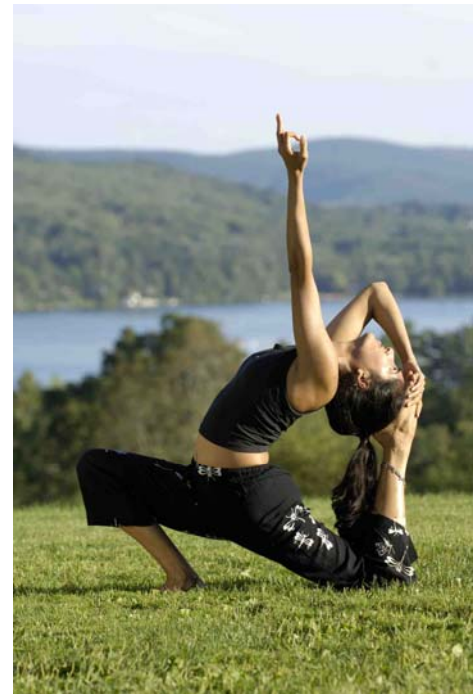


## Workshops with Reema Datta September 12-14<sup>th</sup> 2008

Yoga Source in Cummins Station  
209 10th Ave South, Studio 126  
Nashville, TN 37203  
(615) 254-9642  
[info@yogasource.info](mailto:info@yogasource.info)  
<http://www.yogasource.info>

**Reema Datta** was born into a family of yogis and has been teaching internationally since 2004. She first learned Mantra, Ayurvedic cooking, Pranayama and Asana from her Grandfather and Mother. She learned advanced asana from Danny Paradise, Dharma Mittra, and Larry Schultz. In India, Reema studied Pranayama with Ma Daya Vyas, Mantra with Mrs. Sinha and Indian Martial Arts and Ayurvedic healing with Vinod Kumar. She is certified as an Ayurvedic Therapist from the Indus Valley Ayurvedic Center in Mysore, India.



Reema has helped develop teacher training programs for yoga studios and Ayurvedic centers and is co-author of the book, Sacred Sanskrit Words for Yoga, Chant and Meditation (Stonebridge Press, 2005). She conducts annual retreats to her grandfather's village in Central India. Reema also runs the Usha Yoga Foundation, which brings yoga to marginalized communities worldwide. She is grateful for all the teachers that have blessed her path.

All proceeds on behalf of Yoga Source donated to the Usha Yoga Foundation ([www.ushayogafoundation.org](http://www.ushayogafoundation.org)).

**Friday September 12<sup>th</sup>, 7-9pm**  
**Global Spirituality and Asana**  
\$25 Advance / \$30 at The Door

Through her studies and travels, including the Brazilian Amazon and remote regions of India, Indonesia and East Africa, Reema has worked with Shamans and healers of various traditions. We will explore what ancient traditions worldwide have in common with Yoga's approach to healing and happiness, leading into a short Asana sequence that incorporates postures from ancient Egyptian and Mayan civilizations as well as Indian and Chinese Martial Arts.

**Saturday September 13<sup>th</sup>, 10am-1pm**  
**Eight-Limb Flow**  
\$40 Advance / \$45 at The Door

The 8-limb flow will include kriyas, mantra, pranayama, and meditation. It is a physically challenging and meditative Asana sequence influenced by Sri K. Pattabhi Jois, Dharma Mittra, Danny Paradise, Ma Daya Vyas, and Larry Schultz.

**Saturday September 13<sup>th</sup>, 3-7pm**  
**Ayurvedic Cooking**  
\$50 Advance / \$55 at The Door

Overview of Ayurveda, discovering one's constitution, learning the healing properties of the main spices and

herbs, followed by hands on cooking workshop. We will cook whole wheat bread from scratch, fragrant basmati rice, vegetable dishes, and *daal* and other lentil and bean dishes which offer an alternative to soy products. All food is organic, vegetarian and sattvic; delicately spiced, tasty and highly nutritious. Everything will be made from scratch including ghee and yogurt. Recipes will be handed out!

Reema first learned Ayurvedic cooking from her grandmother and mother. She then studied Ayurveda at the Indus Valley Ayurvedic Center In Mysore, India from where she received certification as an Ayurvedic Therapist.

**Sunday September 14<sup>th</sup>, 10am-1pm**

**Eight-Limb Flow**

\$40 Advance / \$45 at The Door

The 8-limb flow will include kriyas, mantra, pranayama, and meditation. It is a physically challenging and meditative Asana sequence influenced by Sri K. Pattabhi Jois, Dharma Mitra, Danny Paradise, Ma Daya Vyas, and Larry Schultz.

**Sunday September 14<sup>th</sup>, 3-5:30pm**

**Classical Pranayama Sequence, Philosophy and Kirtan**

\$30 Advance / \$35 at The Door

Time with these breathing techniques will take your Asana and Meditation practice to new heights. Once you have a solid knowledge and experience of pranayama, every aspect of your yoga practice will intensify, including asana, mantra, and meditation. Drawing on the teachings of Krishnamacharya, B.K.S. Iyengar and B.N.S Iyengar, Reema emphasizes the use of Bandhas (internal energy locks) during the Pranayama exercises. What you learn in this session is a lifetime practice. You will learn how to gently incorporate pranayama in your current practice and also how to intensify it as your lung capacity and concentration grow.

The afternoon will include a discussion on the essence of the Vedas and Bhagavad Gita. Reema will also lead us through several Sanskrit Chants, some of which will be heard on her debut album coming out just two weeks after this workshop!

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**Any Injuries or medical conditions?** \_\_\_\_\_

**Circle all that apply:**

DATE	TIME	SESSION	ADVANCE	AT THE DOOR
Friday September 12 <sup>th</sup>	7-9pm	Global Spirituality and Asana	\$25	\$30
Saturday September 13 <sup>th</sup>	10am-1pm	8-Limbed Flow	\$40	\$45
	3-7pm	Ayurvedic Cooking	\$50	\$55
Sunday September 14 <sup>th</sup>	10am-1pm	8-Limbed Flow	\$40	\$45
	3-5:30pm	Classical Pranayama Sequence, Philosophy and Kirtan	\$30	\$35