



Indiana University

# YOGA FOR EMOTIONAL BALANCE & HEALING

October 13<sup>th</sup> to 14<sup>th</sup> 2024



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

*Join Swami Mahesh as he takes us on the journey of learning to better understand, surface and manage our emotions. They form the backdrop to all our thoughts, words and actions. We will learn yoga techniques for better emotional balance, and to enjoy more fulfilling and productive lives.*

Swami Mahesh is a wandering yogi with degrees in Engineering and Yoga Philosophy. With 30+ years' experience, he brings the wisdom of classical yoga to over 35 countries. He has also conducted yoga workshops at leading universities in the US and in Europe.



Energetic and vibrant, Swami Mahesh has led teams of students to adventures in exotic international destinations. Through the years he has graced Indianapolis with his unbounded energy and enthusiasm. Swami Mahesh has the unique ability to make complex yoga concepts accessible and practical for all students. His mastery of classical yoga techniques grounded in ancient scriptures helps us access our own potential for evolution and transformation. [www.wanderingmahesh.blogspot.com](http://www.wanderingmahesh.blogspot.com) .

He is the founder of SIYA International, a platform blending yoga disciplines for Harmony, Balance and Self Actualization. Learn more at [www.omsiya.com](http://www.omsiya.com)

## - SCHEDULE -

**SESSION 1 Sunday October 13, 2024, Time: 10:00 am to 12:30 pm**

### EMOTIONAL HEALING

Swami Mahesh will introduce the concepts of Emotional Healing, teach Yoga and relaxation practices to help maintain emotional balance, and connect to our natural state of joy. Included are physical postures and breathing practices, providing a practical methodology to promote emotional well-being. The session closes with the practice of Yoga Nidra, which induces deep relaxation and a release of tension in the body and mind.

**SESSION 2: Sunday October 13, 2024, Time: 1:30-4:30 pm**

### PRANIC HEALING

We learn to access the Energy Body, which vitalizes body, mind and spirit. This helps to balance energy, and remove blockages which create distress and pain. We learn the practice of Mantra Yoga to bypass the mind, and access and stabilize the emotional dimension. This helps to harmonize our emotions and mental processes.

**SESSION 3: Monday October 14, 2024, 5:30-7:30 pm**

### SOUND HEALING

The practices of Nada Yoga (Nada = Sound vibrations) help us connect to our center of peace and harmony, releasing a deep healing force from within. This is a profound and uplifting experience which has been very popular in previous seminars.

## - REGISTRATION AND SIGN-UP -

- Please register by clicking on the link:  
[https://iu.co1.qualtrics.com/jfe/form/SV\\_6D7osT2uiPJ1qxo](https://iu.co1.qualtrics.com/jfe/form/SV_6D7osT2uiPJ1qxo)
- \$10 per session for IU/IUHP affiliates. No refunds please.
- Payments can be sent via
  - Zelle to [YogaMM2019@gmail.com](mailto:YogaMM2019@gmail.com)
  - Check payable to YogaMM, LLC,
    - 10741 Sand Key Circle, Indianapolis, IN 46256
- Drop-ins: \$15 per session - if space permits. CASH only.

## LOCATION:

IU North Hospital, Learning Labs  
11700 N Meridian Street  
Carmel IN 46032



**This event is made possible by sponsorship and collaboration between  
IU Asian Pacific Faculty and Staff Council and Yoga Mitra Mandal of Indianapolis**