

YOGA THERAPY COURSES SCHEDULE 2017

Updated of Jan 28, 2017 (Document will be updated from time to time. Direct all inquiries to narayanan@lifeinyoga.org or 301-328-3845 or 301-526-8308.)

COURSE TITLE	DATES/LOCATION	TIMING	FACULTY
YMS102-61* Overview of Yoga Therapy for Healthcare Providers (Category 1 CME 24 + ABIM-MOC credits)	May 5-8, 2017 CCMIT, BWI	6 pm Friday to lunch on Monday	Sarkar, Khalsa, Narayanan
YMS220-61*Yoga Therapy for Cardiovascular Disorders (Category 1 CME 15.5 credits)	July 21 – 23, 2017 CCMIT, BWI	6 pm Friday to lunch on Sunday	Sarkar, Narayanan
YMS102-62* Overview of Yoga Therapy for Healthcare Providers (Category 1 CME 24 + ABIM-MOC credits)	Sep 8- 11, 2017 CCMIT, BWI	6 pm Friday to lunch on Monday	Sarkar, Khalsa, Narayanan
Measured Yoga Therapy Course	Ongoing from Jan 8 2017 for 18 months	One Sunday each month of lecture, weekly practicum	Narayanan
<i>Yoga Therapy Services in Maryland</i>	<i>Clarksburg Med Center, 22616 Gateway Center Drive #600 A (in Adventist Health) Clarksburg MD 20871 Phone: 301 515 3333</i> <i>White Oak Center 11161 New Hampshire Ave, Suite 420, Silver Spring, MD 20904</i>	<i>Mondays and Thursdays</i> <i>Wednesdays and Fridays</i>	<i>Narayanan (when in town)</i> <i>Narayanan (when in town)</i>
<i>Yoga Therapy Services in Texas</i>	<i>Sugar Land</i> <i>The Woodlands</i>	<i>Contact Narayanan at narayanan@lifeinyoga.org</i>	
<i>Free Weekly Yoga</i>	<i>MD and VA</i>	<i>Sat, Sun, Tue</i>	<i>Many teachers</i>

*Courses above carry Category 1 CME Credits

COURSE FEES – range from \$145 to \$745 with discounts for early registration, membership of Society of Yoga Therapy Physicians (medicallyoga.org) and for non-physicians who don't need CME credits.

THERAPY FEES WITH MONEY BACK GUARANTEE - \$2,500 for 8 weekly consultations. If 8 weekly consultations are kept, there is money back guarantee if benefit is not found. Also as a reward for weekly follow-up, \$500 is returned after 8 weeks.

THERAPY FEES WITHOUT GUARANTEE - \$350 first visit, \$200 each follow-up visit

COURSE DESCRIPTIONS

YMS100 – YOGA AS MEDICINE – This course is a short overview (in one day instead of 3 days) of the longer course of 3 days called Overview of Yoga Therapy for Healthcare Professionals. It is intended for physicians and healthcare providers who are curious to know about the health impact of yoga, but don't feel they want to invest a full three days towards preparing to bring yoga therapy in their practice. The content consists of demonstrative and participatory practices with explanation of physiological responses, lecture discussions on the philosophy of yoga, yoga therapy models and application as preventive medicine and therapeutic medicine for chronic disorders. This information is designed for healthcare providers to: (a) become aware of researched yoga therapy benefits for physical and mental health; (b) consider lifestyle assessments in patient evaluation based on understanding of yoga; (c) prepare to advance further education in yoga therapy for more active implementation of yoga therapy in practice; (d) evaluate considerations for bringing yoga therapy into practice.

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YMS102 - OVERVIEW OF YOGA THERAPY FOR HEALTHCARE PROVIDERS - Another name for this course could be 'Yoga as Medicine'. The course is intended for physicians and other healthcare providers as an introductory course. Understanding the basis of yoga and the research done for therapeutic purposes and for health maintenance brings a different way of thinking of life and healing process, and potentially prepares a physician for considering entirely different forms of treatment that may be less invasive and less subject to side-effects than conventional medicine, especially in cases when conventional medicine does not have good answers. This approach of healing can be used as a complementary practice for treating diseases. Awareness of yoga for therapeutic purposes has created an environment where the NIH through NCCAM has been funding a number of studies related to yoga regimens. Yoga can be used to prevent and cure or manage diseases. Research evidence exists for diseases or conditions such as Back Pain, Arthritis and such Musculo-skeletal Disorders, Mental Disorders, Metabolic Disorders, Respiratory Disorders, Cardiovascular disorders and are even applicable for Cancer recovery and Pregnancy. The course will seek to present the definitive research

findings for disease therapy and suggest the therapy mechanism models for each disease category, with one-third to 40% of the time spent on actual yoga practice. Such exposure is designed for medical practitioners (and potential researchers) to: (a) Become aware of researched yoga therapy tools for pathological conditions; (b) Consider their usage in practice, if necessary with the aid of suitably experienced person in yoga therapy; (c) Seek to engage in further research.

YMS220 - YOGA THERAPY FOR CARDIOVASCULAR DISORDERS – This course is targeted at healthcare providers involved in the treatment of cardiovascular disease who have an interest in yoga therapy as primary prevention (prevent onset of the diseases), secondary prevention (prevent progression or reverse the disease) and rehabilitation (better management of the disease, less pharmaceutical support and better quality of life). The course will review the scientific research and discuss the healing pathways of yoga therapy and use of asanas, pranayama, mudras, mantras, diet management and lifestyle. Between one-third to 40% of the time will be spent on actual yoga practice, while the remaining time will be spent in theoretical discussion and patient cases.

YMS350 - MEASURED YOGA THERAPY is a patient therapy system based on a concept called Unified System of Medicine developed by Life in Yoga Institute. The concept lies in the thought that the body's regulatory system resides in the Naadis (or Meridians) of the body, which is now recognized as anatomical. The regulatory system takes input from four sources (ECM, Direct Contact, Power of Mind and Wirelessly) and produces output through gene transcription, the process of transcribing from DNA to RNA which is the building block of the body's biochemistry. Any form of medicine, whether yoga or pharmaceutical drugs, impacts the Naadis instantly, and if the impact is sustained, over a period of time it manifests in the physiology of the body. In Measured Yoga Therapy, we assess the patient's Naadis with Electro-Photonic Imaging and recognizing the weakness or abnormalities, suggest the appropriate yoga exercises to address them. Immediately after each yoga exercise (in the same first meeting), the Naadis are assessed again. The yoga routine that shows maximum benefit in the Naadis is selected. While typically the patient feels immediate relief if it is a pain condition, all conditions usually show significant improvement or permanent healing after 3 to 12 weeks of regular practice. The theory and application of this system will be covered in this course with actual yoga practice and hands-on training on the system. Practice with about 10 patients after the course should enable the attendee to use this approach for patient health management.

YOGA THERAPY SERVICES

Every Monday and Saturday afternoons Life in Yoga offers Yoga Therapy Services for most disorders at the Clarksburg Medical Center in Clarksburg, MD.

FREE YOGA SESSIONS

Gentle Yoga Sessions on Saturdays – accessible to anyone from 7:30 am to 9:00 am in Sri Siva Vishnu Temple; From 9 am to 10:15 am more advanced practices are done. Walk-in any Saturday. Prior practice not needed for Gentle Yoga.

Other Saturday Yoga Sessions – 7 am at Durga Temple in Fairfax Station, VA; 8 am in ISCKON Temple in Potomac, MD

Sunday sessions – 7 am at Durga Temple in Fairfax Station, VA; 8 am at Hindu Temple, MD

Tuesdays in Wheaton/Silver Spring, MD – 6:30 pm to 7:45 am – Need to call at 301-328-3845 before coming.

FACULTY PROFILE



Dilip Sarkar, M.D., FACS, CAP – Chairman of Board, Life in Yoga Institute.

Dr. Sarkar is one of the foremost experts in Yoga Therapy who combines his 40-year experience in Conventional Medicine with his extensive knowledge of Integrative Medicine, including Ayurveda and Yoga Therapy. After 25 years of practice as a Vascular Surgeon, Dr. Sarkar retired from practice after suffering a heart attack and undergoing by-pass surgery in 2001. Since then, he developed a profound interest in Ayurvedic medicine and Yoga Therapy, devoting considerable time to the study of these ancient treatments and wellness philosophies in Virginia and in India.

Dr. Sarkar has held positions that included teaching as a primary focus of his medical career. He was an Associate Professor of Surgery at Eastern Virginia Medical School in Norfolk, Virginia, and Chairman of the Department of Surgery and Chief of Staff at Portsmouth General Hospital. He serves on several local and national healthcare boards as: Founding Member, National Ayurvedic Medical Association (NAMA) and Member of its Research and Standards Committee; Board Member & President, International Association of Yoga Therapists (IAYT); and, Fellow, American Association of Integrative Medicine (AAIM). He is a certified Ayurvedic Practitioner, and continues to practice and teach classes in Yoga Therapy, Mind/Body Connection, Ayurvedic wellness, Integrative Nutrition, and Integrative Medicine.



Sat Bir Singh Khalsa, Ph.D. Assistant Professor of Medicine, Harvard Medical School (Dept of Medicine at Brigham and Women's Hospital); Research Director, Kripalu Center for Yoga & Health; Research Director, Kundalini Research Institute; Editor in Chief, International Journal of Yoga Therapy; Research Associate, Benson Henry Institute for Mind Body Medicine.

Sat Bir Singh Khalsa, Ph.D. has conducted research in neuroscience, biological rhythms, sleep and sleep disorders since 1978. Since 2001 he has been fully engaged in basic and clinical research on the efficacy of yoga and meditation practices in improving physical and psychological health. He has also been personally involved in the practice of a yoga lifestyle since 1971. He has conducted clinical research trials evaluating a yoga treatment for insomnia funded by the National Center for Complementary and Integrative Health (NCCIH) of the National Institutes of Health, for post-traumatic stress disorder funded by the Department of Defense and for prevention of substance use in public schools funded by the National Institute on Drug Abuse. His current research involvement includes a NCCIH-funded study of yoga for generalized anxiety disorder and research on yoga's benefits in healthy populations and in public school students funded by the Institute for Extraordinary Living of the Kripalu Center for Yoga & Health. Dr. Khalsa has established relationships and collaborations with fellow yoga researchers internationally. He actively works with the International Association of Yoga Therapists to promote research on yoga therapy, serving as the scientific coordinator for the annual Symposium on Yoga Research. He is the author of the Harvard Medical School ebook entitled Your Brain on Yoga, and is chief editor of the textbook The Principles and Practice of Yoga in Health Care. Since 2005 he has also been teaching an elective course at Harvard Medical School in mind-body medicine.



C. Rajan Narayanan, Ph.D., Executive Director, Life in Yoga Foundation and Institute

Dr. Narayanan is one of the founders and inspiration behind the formation of Life in Yoga Institute and Foundation. His current area of research is in the area of measurement of Naadis (bio-meridians) of yoga (and Chinese Medicine) through Electro-photonic imaging (EPI) and in the future would like to study the correlation with gene transcription. In his approach to analysis he views the impact of yoga in five areas: musculo-skeletal system; bio-chemistry; genetic expression; vitality; immunity. This method of integrating areas of yogic impact and instant measurement with EPI for therapeutic applications, he calls Measured Yoga Therapy. He has developed the Life in Yoga 5 by 3 by 1 Approach, and the techniques of CRE breath, Dance Yoga, Gentle Yoga, Chandogya Upanishad Meditation and several mudras like the AtmaVyakta Mudra, BrahmaVyakta Mudra, etc. He has also translated and written a commentary on the Yoga Sutras of Patanjali. He has studied Yoga techniques from Maharishi Mahesh Yogi's Institute, Satchidananda Ashram of Yogaville (Virginia), and Swami Bua of New York. He is also a Reiki master and Pranic Healer and has been trained by Dr. Vasantha Krishnaswamy of Chennai, India. In December 2009, SVYASA (Vivekananda Univ) honored him

for his innovative and original contributions in the field of yoga.