back. Just give yourself love.

You are worthy of it. Hug yourself tightly, pat on the back for doing a great job every day. The other way. Hug yourself. You can blow on your heart, gently and lovingly.

Great. Now, gently open your eyes. Namaste.

PRASHANT JOSHI:
Thank you, Manju.

MANJU JOSHI:
One tip.

PRASHANT JOSHI:
Yeah.

MANJU JOSHI:
If you don't want to give up the barrier of your skin, you could still embrace your body, and hmmm sounds any mantras you like. Whatever you want. You can remain in your body, and do the mantras. You could also add the light if you want. Like we did last time.

So, whatever makes you feel comfortable, you can do it. Thank you very much for this opportunity, Yoga Alliance, and all of you. We love you. We hope to see you soon again. Thank you very much.
PRASHANT JOSHI:
Yeah, thank you so much, Manju. As we promised we have a little bit more time than last time for Q&A. Just a quick summary, did the recovered signs of illness, -- did the signs -- we did the science of wellness, yoga is the key to Fun, Friendship and Freedom, and follow daily prescription for happiness. Yoga is the meditation. I hope you enjoyed this session and the series. If you wish to study further, you’re welcome to look us up and there’s a lot going on. We are here to serve you.

Again, thank you for the opportunity, Yoga Alliance. Thank you to all of you from wherever you are. We are here for the Q&A. Let me stop sharing and, Christine, they are all yours.

CHRISTINE MARCELLA:
(Laughs) Thank you so much. I just want to say, Manju, what a lovely, lovely practice that was today. Just so intensely lovely!

MANJU JOSHI:
Thank you.

CHRISTINE MARCELLA:
What a beautiful way to wrap up our summer series. As Prashant mentioned, this is the last of the session. If you want to do more, please reach out to them. Look in the chat right now and copy all of the information you need before time runs out and you can’t get it, or you have to wait for the posting of the video in two days time.

I want to relay a question from (unknown name) which is, "While exhaling the sound of om, are we exhale upward or the other way down?"

MANJU JOSHI:
Can you repeat that?

CHRISTINE MARCELLA:
So he is looking to see that one exhaling from om, do you come up from the (unknown name) chakra? Or do you go the other way?

MANJU JOSHI:
Yes, it comes from (unknown name) and it goes upwards.

PRASHANT JOSHI:
Yes, the three syllables. Right.

MANJU JOSHI:
Right.

PRASHANT JOSHI:
So, from bottomed up.

MANJU JOSHI:
Yeah.
CHRISTINE MARCELLA:
Perfect. Then let's seeâ€‌ "For the summer series â€” and it is so interesting to me that we are now getting out of the summer, can you believe it? How quickly this went by and we are actually weaving toward the fall? "â€‌ What types of practices would be good to just prepare for the fall?"â€‌ because, as we have here â€” and I think you have there in Texas â€” and I know we do here in East Coastâ€‌ I know we have extended summer is here. But as fall comes we want to make sure that we transition slowly. You have extra practices you would like to share in regard to that?

MANJU JOSHI:
Sure, I mean, the most important thing is that as the weather changes the coughs and cold keep coming back. So please do more of the pranayama practices. Those are very useful as the season starts changing â€” not so much in the summer, but as the season start changing.

Then usually, and our household at least, we try to incorporate warm water every day. We just drink â€” not water from the refrigerator, but lukewarm or warm water. Slightly warmer than tap water. That also helps clear the lungs, the sinuses and so on.

Then in terms of Yogi asana, more of a twisting pose so that we start detoxifying every day. You know, stimulating the liver, gallbladder, and the immune system which is our spleen.

So we need to incorporate that more as the season changes. Then, if you want, we can do another series of full practicesâ€‌

PRASHANT JOSHI:
Sun salutations are always your friend. I think we mention that here. We always say that Sun salutations also is good for depression my diabetes, and allergies. It is a complete practice. It would slowly, that is what we recommend. Do it slow. Some citations in 12 steps. Take your time. Enjoy the mantra and so on. That is our recommendation.

CHRISTINE MARCELLA:
Thank you both so much. We have a lot of love in the chat for you guys. Everybody really love the practice. I don't know if everybody is in this glowing aura from Manju's practice today. It seems everybody is so calm.

We are so glad that you can join us today. Please look through the first three sessions, and review them as you go through the rest of the summer with the practices. Prashant, I want to give you the last bit of time here to address anything â€” there is so much gratitude in the chat â€” anything else that you feel you might have left out or you want to renew, and everyone else can just, please, if you have any questions then forward them afterwards to Prashant and Manju to their contact information, which is posted in the chat.

PRASHANT JOSHI:
Yeah, I appreciate it. We put this series together, Fun, Friendship and Freedom, these words â€” we take them lightly. We say, "OK, you got such a serious topic. If you really want to reiterateâ€”" If you lose having fun with her daily practice and your teaching, then you are having suspect â€” this theme is seriously put together with a lot of thought put behind it that
you are enjoying every minute of it.

You are not doing this for the sake of X, YZ. But you are having the fun, and that friendship with yourself â€“ self hugging â€“ so make sure you are never ever your worst enemy, but your best friend.

Then you can enjoy the freedom that comes with it, etc. Again, there is a thought behind the series. Take it seriously, practice, and joy, and you are here for you, as always, to serve.

This is a great practice that is been there for a long time. Just authentically practising and sharing is just a joy. So we really appreciate the opportunity. Module, go ahead if you want to share something.

MANJU JOSHI:
Thank you everybody, yes. The same here. We really appreciate your time. You have many choices, but you chose to be here. So thank you very much and thank you Yoga Alliance for hosting us. Anything else but can do, please let us know.

Anything you want to talk about please let Yoga Alliance know and we can put that together as well. OK? Thank you, namaste.

CHRISTINE MARCELLA:
Thank you so much Manju, and thank you Prashant. I am so glad all of you were able to join us today. There is one final question we are going to squeeze in from Pam: "Can you remind us of the asana you named last week?"

PRASHANT JOSHI:
Are you talking about the neemo valasana (?) so one of the hormones we get is dopamine. We get that from the cell phone. So that becomes a hindrance. Our cervical vertebrae becomes like this. So we say take a deep breath in and open out. And we say it (unknown term). Nay fornication. So too much mobile, let go of the mobile. Then becomes a knee mobileassen (?)

So take it seriously. Make sure you have less screen time. Do not keep it near you when you sleep. Keep it away from you or maybe in a different room. So this (unknown term) in many ways, we are doing it this way. You're also helping her cervical vertebrae and so on. So, I hope that helps, yeah.

CHRISTINE MARCELLA:
Yes, thank you. Thank you, again, again, again. We are so grateful to have both of you here with us for your wonderful knowledge and wisdom that you always share with us, and to our audience we are always grateful to you.

Anything you want to say, please write us and let us know â€“ let us know what you want to have us presented to you. That is why we're here. We are here for you. Thank you so much for joining us today. Look to the archives in two days time for the posting this video, all the slides and content will be there from this video. Then check the chat for any information of Prashant and Manju Gurukul holistic yoga centre. We will see you next time.
PRASHANT JOSHI:
Think you very much. We will see you next time!

MANJU JOSHI:
Namaste.

CHRISTINE MARCELLA:
Goodbye!

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