

Scientific Understanding of Yoga

1-Day Course, Sunday, February 18, 2018 8:30 am to 6:00 pm

Lakewood Country Club, 13901 Glen Mill Rd, Rockville, MD 20850

A Course offered By

Click Here For
Course Curriculum
Details

Life in Yoga Institute

1111 University Blvd West, #1306
Silver Spring, MD 20902
301-328-3845; 301-526-8308; narayanan@lifeinyoga.org

Click Here For
Web Registration

This course is the same course as YOGA AS MEDICINE offered for physicians. However, since it is at an introductory level, the knowledge of the philosophy of Yoga, traditional medicine systems and relationship with modern medicine, and scientific basis of yoga for health management is easily accessible for anyone who is well grounded in basic education.

For those not in medical field, the attendance objective should be to understand the following:

- **Yoga is more than exercises**
- **It is based on an ancient philosophy of existence, which is the basis of traditional medicine systems like Ayurveda and Traditional Chinese Medicine**
- **Yoga can be used for Health Maintenance and also for Therapeutic Application for chronic conditions like diabetes, asthma, arthritis, sleep apnea, etc.**
- **Yoga does not always require a yoga mat and does not require a person to be in a highly fit state. Yoga exercises can be done sitting on a chair and with great ease.**
- **Simple exercises covered in the course are easy exercises that can be done daily for health maintenance.**

Topics and Schedule (subject to minor changes) from 8:30 am to 6 pm

- Yoga Philosophy and Relevance of Yoga in Healthcare**
- Simple Practice of Spinal Alignment and Deep Breathing Practices**
- The Science and Psychophysiological Mechanisms Underlying Yoga Practice and the Rationale as a Therapeutic Intervention**
- Review of Clinical Research and Evidence Base for Yoga as Preventive and Lifestyle Medicine**
- Additional Breathing, Mudras and Meditative Practices**
- Considerations for Bringing Yoga Therapy into Medical Practice**

FOR ADDITIONAL INFORMATION

Contact: Rekha Uppal: Phone: 301-580-7758, Email: uppal.rekha@gmail.com.

CME Director Dr. Rajan Narayanan can be reached at narayanan@lifeinyoga.org.

Course Faculty: Sat Bir Khalsa, PhD; C. Rajan Narayanan, PhD



Sat Bir Singh Khalsa, Ph.D., is Assistant Professor of Medicine, Brigham and Women's Hospital, Harvard Medical School, Director of Research, Kundalini Research Institute, Research Associate, Benson Henry Institute for Mind Body Medicine, and Research Affiliate, Osher Center for Integrative Medicine. He serves the International Association of Yoga Therapists as Editor-in-Chief of the

International Journal of Yoga Therapy and scientific director of the annual Symposium on Yoga Research. He has conducted clinical research trials on yoga for sleep and anxiety disorders, stress, and schools and workplaces, is chief editor of the medical textbook The Principles and Practice of Yoga in Health Care, and author of the Harvard ebook Your Brain on Yoga.



C. Rajan Narayanan, Ph.D., C-IAYT, is the Executive Director & CME Director, Life in Yoga Institute and Foundation.. He is a founder and inspiration behind Life in Yoga Foundation and Institutes, non-profits formed and active in the Washington metro area, that grew out of yoga practices from SSVT. He was the visionary

behind getting Continuing Medical Education (CME) accreditation for Life in Yoga and serves as its CME Director, and has established yoga therapy clinics in Maryland and Texas. He developed measurability with Electro-Photonic Imaging, which has now become part of Life in Yoga's practice method called Measured Yoga Therapy.

REGISTER with weblink above or at <http://lifeinyoga.org/Home/CMEMedicalPrograms>

Course Attendance Fee:

- \$160 for anyone who does not need CME credits
- \$15 Early Registration Discount Applies for Registrations by January 20, 2018**

REFUND POLICY: Until 10 days before the beginning of the course, there is refund of the COURSE FEE, except for a refund processing fee of \$45. After that there will be no refunds of the Course Fee - Substitution by another participant will be allowed.

CANCELLATION POLICY: If Life in Yoga cancels the course for any reason, weather or otherwise, fee will be fully refunded.

PARKING AT SITE - . Free Self or Valet Parking available on-site.