



KOSHA, WHAT ARE THEY? BY SASY C.

According to the Vedic tradition, in each human being there are five sheaths called Kosha in which the Atman is wrapped. The identification of one's ego with one of these sheaths does not allow us to perceive Atman, our true nature, which is the same as the whole universe. By practicing meditation, that identifications, for example: "I am my body, my thoughts, etc.", can be eliminated,

The order of the five sheaths (Pancha kosha), which coexist and overlap from the grossest to the most subtle, is as follows:

1. *Annamaya kosha (physical body): is the densest of the five, consists of the body, skin, muscle tissue, blood, bones, organs, etc. Its existence depends on food in its various forms, water, and breathe, air.*
2. *Pranamaya kosha (energetic body or vital breath): it is the sheath of the vital forces constantly active and has a form similar to that of the physical body. Its physiological structure includes special energy centers called chakras, which receive, assimilate, and express the energy of the life force.*
3. *Manomaya kosha (mental body): mind as rational thought (reasoning) and instinctive, has its perception as its source. It performs many functions simultaneously and holds together, as an integrated unit, the two coarser koshas: annamaya and pranamaya.*
4. *Vijnanamaya kosha (higher psychic body): it is also called intellect or conscience (Buddhi), it is wisdom, it is the discriminative faculty, it is the intuition of the fundamental reality beyond the simple manifestation.*
5. *Anandamaya kosha (body of bliss): the fifth sheath, is the most subtle, the one on which everything is based. It is the transcendent body, the spiritual body, the closest to the Self-the Atman.*

Check out our website and facebook page for our Kosha Sequence Class coming in May, for a deepen journey through the five layers of being. You will learn a short yoga sequence and other tools to expand your energetic being, release gross from your mental consciousness, tap into intuition, establish fresh intention and savor the bliss of the Anandamaya Kosha.

Starting April 1st, the price list per student at The Casa will change as follows:

1. 5 class pass for \$65 with a 60-day expiration, starting at the day of purchase
2. Monthly unlimited classes is \$85
3. Drop ins at \$15
4. NEW STUDENTS ONLY: \$ 30 for first 15 days



ATTENTION STUDENTS: Please download & use the MINDBODY FITNESS app on your smart phones/devices to book your classes & Ayurveda appointments :D

APRIL SPECIAL EVENTS & WORKSHOPS SCHEDULE

- 7th Sat- Yoga & Meditation class in Italian w/ Sasy/ 4 P/ \$ 15 sug. donation
 - Movie Night "HEAL" 6-8 pm/ Free & please bring a snack to share
- 22nd Sun- Gong Sound Bath Healing w/Angela Soriano: 2-4 P/ \$ 15 sug. donation
- 28th Sat- Green Clean Workshop w/DIY YL+Essential Oils take aways: 2-4 P/ \$ 25
- 29th Sun- Full Moon Meditation w/Sasy: 7-8.30 P/ \$ 15 sug. donation

HATHA, KUNDALINI, & THERAPEUTICS YOGA CLASS SCHEDULE (SUBJECT TO CHANGE)

MON	TUES	WED	THUR	FRI	SAT	SUN
8.30-9.45 A BEG GENTLE YOGA w/ VIVIAN	7.30-8.45 A WAKE UP FLOW w/ MEGAN	11 A-12.15 P INT HATHA FLOW w/ SASY	9-10.15 A BEG-INT HATHA FLOW w/ MEGAN	11 A-12.15 P INT HATHA FLOW w/ SASY	8.30-9.45 A KUNDALINI YOGA w/ SYLVIA	9-10.15 A INT HATHA FLOW w/ KILLIAN
11 A-12.15 P BEG/ INT HATHA FLOW w/ KILLIAN	9-10.15 A BEG/ INT HATHA FLOW w/ MEGAN	4-5.15 P YIN IN THE AFTERNOON w/ SASY		4-5.15 P YIN IN THE AFTERNOON w/ MOLLIE	10.30-11.15 A BEG/ INT HATHA FLOW w/ KILLIAN	10.30-11.45 A BEG HATHA FLOW w/ MOLLIE
6-7.15 P HEALTHY BACK CLASS w/ LORRIE	11 A-12.15 P INT HATHA FLOW w/ SASY	6-7.15 P PRIME OF LIFE (TM) w/ LORRIE	5.30-6.45 P BEG GENTLE YOGA w/ ASHLEE	6-7.15 P RESTORATIVE FUSION YOGA w/ LORRIE		
7.30-8.45 P KUNDALINI YOGA w/ SYLVIA	5.30-6.45 P BEG GENTLE YOGA w/ ASHLEE	7.30-8.45 P ADV YOGA w/ SASY	7-8.15 P 5th/ 19th only BEG/ INT HATHA w/ ASHLEE			
	7-8.15 P PRANAYAMA & MEDITATION w/ SASY					



MUNG BEAN SOUP Prep time: 10 mins Cook time: 45 mins Total time: 55 mins/5 servings

Ingredients

- Ghee
- 400g mung beans
- 2 quarts of hot water (plus more to top up later)
- 1 -2 tsp cumin seeds (or freshly ground powder)
- 1-2 tsp coriander seeds (or freshly ground powder)
- Other spices (all, some or none, as per your taste, suggested quantities below):
- Cardamom seeds 1 tsp (~ 5 pods)
- Cinnamon stick 4cm
- 2-3 cloves garlic (optional)
- ½ tsp turmeric powder
- fresh root ginger, finely chopped
- Rock salt
- Black pepper corns 10
- Cloves 10
- Bay leaves 3

Instructions

- 1/ Wash the mung beans thoroughly and then soak them over night (at least 12 hrs and 24hrs if possible)
 - 2/ In a pan heat ghee
 - 3/ Add turmeric powder and asafoetida & sauté for a few seconds
 - 4/ Add the beans and fresh water
 - 5/ Cook until all the beans are soft and broken up (40 - 60 min)
 - 6/ Heat some ghee in a frying pan, add 2-3 cloves of chopped garlic and sauté lightly for a minute until soft but still aromatic. (optional)
 - 7/ Add fresh ginger and cumin and coriander seeds and any other herbs or spices you like & briefly saute
 - 8/ Add the sautéed spices plus some rock salt to the mung beans and continue to simmer for a further 2 minutes.
- Serve the soup hot with finely chopped coriander leaves or other fresh herbs. Eat with green vegetables.