

The Yoga of Entrepreneurship Satsang
Create Your Practices



The 6 Essential Elements of A Sustainable & Fulfilling Business

1. Spiritual & Self-Care Practices
2. Creativity & Strategy Practices
3. Money Practices
4. Marketing Practices
5. Client Relationship Practices
6. Operations Practices

Right Now . . .

My Spiritual & Self-Care Practices are:

How are these working for me?

What do I want from these?

My Creativity & Strategy Practices are:

How are these working for me?

What do I want from these?

My Money Practices are:

How are these working for me?

What do I want from these?

My Marketing Practices are:

How are these working for me?

What do I want from these?

My Client Relationship Practices are:

How are these working for me?

What do I want from these?

My Operations Practices are:

How are these working for me?

What do I want from these?

Practices for Your Dharma Type



The Sustenance Archetype

- Care, Nurture & Serve
- Use Your Hands
- Stir Emotion
- Understand & Engage with Money



The Purpose Archetype

- Focus Your Energy
- Engage Physically, Challenge
- Satisfy Need for Accomplishment
- Cultivate Wisdom



The Pleasure Archetype

- Engage Your Senses
- Practice Gratitude
- Give
- Create an Exchange



The Wisdom Archetype

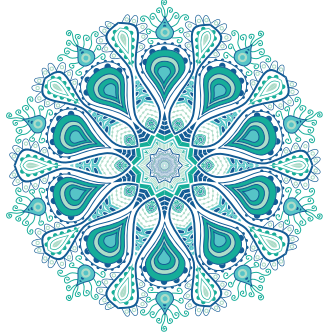
- Be Still & Solitary
- Allow Time & Space for Broad, Varied Interests
- Focus Your Energy
- Practice Detachment



The Freedom Archetype

- Take a Step Back & Observe
- Explore & Experiment
- Release Blame
- Cultivate Radical Self-Honesty

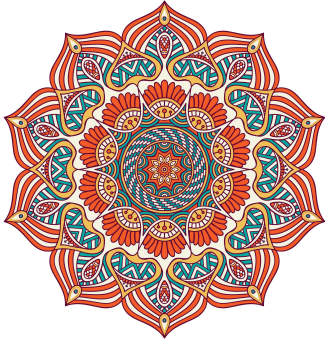
Practices for Your Innate Constitution



Vata (Air)

Simple • Flexible • Creative

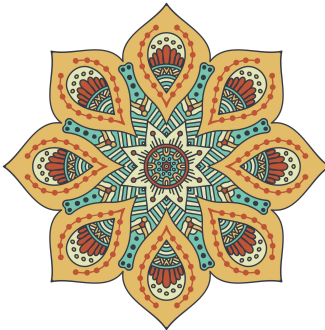
Key to Balance & Harmony: Routine.
Cultivate & Accentuate: Clarity. Intuition. Adaptivity.
Minimize & Transform: Fear. Confusion. Spaciness.



Pitta (Fire)

Engaging • Invigorating • Satisfying

Key to Balance & Harmony: Balance.
Cultivate & Accentuate: Discrimination. Enthusiasm. Vitality.
Minimize & Transform: Anger. Neglect. Criticism.



Kapha (Earth)

Stimulating • Nurturing • Expressive

Key to Balance & Harmony: Stimulation.
Cultivate & Accentuate: Nurturance. Consistency. Devotion.
Minimize & Transform: Attachment. Depression. Lack of Communication.

Create Your Practices

Spirituality & Self Care:

What practice(s) engages the best of my Innate Constitution?

What practice(s) further the soul's aim of my Dharma Archetype?

Creativity & Strategy:

What practice(s) engages the best of my Innate Constitution?

What practice(s) further the soul's aim of my Dharma Archetype?

Money:

What practice(s) engages the best of my Innate Constitution?

What practice(s) further the soul's aim of my Dharma Archetype?

Marketing:

What practice(s) engages the best of my Innate Constitution?

What practice(s) further the soul's aim of my Dharma Archetype?

Client Relationship:

What practice(s) engages the best of my Innate Constitution?

What practice(s) further the soul's aim of my Dharma Archetype?

Operations:

What practice(s) engages the best of my Innate Constitution?

What practice(s) further the soul's aim of my Dharma Archetype?