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Simplify & Demystify Koshas

6-Part Series: Session 2

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Native Land Ackn: Comanche, Jumanos



***Billions Yet To Be Served...
Billions Yet To Be Fed...***

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Thank Y'all
Happy IDY coming up...

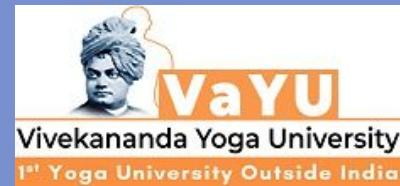


KAIVALYADHAMA

Where Yoga tradition and Science meet

100
YEARS

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Agenda

- The Big Picture
- Overview of the Six-Part Kosha-Series
- Focus on Annamaya Kosha (Food Sheath)
- Brief Practice to experience the Kosha connections
- Q & A



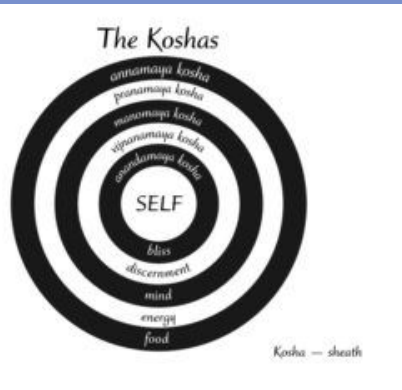
The Big Picture

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- Definition: Kosha means Sheath aka Covering aka cocoon; layers
 - कोष
 - E.g. word for treasurer in Sanskrit is **Koshadhyaksh** (कोषाध्यक्ष)
- We are a tiny part of the ecosystem with a multi-layer existence
 - We are made up of five elements and goal is to go beyond those
 - We evolve from gross to subtler to subtlest to realize our potential
 - From micro to macro (individual to universal)
- Yoga is the holistic science and practice to unveil our layers of existence
 - It's important to learn, practice, experience, heal and enjoy a blissful existence



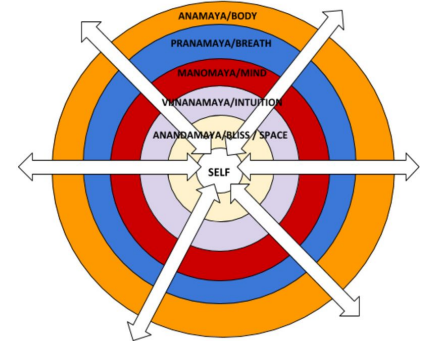
Overview of the Kosha-Series

Simplify & Demystify: Let's peel the onion (pun intended)



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- Session-1: The big picture, overview of underlying concepts and practice
- Session-2: The grossest sheath: Annamaya Kosha, its relevance & practice
- Session-3: Next layer - Pranamaya Kosha, its relevance & practice
- Session-4: Next subtler layer: Manomaya Kosha, its relevance & practice
- Session-5: More subtler: Vijnanamaya Kosha; its relevance & practice
- Session-6: Let's reach our essence: Anandamaya Kosha & practice





Annamaya Kosha (Food Sheath)

Annam is It (Grossest level of consciousness)

Annamaya Kosha: Sthula Sharira (Gross Body)

- Taittiriya Upanishad mentions --- **Aham Annam**
 - First Reality --- Food is it... We are what we eat
- Bhagwad Geeta mentions: **Annaad Bhavanti Bhutani** BG 3.14
 - All beings are made from Food - We are what we eat
- Gheranda Samhita mentions
 - **Mitaharam vina yastu yogarambham tu karayet |
nanarogo bhavettasya kinchid yogo na sidhyati"**|| [G.S:V, 16]

"One who begins the practice of yoga without controlling his diet suffers from many diseases and does not make progress in Yoga."



Annamaya Kosha (Food Sheath)

Annam is It (Gross level of consciousness)

- Gheranda Samhita on Yogic Intake (*Aahaar*)

annena pūrayet ardham toyena tu tṛtīyakam| udarasya turīyaṁśaṁ samrakṣet vāyucāraṇe||5-22||

— gheraṇḍasaṁhitāyāṁ pañcamo'dhyāyaḥ

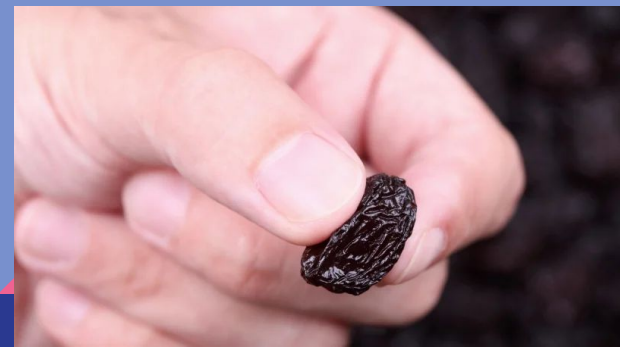
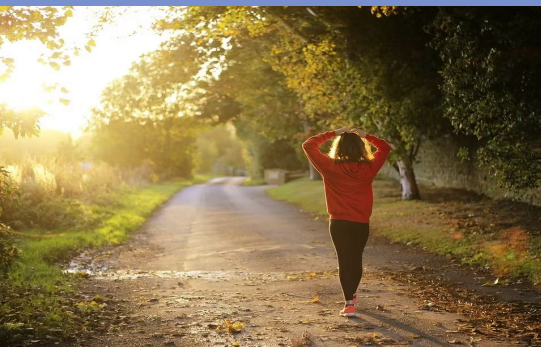
Meaning: Half of the stomach should be filled with food; [the] third part with liquid

The fourth part should be left free for gases to move around



Practices for Annamaya Kosha

- Mindful Living - with awareness
 - Eating, Walking - Single tasking
 - Eating a raisin mindfully (experiment)
 - Seasonal and Saatwik Foods
 - Easy to digest
- Listen to the Body
 - Non-violence (**Ahimsa**)



Yogic Practices for Annamaya Kosha

- Less is more in this Time of Vata
- ABCs of Yoga: Centering with the singing bowl
- Balance the digestive fire
 - Asanas
 - Surya Namaskar
 - Standing, Sitting, Prone and Abdominal
- Enjoy Om sound
- Enjoy Om sound with ears covered... Bliss



Outcomes and Takeaways

- Food is the first reality to nourish the body
- Evolve from grossest level of consciousness
 - Listen to your body
 - Experience mindful living
- Practice asanas with awareness



Q&A



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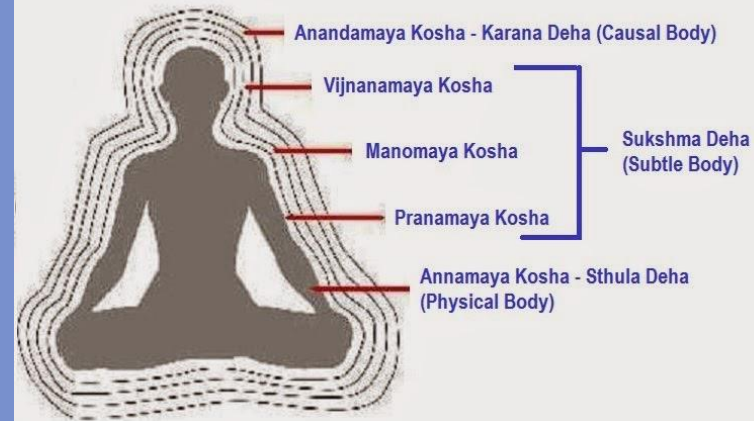


Yogic Existence: Three Bodies

- Kaaran Sharira: Causal body - Beyond five elements
- Sukshma Sharira: Subtle body - Subtle Five elements
- Sthula Sharira: Gross body - Gross five elements

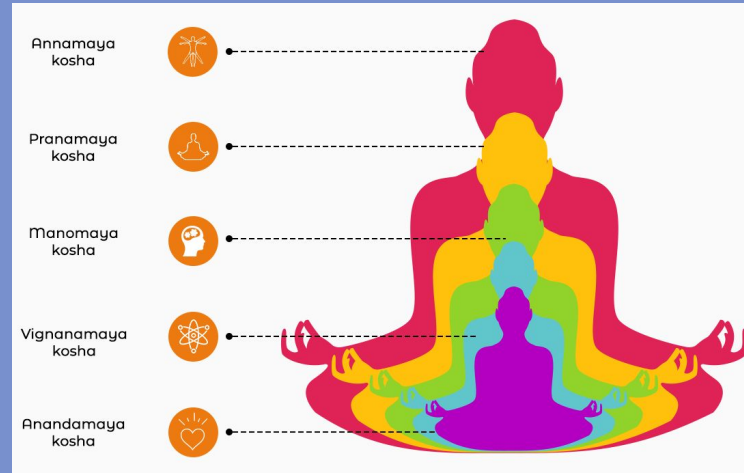


Deha Treya (Three Bodies)



Yogic Sheaths: (पञ्च कोष)

- Anandamaya Kosha: Bliss Sheath
- Vijnanamaya Kosha: Knowledge Sheath
- Manomaya Kosha: Mind or Astral Sheath
- Pranamaya Kosha: Prana or Vital Sheath
- Annamaya Kosha: Food or physical Sheath



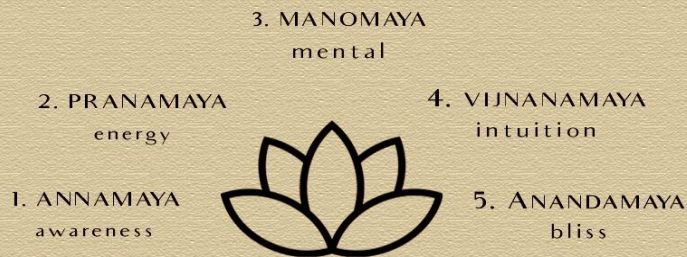


Soulful characterization of Koshas

Rehashing to reach the heart (love aka bliss)

THE KOSHAS

FIVE ENERGETIC SHEATHS



SOUL

SOUL SANCTUARY

LAYERS TO THE SELF

5 KOSHAS

