



## Seva Program Educational Overview

The Seva Program is an opportunity to join the Himalayan Institute's residential community for practice, study and service.

### Seva Program Orientation

An orientation to the HI community and Seva Program that happens on the second day of the program. This orientation includes:

- Seva participant and new resident introductions
- Introduction to The Himalayan Institute
- Introduction to living in community
- Orientation to the Seva Program and daily schedule
- Tour

### Welcome Lunch

- Meet and greet with members of the Seva team
- Discuss development of your daily schedule
- Instructions for using the HI Online Platform for independent study

### Weekly Practice Sessions

- HI Essentials: Yogic Breathing
  - Learn how optimal diaphragmatic breathing serves as a foundation for overall health and well being and for deepening your yoga practice
- HI Essentials: Finding Stability and Comfort in your Meditation Posture
  - Learn more about the importance of establishing a stable seat for meditation and tips for how to use props to increase your comfort
- HI Essentials: Accessing the Power of your Navel Center
  - Experience how practices for enlivening your abdominal area can support your digestive fire and help you access the subtle experience of prana
- HI Essentials: The Meditation Process
  - Practice a simple yet effective method for meditation that will help you to cultivate inward meditative awareness that you can easily integrate into your daily life

### **Weekly Study Sessions**

- The HI Approach to Yoga
- Learn the Prayers of the Tradition
- What is Karma Yoga?
- Yogic Lifestyle and Developing a Daily Routine

### **Weekly Emails**

Weekly emails are sent to remind participants of the practice and study sessions, HI programs and events that they are invited to attend, as well as curated links for content on the HI Online platform to support their experience.

### **Additional Educational Opportunities**

Seva Program participants may attend additional educational and community events as they are available:

- Select Himalayan Institute programs
- Community yoga classes
- Community prayers and meditation in the Sri Vidya Shrine
- Satsanga
- Kirtan
- Community study groups

### **Space to Integrate**

The Seva Program includes intentional space for rest, digestion, and self-contemplation.