

ParaYoga Recording - Kosha, Kriya, Yoga: Unleashing the Science of Soul				
Zoom February 20-24 2021				
Day		AM/PM	Track Description	Time
1	T/P	AM	Welcome, Opening Med, Prayer from Taitriya Upanishad	0:00:00
1	Prac.	AM	Context setup, Acknowledge everyone, methodology for breaks/ nervous system	0:22:00
1	Talk	AM	Upanishads in praise of Source of Life, why study koshas, what are koshas	0:34:00
1	Talk	AM	Intro to practice 3 practices: energy, ANS, endocrine system	1:13
1	Prac.	AM	Asana Practice: Navel center focus, physical based practice	1:23
1	Prac.	AM	Pranayama Sitkali, hands cover eyes on IN, EX darkness Kriyamana	2:59
1	Prac.	AM	Meditation Kriya : light builds in abdomen, belly fills with light	03:10-END
1	Talk	PM	Breakouts into Discussion of practice + Q&A	0:00
1	Talk	PM	Annamaya Kosha in detail, relationship to the Universe, Body a gateway to worship	0:44
1	Talk	PM	General physical needs, longer holds, longer exhales	1:08:00
1	Talk	PM	Breakouts re: Annamaya Kosha + Q&A	1:43
1	Prac.	PM	Joints and Glands	1:57
1	Prac.	PM	Yoga Nidra, 61 points	2:07
1	Prac.	PM	Long Holds, Restorative poses	02:43-END
2	P/T	AM	Opening Meditation - Prana Dharana	0:00
2	Talk	AM	Breakouts to discuss Day 1 (no content here)	0:17
2	Talk	AM	Q&A	0:36
2	Talk	AM	Pranamaya Kosha	1:19
2	Talk	AM	Intro to Tibetan Color Purification Technique	1:34
2	Prac.	AM	Asana Practice Pran + Udana/ Containing Prana	1:59
2	Prac.	AM	Pranayama Kapalabhati + Ujjayi	3:00
2	Prac.	AM	Tibetan Color Purification Kriya into Meditation	3:07-END
2	Talk	PM	Assigned people to breakout rooms	0:00
2	Talk	PM	Q&A	0:06
2	Talk	PM	Prana Vayus	0:28
2	Talk	PM	Diagnosing Prana Vayu function on the Body with Breath	0:58
2	Prac.	PM	Practicum to self diagnose Prana Vayu Function	1:32
2	Talk	PM	Reflection on Vayu Diagnosis + Self Inquiry Question about Obstacles Day !	1:54
2	Talk	PM	Group Discussion	2:03
2	T/P	PM	Hand Mudras for Vayu	2:05
2	Talk	PM	Q & A about Hand Mudra Practice	02:34-END
3	Prac.	AM	Nishta Dharan Opening Meditation	0:00
3	Talk	AM	Breakout Rooms	0:14
3	Talk	AM	Q&A	0:20
3	Talk	AM	Mind: Manas, Asmita, Chitta, Buddhi	0:53
3	Prac.	AM	Preparation for practice, Samyoga PE to clear the mind	1:29
3	Prac.	AM	Asana Practice: Jalandhara Bandha, anchor steady observer	1:32
3	Prac.	AM	10:10 then 10:5:10, then 10:5:10:5, then 10:10 gentle ujjayi	2:39
3	Prac.	AM	PE meditation: cutting identification with thoughts	02:46-END
3	Talk	PM	Q & A	0:07
3	Talk	PM	Dimension of mind, Samkhya Philosophy	0:39
3	Talk	PM	Journal-What am I getting out of maintaining my current momentum?	1:20
3	Prac.	PM	Breakouts Into Intro to PM Practice	1:21
3	Prac.	PM	Brief Meditation	1:27
3	Prac.	PM	Yoga Nidra 80 Breaths	1:34
3	Prac.	PM	Gentle vinyasa on breath	1:59
3	Prac.	PM	Meditation cutting identification with thoughts	02:21-END
4	Prac.	AM	Opening Meditation - Kapalabhati meditation technique	0:00
4	Talk	AM	Vijnanamaya Kosha	0:15
4	Prac.	AM	Long Holds Practice	0:57
4	Prac.	AM	Pranayama - Nadi Shodana	2:38
4	Prac.	AM	Meditation: Buddhi Welcomes Mind to Share All of Itself - Accept All/Reject None	2:45-END
4	Talk	PM	Q & A / Reflections on Practice	0:00
4	Talk	PM	BreakOut Room Comments/Q & A	0:29
4	Talk	PM	6 Virtues to Enter Non-Dual Reality / Meet the Soul	1:04
4	Talk	PM	Intro to Gayatri Mantra	1:40
4	Prac.	PM	Asana with Gayatri Mantra	1:43
4	Prac.	PM	Pranayama- Retention with Gayatri Mantra	2:28
4	Prac.	PM	Meditation - Tapping into Discernment, Guidance	2:39
4	Prac.	PM	Write a Letter from Higher Self to Lower Self	2:55-END
5	Prac.	AM	Pranayama: Kapalabatti 30 sec, alt nostril 3X/ Prana Dharana 3rd eye kriya	0:00
5	Talk	AM	3 things that bring you joy, Voice of Inner Teacher poem	0:31
5	Talk	AM	Anandamaya Kosha Exault and transcend body, difference between freedom and joy	0:36
5	Talk	AM	Q & A	1:16
5	Prac.	AM	Asana: Neti Neti, Om Sri Hari Om (NOTE BRIEF WIFI OUTAGE FROM 1:59-02:02)	1:47
5	Prac.	AM	Pranayama: Viloma 1 & 2	2:23
5	Prac.	AM	Neti Neti meditation (neither this nor that)	2:28
5	Prac.	AM	Write a poem from Higher Self	2:51
5	Talk	AM	Final Breakout: Takeaways	3:01

5	Talk	AM	Closing	03:05-END
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