

# Sankalpa: Yogic Life of Intent

Teachings from Abhijata Iyengar  
at the 2023 IYNAUS Convention

**Saturday, June 17, 1 – 4pm**  
\$60 in advance; \$75 day of workshop



**Sankalpa** is an intention formed by the heart and mind—a solemn vow, determination, or will.

A Sankalp is a tool to refine the will, focus, and harmonize mind and body. A Sankalp means a one-pointed resolve to focus psychologically and philosophically on a specific goal.

In this workshop, Kristen will attempt to distill the five days' teachings to a few simple principles that can guide your practice for the coming months. There will be a part two where we'll revisit these principles and how we've incorporated them into our practices a few months on. Join one or both!

**Abhijata Iyengar** is one of the most experienced teachers at RIMYI in Pune and has been involved with the practice and philosophy of yoga since age 16. She was taught by her grandfather Yogacharya B.K.S. Iyengar and her aunt and uncle, Geeta Iyengar and Prashant Iyengar.



To register, contact Kristen:

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708-759-4412

or send payment via Zelle, Paypal or Venmo

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