



Volume 1 December 2023

Life in Yoga Newsletter

Education



Research



Therapy



CONTENTS



Page 2 – **Need for Daily Deep Relaxation**

Page 3 – **Curative Power of Lifestyle**

Page 4 – **Addressing Chronic Issues with Knowledge of the Sages Embedded in MYT**

Page 5 – **For the Curious Minds –YOGA IN A BIG NUTSHELL**

Page 6 – **Daily Online classes**

Page 7 – **Resources for You on Our Website**



Photos



lifeinyoga.org

A WARM WELCOME

Welcome to our first newsletter beginning in December 2023.

Life in Yoga is going strong on research with additional developments beyond Electro Photonic Imaging which measures bio-meridians. Now, we are testing meditative experiences and generation of scalar waves.

Life in Yoga is focused on scientific and philosophical exploration of yoga and its spiritual system for the **TOTAL WELL-BEING of humanity**.

As many of you are aware, we have achieved remarkable success in addressing seemingly incurable conditions through mantras and other spiritual practices. Our dedicated team of volunteers spans the United States, from coast to coast, delivering our Measured Yoga Therapy Services. We also have volunteers providing this service in some countries outside the United States.

In this issue, our focus is on lifestyle for total health of the spirit, mind and body. Our daily online yoga is our offering for this purpose. And for those whose issues are chronic, we also have Measured Yoga Therapy. And those who want to train in it are welcome to join us. To extend the benefits of our daily yoga to new people whom you may want to refer, we are starting a new session in the New Year.

To enable gradual integration into our daily session, on holidays/weekends we dedicate one session for specific practices. Please see schedule in Daily Online Yoga page below.

We thank you for your support, your donations and volunteer efforts, to further our mission. We wish you all the best this holiday season and hope that 2024 will continue the illumination of yoga in your life.

With warm regards,
Executive Team of Life in Yoga



Life In Yoga
BE IN THE MOMENT, WHERE LIFE EXISTS

Need for Daily Deep Relaxation



Nature and culture from time immemorial has naturally made provision for adequate relaxation of the body, mind, and spirit. Modern thinking of body and mind, ignoring the spirit that transcends the temporal world has created a situation where daily deep relaxation has been compromised leading to chronic ill-health – mental and physical.

Nature makes you sleep for deep relaxation. It is nature's way of connecting the body and mind to the spirit. It is the source of strengthening the immune system, and it also opens the zone of intuition and inspiration. Yet in the modern world people compromise on sleep with coffee, alarm, and an actively excited mind to prevent sleep so that they can get more involved with worldly activities. Whether it is work or incessant use of social media, it eventually results in ill-health of the person.

Culture and religion have created rituals to relax. Culture of alcohol consumption in the evening hours is related to destressing and letting go of active work thoughts before going to sleep. This, primarily, western bar culture often accompanied by pool/billiards has been a great springboard for other vices as well. Within religion, individual or group worship during sunset hours is quite common as a way to forget the business activities of the world so that one gets slowly ready to fall asleep. Today, it is common to have dinners with business colleagues, or even use the evening hours to create mental arousal by catching up on work sitting at home on their computers.



Daily Yoga Program

Life in Yoga's daily morning program is designed for stimulation that helps the body and mind to be in perfect balance during the day.

Life in Yoga's evening Daily Online Yoga is designed to provide this deep relaxation, without the need for alcohol, in a neutral cultural environment. It is highly recommended that after our daily program that ends at 7 pm, attendees should have their evening meal and ease towards falling asleep in the next couple of hours.

This is our contribution to humanity to bring together the integration of the body, mind, and spirit that has been lost in modern times. That is the reason it is available 365 days a year with no exceptions. Daily relaxation is needed every day and it is an important component for good health. And those of you who have realized it, never miss a day.

*To accommodate the needs of newcomers we have special programs on **January 1, 6, 7, and February 3 & 4. See details on Page 6 below.***



Reduce stress

plenty of water

lifeinyoga.org/classes



Curative Power of Lifestyle

Yoga philosophy speaks of life as the flow created by God with each one of us as instruments who partake in this great drama. Thus, we always say life should flow with the attitude of "let it be done" as opposed to "I have to do" so that we don't bring our mind in the way between spiritual guidance and actions. Such an approach to living also becomes stress free. Of course, the key is to cultivate inner connection with our spiritual entity so that we are in sync with its guidance – in all aspects of life: sleep and waking, food and friends, activities and thoughts. This is the essence of yoga therapy.



Curing chronic conditions may require more directed engagement. When the corruption of the spirit and mind has already descended in the body, the body is not ready to let go to connect within. Directed practices individualized to the person and condition is the basis of yoga therapy. When they are measured to assess effectiveness it is Measured Yoga Therapy (MYT) researched and developed by Life in Yoga Institute.



Life in Yoga's MYT is available in many parts of the United States, in Toronto (Canada), Dubai (UAE), Burkina Faso in West Africa, and Reunion Island/Mauritius off the coast of southeast Africa.

MYT is only the starter. The goal is to engender a transformation of the individual and lifestyle whereby the integration of the body, mind, and spirit is constantly maintained. And that requires daily practice.

Read more about MYT on the next page.



Life In Yoga

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Addressing Chronic Issues with Knowledge of the Sages Embedded in MYT™

The realization of Yoga

The realization of yoga is that when the time is right according to the cosmic flow, the wisdom of God, knowledge, as required for the time, is revealed through the inspiration and minds of people, whom we consider as wise. And that knowledge comes from intuitive awareness from connectivity into the cosmic spirit, the wisdom of God. Our research is enabling the wisdom of the sages through scientific means.

Measured Yoga Therapy™ (MYT)

Measured Yoga Therapy™ (MYT) is one such development – more appropriately a modern scientific view of ancient wisdom that is present in traditional medicine systems and spiritual healing. While it serves to alleviate ill-health of the body and mind, the process always involves the integration with the spirit. And without the integration with the spirit cure is never complete.

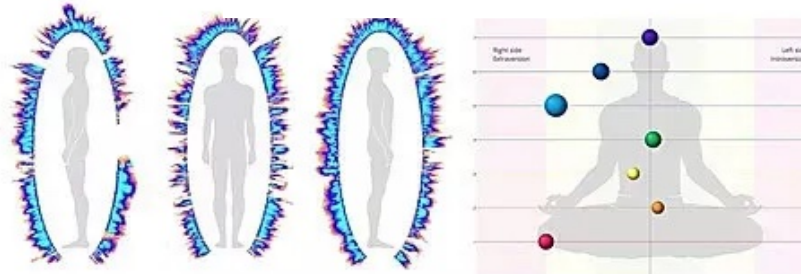
The Unique Components of MYT:

Traditional yoga therapy relies on loosely suggested correlations between yoga practices and specific conditions based on clinical studies. While some find relief or recovery, it's inconsistent. By measuring the impact of any such practice for a specific condition from one session of the exercise, MYT can determine if that exercise can be helpful for the disorder and increase the probability of effectiveness from yoga therapy. This is the difference between general yoga therapy and MYT.

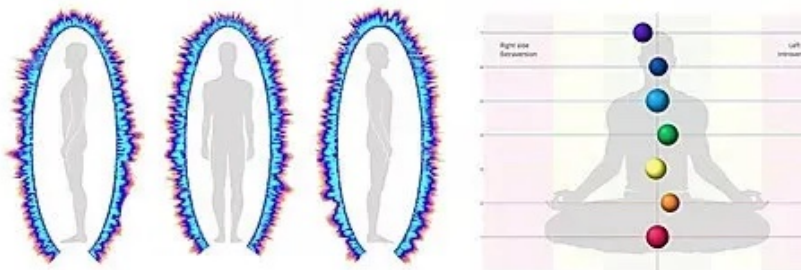
- Bioenergy Measurement:** While starting with a modern medicine diagnosis, MYT incorporates bioenergy readings that align with traditional medicine and spiritual perspectives. This holistic approach helps us understand the body's 'energetics' and guides our interventions.
- Scientific Analysis:** MYT doesn't just correlate; it scientifically tests the impact of different yoga practices. Immediate pre-and-post assessments after each practice allow us to gauge changes and predict their effectiveness for specific disorders or general health improvement.

Further Life in Yoga Institute uses vibrations for healing which is not part of mainstream yoga therapy.

Before Therapy



After Therapy



Interested in experiencing the transformative power of MYT?

Book a Session! MYT is offered in various locations across the United States and rest of the world. For detailed information and to explore how MYT can benefit you, visit [our therapy page](#).

lifeinyoga.org/therapy

Training & Certification -

At Life in Yoga, we believe in sharing the transformative power of Measured Yoga Therapy™ not only through our services but also by offering comprehensive training courses. These courses are designed for those who wish to deepen their understanding of this scientifically measurable system and integrate ancient spiritual wisdom into their practice. Whether you're a seasoned practitioner or just starting your journey, our training courses provide a unique opportunity to delve into the philosophy and application of MYT.

To explore our training offerings and embark on this enriching learning journey, [visit our website](#). Join us in spreading the healing benefits of Measured Yoga Therapy.





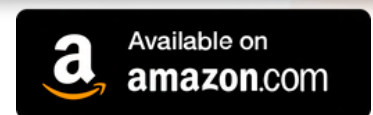
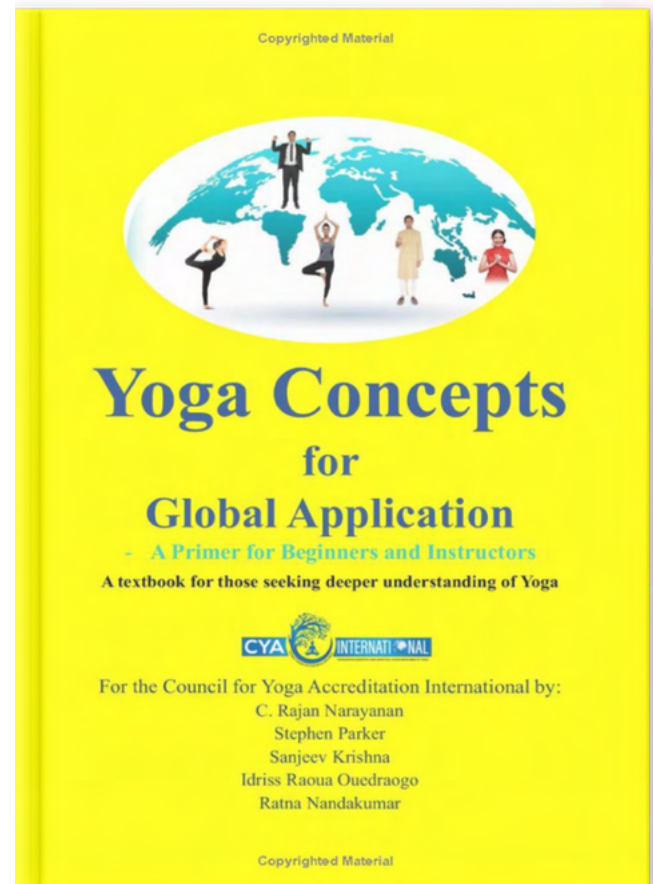
For the Curious Minds – YOGA IN A BIG NUTSHELL

In the evolution of life, every person at some time or the other, especially as they age, inquire within themselves the meaning of life. Realizing the one-way journey from the birth of the body to its demise, later in life people seek to spread love and harmony, becoming less selfish and more giving.

C Rajan Narayanan, Executive Director of Life in Yoga, in collaboration with the **Council for Yoga Accreditation International (CYAI)**, has been the primary author of the book: **YOGA CONCEPTS FOR GLOBAL APPLICATION – A Primer for Beginners and Instructors – A textbook for those seeking deeper understanding of yoga.**

In 38 chapters in nine parts, the book answers deep questions of the nature of existence, the purpose of life and how to understand what we perceive around us in life.

- **Part 1-** What is Yoga: An overview of yoga, introducing the mechanism of yoga. (Ch 1-7)
- **Part 2-** The Power of Breath in Yoga: Emphasizes the significance of breath in energy regulation. (Ch 8-15)
- **Part 3-** Haṭha Yoga: Explores the physical aspects of yoga, tracing its roots and traditions. (Ch 16-21)
- **Part 4-** Tantra Approach to Yoga: The bridge to higher meditative practices. (Ch 22-26)
- **Part 5-** The Source of All Knowledge in Yoga: Culmination of yoga's mechanism, process, and purpose. (Ch 27)
- **Part 6-** Meditative Approaches to Yoga: Review of meditative practices. (Ch 28-31)
- **Part 7 -**Integrative Understanding of Yoga in Daily Life: Application of yoga in daily living. (Ch 32-36)
- **Part 8-** Functional and Ethical Requirements in Leading a Yoga Class: Guidance for aspiring yoga instructors. (Ch 37)
- **Part 9-** Conclusion: A summary of the book's main points. (Ch 38)



UNIQUENESS OF THIS BOOK

- **Spiritual Understanding of Yoga**
- **Integrates Hatha, Tantra and Bhakti Yoga**
- **How Tantra and Bhakti Yoga are relevant and role of Religions**
- **Meditative Aspects in Places of Worship**
- **Discerning Common Aspects of Spirituality in All Religions**



DAILY ONLINE CLASSES NEW BATCH FOR THE NEW YEAR

FREE PROGRAM Open to All in any stable health condition

Mantra based
Exercises



Guided
Meditation



Pranayam &
Kriya



New Program Beginning

To accommodate the needs of newcomers we have created a hybrid system that allows newcomers to be integrated with our daily practitioners.

There are five sessions at **5:30 PM (EST)** on weekends where our regular practices are explained in detail for newcomers.

Jan 1, 2024 Monday – Introduction to Chakra Vibration for Mental Harmony

Jan 6, 2024 Saturday – Introduction to Spinal Alignment and its impact on Vitality

Jan 7, 2024 Sunday – Empowering Vitality with Pranayama

Feb 3, 2024 Saturday – Importance of Meditation in Daily Life

Feb 4, 2024 Sunday – Introduction to Practice of Meditation

Yoga teachers include Dr. Rajan Narayanan, Dr. Ratna Nandakumar, Sapna Ramchander, Dr. Manjusha Coonjan, Avani Presswala



**Choose your class but make sure you attend
the five sessions above if you are a
newcomer**

HATHA YOGA – 7:00 AM TO 8:30 AM EST



TANTRA PRANAKRIYA – 5:30 PM TO 7:00 PM EST

Program Manager and Contact for further information:
Avni Presswala (sitaarap@netscape.net)

Take care of your body's health by attending
our courses; real yoga is how we live a
healthy and balanced life.

Dr. Rajan Narayanan



Life In Yoga

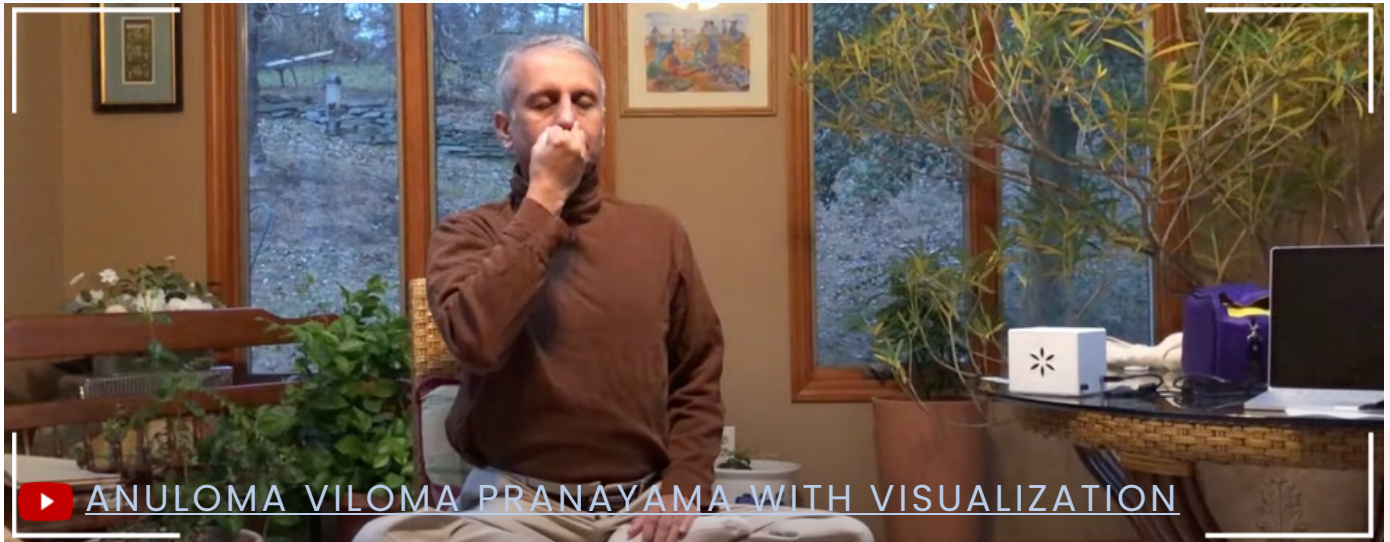
BE IN THE MOMENT. WHERE LIFE EXISTS



RESOURCES FOR YOU ON OUR WEBSITE

Videos

Explore a treasure trove of instructional and inspirational videos. From guided meditations to expert tips, our video library is your go-to for at-home practice.



Events

Discover exciting upcoming events that bring our community together. From workshops to retreats, there's always something enriching happening.

Classes

Dive into our diverse range of classes suitable for all levels. Whether you're a beginner or an experienced yogi, find the perfect class to nurture your well-being.

Choose your class

HATHA YOGA – 7:00 AM TO 8:30 AM EST

TANTRA PRANAKRIYA – 5:30 PM TO 7:00 PM EST



Testimonials

Hear the stories of those whose lives have been touched by our offerings. Real experiences from real people – because your journey is important to us.

Support Our Mission

Support our mission of spreading well-being and spiritual growth. Your generosity fuels our research, services, and community outreach. Every contribution makes a difference.



Feel free to click on any item above to go directly to the respective webpage. Thank you for being a valued part of our community!



Life In Yoga
BE IN THE MOMENT. WHERE LIFE EXISTS



SUPPORT OUR MISSION

LIFE IN YOGA INSTITUTE & FOUNDATION



We are a Maryland based non-profit [501(c)(3)-tax-exempt] engaged in bringing the wisdom and benefits of yoga to humanity through scientific research and education.

Yoga provides the link between the body, the life spirit, and the Ultimate.

Life in Yoga's mission is purely educational, scientific and humanitarian driven, to learn, practice, research, and disseminate the philosophy, techniques, and experience of Yoga, with its activities open to all individuals irrespective of their nationality, religion, or gender.

All programs are conducted by
Life in Yoga Institute.

Life in Yoga Foundation financially supports yoga initiatives that meet mission objectives and cannot be fully supported by program revenues.

Life in Yoga is volunteer driven and no money is expended for employee costs, to enable maximum resources for our mission



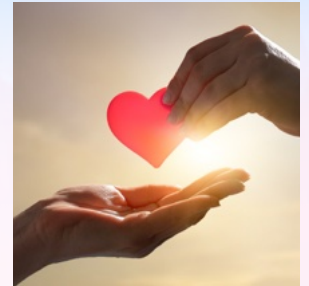
Life In Yoga

BE IN THE MOMENT, WHERE LIFE EXISTS



Heartfelt Thanks for Your Generosity

Your belief in our work and your willingness to support our cause mean the world to us. As we continue our journey to promote total well-being, we rely on your support to make a meaningful impact on the lives of



many. Your support has been instrumental in enabling us to push the boundaries of research, offer life-changing therapies, and explore the depths of yoga's wisdom.

Your generosity allows us to:

- Offer a holistic approach to health, healing, and spiritual growth through Daily online classes
- Expand our research and development efforts
- Provide invaluable Measured Yoga Therapy Services to individuals in need
- Expand training efforts so that more people can impact the world. **Our next big effort is to build a training center for which we estimate a minimum cost of about \$2 million.**

If you continue to believe in our mission and the positive change we bring to the world, we kindly request your assistance for our progress. You can make a donation by visiting our website lifeinyoga.org or mailing a check to Life in Yoga Institute at 1111 University Blvd West #1306, Silver Spring, MD 20902.

Every contribution, no matter the size, is deeply appreciated and goes directly toward furthering our mission.

Your generosity is the fuel that drives our commitment to **TOTAL WELL-BEING**. Together, we can continue to make a difference in the lives of many.

Thank you for being a part of our Life in Yoga community, and for your ongoing support.

DONATE



lifeinyoga.org/payment