



2nd Seminar, Workshop & Training on **Yoga and Holistic Health**

Under the Guidance of Professor Laxmankumar V. Sannellappanavar
Karnataka, India



*A Unique Opportunity to
Learn Yoga & Holistic
Health Practices for your
Individual Needs from Yoga
Expert & Medical
Professionals!!!*

Date: September 27 – 28, 2008 (Saturday & Sunday)
Venue: Hindu Temple of Wisconsin Auditorium
N4063 W243 Pewaukee Road, Pewaukee WI 53072

Pre-register at the Office or @ the Door!
***** OPEN TO ALL *****

SEPTEMBER 27TH – SATURDAY

8:00 AM To 12:00 PM – Demonstration & Practical Training (Audience Participation)

1:00 PM To 5:00 PM – Lecture on Related Specialty Topics

7:45 AM – 8:00 AM	Registration
8:00 AM – 8:15 AM	Welcome Address by Mr. Kumud Prasad, President HTW
8:15 AM – 9:45 AM	Yoga Session 1 (Introduction, Recitation of Omkar, Physical Cultural Exercises, Surya Namaskar) by Prof. Laxmankumar V.S.
9:45 AM – 10:00 AM	Break - Tea/Coffee
10:00 AM – 12:00 PM	Yoga Session 2 (Asanas, Bandhas & Mudras) by Prof. Laxmankumar V.S.
12:00 PM – 1:00 PM	Lunch
1:00 PM – 1:30 PM	Diseases of Cervical Spine & Management by Assoc. Prof. Dr. S. Kurpad
1:30 PM – 2:15 PM	Arthritis & Yoga by Dr. Usha Nanda
2:15 PM – 3:00 PM	Patanjali Yoga Sutras by Dr. Bharadwaj
3:00 PM – 3:15 PM	Break - Tea/Coffee
3:15 PM – 5:00 PM	Yoga Session 3 (Pranayama & Dhyana) by Prof. Laxmankumar V.S.

SEPTEMBER 28TH – SUNDAY

8:00 AM To 12:00 PM – Demonstration & Practical Training (Audience Participation)

1:00 PM To 5:00 PM – Lecture on Related Specialty Topics

8:00 AM – 9:00 AM	Yoga Session 4 (Revision, Guidance for Teaching/Individual Personal Practice) by Prof. Laxmankumar V.S.
9:00 AM – 9:45 AM	Spiritual Science & Meditation Practice by Vijay Jakka
9:45 AM – 10:00 AM	Break - Tea/Coffee
10:00 AM – 11:35 AM	Breathing Techniques, Vinyasa & Pranayama by Dr. Nanda, Sarah Michaels, Venugopal Puttaparti & Arvind Mokhasi
11:35 AM – 12:00 PM	Meditation (DVD)
12:00 PM – 1:00 PM	Lunch
1:00 PM – 1:30 PM	Diabetes, the 21st Century Epidemic by Prof. K.R. Shetty, MD
1:30 PM – 2:15 PM	Heart Disease by Dr. Sriram (Cardiologist)
2:15 PM – 3:00 PM	Fibromyalgia by Associate Prof. N.M. Reddy, MD
3:00 PM – 3:15 PM	Break – Tea/Coffee
3:15 PM – 4:00 PM	Spinal Surgery or Yoga? "Relevant Neck & Back Issues" by Prof. Raj Rao, MD
4:00 PM – 4:30 PM	General Forum
4:30 PM – 4:45 PM	Concluding Remarks by Dr. Nanda
5:00 PM – 6:00 PM	Music Concert (Healing / Hindustani Music) by Dr. Havaladar

FOR DETAILS CONTACT:

Dr. Nanda – pyethim@gmail.com

Dr. C. Munshi – c1s2n3@yahoo.com

HTW Office @ (262) 695-1200

***ADMISSION:** Single \$25.00, Couple \$40.00 (both days)
(Lunch & Tea/Coffee included)

***Contribution goes to HTW & is Tax deductible**

Appropriate dress & yoga mat/towel required for participation
Empty stomach/light breakfast an hour before practice is recommended

A practitioner, propagator, teacher & researcher in YOGA

Professor Laxmankumar V Sannellappanavar



A Brief Life-sketch –

- ◆ Been in the field of Yoga from his early age of 13 years i.e., since 1949.
- ◆ Instrumental in introducing Yoga at the University in Karnataka at three different levels – certificate, undergraduate and post-graduate. It is the Second University in India and one of the first ones in the World to introduce Yoga.
- ◆ Served in the Karnatak University India for 25 years and retired in 1996 as the Founder Head of the Institute of Yoga studies.
- ◆ Holds the prestige of being the first Yoga professor recognized by the Government of India and selected for Foreign Service to teach Yoga for nearly four years in former U.S.S.R/ Soviet Union, where Yoga was banned earlier by the Government.
- ◆ Has pioneered the spread of Yoga by imparting thousands of lecture cum demonstrations and conducting free training classes for the benefit of the students from kindergarten level to the University level.
- ◆ Has trained thousands of students every year across the globe for over five decades now and his students hail from more than 32 different countries.
- ◆ Even at the age of 73, i.e., in the 60th year of his devoted service, he is actively engaged in this field.
- ◆ Has toured widely in India and abroad to render his dedicated service for which he has received many awards, honors and titles including the prestigious Patanjali Gold medal, "Yoga Ratna" "Basavaguru Kaarunya" etc, to name a few.

Learn under his expert guidance at the Yoga seminar on 27th-28th Sep 2008 at the Hindu Temple of Wisconsin

Regular training classes being conducted in the Temple Auditorium. More info at the Temple office.

Style of Teaching –

- ◆ Prof Laxmankumar or "Guruji" believes "Yoga is for all". His method of teaching reflects this aptly.
- ◆ Has taught Yoga and Holistic health practices to people of all age groups, health conditions, communities, regions etc.
- ◆ The doors to his class always remain open and he welcomes everyone to join in. He sets no criteria for one to learn Yoga.
- ◆ When he teaches, he keeps the abilities of every student in mind, especially the weakest one in class and adapts his teaching accordingly.
- ◆ His teaching has enabled significant improvements in people having breathing problems like asthma, bronchitis, allergies, cardiac problems like High BP, old age problems, mental problems, depression, paralysis/ hemiplegia, diabetes, spondilitis, backache, digestive disorders, insomnia etc.
- ◆ He emphasizes the art of relaxation, breathing and practicing within one's physiological limits and in a scientific way in order to gain maximum benefits out of the practice.

ಉತ್ಸಾಹ

ನಿತ್ಯೋಪಯೋಗಿ ಯೋಗಸಾಧನೆಗಳು USEFUL YOGA FOR DAILY PRACTICE

By **Laxmankumar V. Sannellappanavar** Founder Director UTSAHI Yoga Mandira, Dharwad.
Former Head Institute of Yoga Studies (5-4-1971 to 31-1-1996), Karnatak University, Dharwad.
Former Lecturer in Yoga, J.N.C.C. Embassy of India (Former USSR from -3-1989 to 8-9-92) Email: laxmankumarvs@yahoo.com



ಪದ್ಮಾಸನ
25 Padmāsana



ಉತ್ಥಿತ ಪದ್ಮಾಸನ
26 Utthita Padmāsana



ಗರ್ಭಾಸನ
28 Garbhāsana



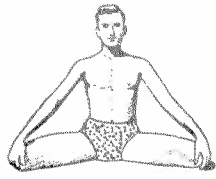
ಭುಜಪೀಡಾಸನ
20 Bhujapeedāsana



ಬದ್ಧಪದ್ಮಾಸನ
27 Baddha Padmāsana



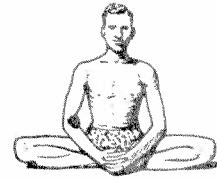
ನಾವಾಸನ
17 Navāsana



ಮಂಡೂಕಾಸನ
22 Mandukāsana



ಗೋಮುಖಾಸನ
15 Gomukhāsana



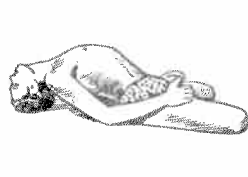
ಭದ್ರಾಸನ
24 Bhadrāsana



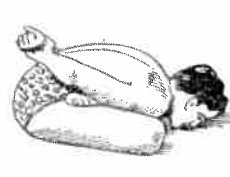
ಉಷ್ಠಾಸನ
8 Ushtrāsana



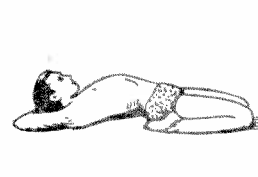
ಅಕರ್ಣ ಧನುರಾಸನ
16 Akarna Dhanurāsana



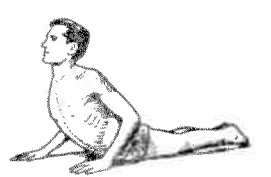
ಮತ್ಸ್ಯಾಸನ
4 Matsyāsana



ಯೋಗಮುದ್ರಾ
10 Yoga Mudrā



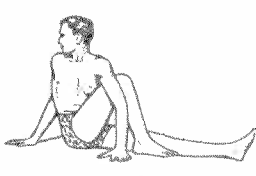
ಸುಪ್ತ ವಜ್ರಾಸನ
23 Supta Vajrāsana



ಭುಜಂಗಾಸನ
5 Bhujangāsana



ಉದ್ಧಿಯಾನಬಂಧ
29 Uddiana Bandha



ವಕ್ರಾಸನ
13 Vakrāsana



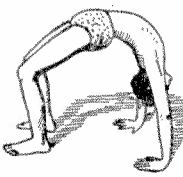
ವಾತಯಾನಾಸನ
21 Vatayanāsana



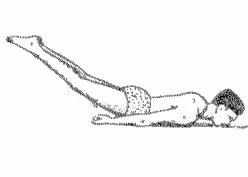
ಅರ್ಧ ಮತ್ಸ್ಯೇಂದ್ರಾಸನ
14 Ardha Matsyendrāsana



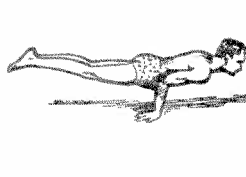
ನೌಲಿ
30 Nauli



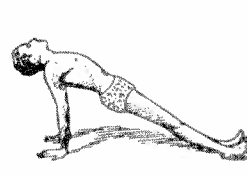
ಚಕ್ರಾಸನ
9 Chakrāsana



ಶಲಭಾಸನ
6 Shalabhāsana



ಮಯೂರಾಸನ
19 Mayurāsana



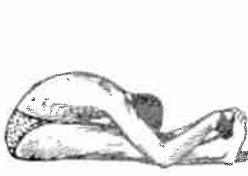
ವಿಪರೀತ ದಂಡಾಸನ
18 Vipareeta Dandāsana



ಧನುರಾಸನ
7 Dhanurāsana



ವಿಪರೀತ ಕರಣಿ
2 Vipareeta Karani



ಪಶ್ಚಿಮತಾನಾಸನ
11 Paschimātānāsana



ಶಿರ್ಷಾಸನ
1 Shirshāsana



ಹಲಾಸನ
12 Halāsana



ಸರ್ವಾಂಗಾಸನ
3 Sarvangāsana

ಬಿ. ಸೂ. : ಸಾಧನೆಗಳ ಹೆಸರುಗಳ ಹಿಂದಿನ ಅಂಕಗಳು ಸಾಧನೆಯ ಕ್ರಮಾಂಕವನ್ನು ಸೂಚಿಸುತ್ತವೆ.
ಪ್ರತಿಗಳು ನಿಗದಿತ ಸ್ಥಳ : "ಉತ್ಸಾಹ ಪ್ರಕಾಶನ", ನವೋದಯ ನಗರ, ಧಾರವಾಡ - ೫೮೦ ೦೦೩

Note : The Numbers behind names indicate the order of sequence to be followed by the practitioners
Prepared by : "UTSAHI YOGA MANDIRA", Navodaya Nagar, Dharwad - 580 003

Either Laxmankumar or Utsahi Yoga Mandira or Utsahi Prakashana are not responsible for any material loss or physical or mental damage occurred by referring this chart.

Published by : "UTSAHI PRAKASHANA", Navodaya Nagar, Dharwad - 580 003, 06-03-2003