

CHURNING OF THE COSMIC OCEAN



Three-Part Zoom Series

February 11, 18, & 25, 2024

9:00 – 11:30am EST

Yogic Wisdom of a Rich Origin Story

Mary Reilly
Leslie Freyberg
Bob Gilbo

Āsana
Prāṇāyāma
Sanskrit Chanting
Philosophy

- Senior Iyengar Yoga teacher Mary will lead an optional session from 9:00–9:45am, focusing on āsana as the doorway to prāṇāyāma
- At 10:00am, Vedic chant specialist Leslie will lead chanting of sūtras and teach a healing mantra to Dhanvantari, the celestial physician—one of the jewels to emerge from the cosmic ocean
- Yoga philosophy scholar Bob will explore elements of the *samudra manthan* narrative and how they can shed light on our practice. He'll also present traditional artwork that has etched this story into the cultural memory of India

Workshop Materials

- Chant sheets and handouts
- Links to supplemental resources
- Access to an online discussion forum
- Can't attend live? Recordings available for replay for 30 days

The churning of the cosmic ocean (*samudra manthan*) to obtain nectar is a touchstone of Indic lore.

Often read as simply a tale of the universal aspiration to achieve immortality, the subtler levels of its imagery contain a treasury of wisdom that links ancient narrative with modern practice.

Join us to explore the rich metaphors of the *samudra manthan* tales from a yogic perspective!



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