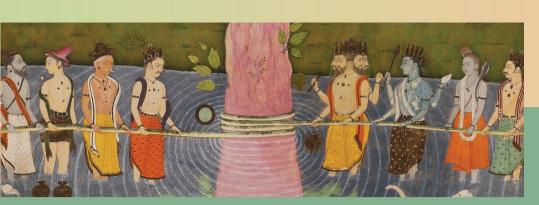
## CHURNING OF THE COSMIC OCEAN





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!

