

## ANNUAL REPORT for 2023 – Annual Meeting on Sunday, April 28, 2024

As always, every year brings new realizations and new beginnings, while we wind up unproductive initiatives.

Three significant movements that have emerged in the first quarter of 2024 whose movements began in 2023:

- New Orientation in Research of Cosmic Existence and its Measurement, and its Impact on MYT
- Expanding Influence in Gulf Countries along with the publication of our Book
- Beginning Clinical Research of Yoga Therapy for Parkinson's Disease

Following is a full report divided into segments:

1. On-going activities
2. Key Developments 2023 through Q1 2024
3. Other Initiatives Going By the Wayside
4. Financial Report
5. Outlook and Plans for the Next Year
6. Agenda for the Annual Meeting
7. By-laws and Annual Declarations
8. Zoom Connection Information for Sunday April 28, 2024

**1. On-going activities** include daily online yoga, Measured Yoga Therapy, MYT Training and weekly management meetings (Mondays: Executive team; Tuesdays: CYAI team; Thursdays: Marketing Team). Following the successful Retreat in March 2022 in Florida, we repeated it in 2023. Thereafter our active demands of time on research, publication and CYAI coordination made it difficult for us to manage the complex planning and logistics of future retreats at Pine Lake. So, we decided to terminate the activity in its current form at that location. We will likely create weekend types of gatherings in regional locations to enable face-to-face meetings with those engaged in our activities. Daily Yoga, MYT and its research remain the main stimulants for voluntary donations which constitute 70% to 80% of our revenues.

**2. Key Developments from 2023 into the first quarter of 2024** are the following:

- **New Orientation in Research** – With Professor Ashok Agrawala of University of Maryland joining us over the last 16 months, there has been a distinct acceleration of fundamental philosophical and intuitive research towards understanding existence, health, and the meaning of life. The paradigm considers the commonality of all spiritual philosophies, implication of religious practices, factors that impact health, traditional medicine approaches and measurability. This has increased our awareness of the importance of detox processes of Ayurveda and Chinese Medicine systems. We are seeking to adopt and map some of them with modern technology to significantly advance our approach to Measured Yoga Therapy® (MYT).

While our main and standard approach to MYT is Bio-well measurements and yoga

interventions involving gentle physical movement, breathing practices, sound vibrations, mental affirmations and pure observation, the new research engagements and thoughts are specifically the following:

> ***The Metatron technology*** is very useful in difficult cases for understanding subtle underlying imbalances that are not apparent in the Bio-well analysis. Also, the technology has the ability to accelerate healing for injuries and infections. However, it does not seem effective for long term healing of chronic cases.

> ***Detoxification*** - While yoga practices that we use for healing are generally effective, the power of detoxification through lifestyle rituals followed in Ayurveda and Chinese medicine can be significant and can be part of healing methods. We have tested with pre-post reading with Bio-well the concepts of oil massage with bronze to remove toxins, use of detox pads on feet, and ionizer foot baths. Other elements include the traditional Ayurvedic system of oil massage, use of exfoliants and bathing thereafter.

> ***Nadiswara*** - We have currently acquired for testing a system called Nadiswara that is based on Chinese Medicine. This is something we observed after our Dubai Conference during our India trip in Bengaluru. The method of data input is fully dependent on pulse at the wrist. While we have heard remarkable reviews from people known to us about the originator, Dr. Basavaraj, at our end Professor Agrawal is the main person working on it with his Chinese Medicine team. The system is more difficult to use and other than curiosity we do not expect to focus on it much further. However, Dr. Basavaraj is very interesting, and if possible, we may consider collaborative conversation to further research in the understanding of the human system.

- **Expanding Influence in Gulf Countries** appears to be a possibility. Two events in the last year have enabled this. First, we published the textbook for instructor level yoga certification. Along with that we also prepared exams for certification. Our collaborative relationship with the Council for Yoga Accreditation International, which has significant presence in the Gulf Countries in West Asia, found this as an impetus to expand the conversation in that geographic area. Second, we participated in the Dubai AYUSH conference from January 13<sup>th</sup> to 15<sup>th</sup> of this year, and it generated a number of contacts and interests for new initiatives. [Two interesting contacts that are not immediately relevant for us were in the areas of (a) Wellness Hotel called Ikaria in an Island outside Dubai (The Heart of Europe) and (b) Organic Farming in India.]

Two key proposals whose impact will be known likely by the end of the year are:

> ***Expansion of MYT training through CYAI in Gulf Countries, and also in India.*** We have divided our MYT training program into courses. See <https://lifeinyoga.org/assets/pdf/MYTTraining2024-25.pdf>

> ***A Yoga Conference*** titled ***Yoga for Total Well-Being and for Unifying Humanity*** is

proposed to be held in the Gulf Region with the support of significant people in that region. Until the current conflicts in the region subside, we cannot move forward with the plan. The key objectives of this conference are the following:

- Propose Yoga philosophy as a basis for total well-being and for unifying humanity.
  - Enunciate a unified system of health coming from yoga philosophy – thus explaining the role of different systems of medicine.
  - Address the conundrum of increased healthcare costs and sky-rocketing chronic conditions, to provide effective improvement in quality of life.
  - Bring respectful understanding of religions portraying the common philosophy of existence and purpose of life – thus unifying humanity!
  - Provide a basis to deal with conflicts in the world based on religion, military, and commercial interests with an understanding of a unified philosophy.
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- **Clinical Research for Parkinson’s Disease** is a project that we are beginning with an introductory subject recruitment presentation on April 24<sup>th</sup> at a senior center in Maryland. Trials are expected to run through July, with twice a week follow-up. This is a center that has invited us on many previous occasions to present on yoga going as far back as 2018. They have their own fitness program and earlier this year they invited us to present in April which is considered the month for Parkinson’s Disease awareness. When we proposed clinical trials, they accepted it. They have about 20 Parkinson’s disease patients with their center and in their neighborhood who participate in their Parkinson’s fitness program. We expect that we will qualify about half a dozen people for clinical trials that is expected to begin in the first week of May.
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- **Textbook and Newsletter** – While our textbook was finally published in July 2023, and total realized royalties shared equally between Life in Yoga and CYAI was \$2,229, the bigger news was the launch of our Newsletter on December 1, 2023. Currently we plan to do a newsletter twice a year, June 1<sup>st</sup> and December 1<sup>st</sup>. The newsletter for June 1<sup>st</sup> is expected to include information from our annual report, research advances, Dubai conference visit, and our new course outline for MYT training.

### **3. Other Initiatives Going By the Wayside**

- **Pine Lake Retreat** as a suitable retreat setting for Life in Yoga was a thought in the previous two years. While we still think it is a good place, the type of billing, cost structure, and enrollment behavior of attendees makes the entire logistics too intense for a volunteer organization whose focus is research and MYT. We have offered to provide our normal yoga retreat services including marketing to our base if the Pine Lake Retreat chooses to organize such a program take care of financial and logistics management. Without paid staff, we are unable to dedicate that effort without compromising more important priorities.

- **Yoga Studio Network for MYT** was of strong interest in the last couple of years. The thought had been that we could promote our MYT through Yoga Studios. We made a concerted effort to test this in Florida last year and we realized that due to multiple factors we cannot make this a success in the United States with volunteer effort, and paid staffing is not an option at this time.
- **BreathingRight.org** was initiated in mid-2020, under the leadership of some of our physicians and active volunteers. We had the website updated last year, but with no leadership we will probably close down the website later this year.
- **CME is fully terminated.** Last year VAYU (Vivekananda Yoga University) offered to pay the CME fees for 2023 and offer CME courses approved by us under our accreditation. However, when it came to 2024 after agreeing to pay the fee, in the last moment they failed to do so. Since our CME accreditation was expiring on November 30, 2024, and the deadline for renewal filings was March 13<sup>th</sup> 2024, we decided to voluntarily inform ACCME we are terminating our CME accreditation in the first week of February. Dr. Indranill Basu Ray had an interest in taking over the management of our CME. However, VAYU by agreeing to pay and claim interest in it until the due date of January 31<sup>st</sup> had expired, there was no way to give the opportunity to Dr. Basu Ray.

#### **4. Financial Report**

Financial pattern changes for 2023 largely reflect sizable donations to support our research – about \$45,000 in increased donations. Expenses are similar to the previous year, except that much of the Metatron technology purchase expenses were booked in 2022, resulting in low surplus in 2022 and high surplus in 2023.

#### INCOME STATEMENT

	<b>Institute 2023</b>	<b>Institute 2022</b>	<b>Institute 2021</b>	<b>Institute 2020</b>	<b>Institute 2019</b>
<b>Revenue</b>	<b>\$182,377</b>	<b>\$125,492.52</b>	<b>\$110,938.94*</b>	<b>\$92,031.64</b>	<b>\$60,457.05</b>
Check (or Zelle)	\$165,273	\$106,099.00	\$88,290.69	\$78,064.00	\$48,717.67
Paypal	\$10,238	\$19,257.20	\$22,648.25	\$13955.00	\$11714.80
Interest/Returns	\$6,866	\$242.32	\$2.50	\$12.64	\$24.58
Donations	\$122,900	\$75,157.00	\$75,367.60	\$57,764.30	\$12,272.30
Therapy	\$22,872	\$14,145.00	\$17,900.00	\$29,452.00	\$45,331.80
CME	\$0	\$825.00	\$1,456.25	\$425	\$0
Other	\$29,739	\$35,129.20*	\$16,215.09**	\$4,815.34	\$2,852.95
<b>Expenses</b>	<b>\$84,575</b>	<b>\$115,721.73</b>	<b>\$58,460.88</b>	<b>\$62,639.23</b>	<b>\$34,095.78</b>
Prof fees	\$30,450	\$49,900***	\$40,758.84	\$34,975.00	\$20,975.00
Research/Bio-well	\$20,048	\$48,072.60	\$7,200	\$23,832.40	\$4,074.20
Travel	\$7,510	\$409.78	\$3.57	\$1,692.29	\$7,982.00
Web	\$259	\$297.32	\$358.02	\$384.99	\$294.25
Postage	\$328	\$20.21	\$66.35	\$47.35	\$46.70
Other	\$25,980****	\$17,022****	\$2,106.27	\$1,707.20	\$723.63
<b>Surplus</b>	<b>\$97,802</b>	<b>\$9,776.79</b>	<b>\$52,480.56</b>	<b>\$29,392.41</b>	<b>\$26,361.27</b>
<b>Ending Balance</b>	<b>\$272,127</b>	<b>\$174,324.86</b>	<b>\$164,548.07</b>	<b>\$112,067.51</b>	<b>\$82,675.10</b>

\*\$24,772 of the Other Revenue in 2022 is Retreat Revenue, and \$5,000 is a grant from the Foundation to support Metatron Research.

\*\*\$10,900 of the Other Revenue in 2021 is a grant from the Foundation to support daily yoga and CME.

\*\*\*Professional fees comprise payments to ACCME and two individuals.

\*\*\*\*Most of the Other Expenses relates to Retreat costs.

	Foundation 2023	Foundation 2022	Foundation 2021	Foundation 2020	Foundation 2019
<b>Revenue</b>	<b>\$45,103</b>	<b>\$19,687.16</b>	<b>\$43,542.71</b>	<b>\$49,451.15</b>	<b>\$9,955.45</b>
Check	\$18,597	\$2,886.69	\$8,419.37	\$17,827.30	\$7,956.70
Paypal	\$18,235	\$14,951.00	\$33,082.05	\$30,285.00	\$1,925.00
Interest/Dividends	\$8,271	\$1,849.47	\$2,041.29	\$1,338.85	\$73.75
Donations	\$36,832	\$17,837.69	\$41,451.42	\$48,112.30	\$9,881.70
Other	\$8,271	\$1,849.47	\$2,091.29	\$1,338.85	\$73.75
<b>Expenses</b>	<b>\$10,415</b>	<b>\$5,450.06</b>	<b>\$11,801.37</b>	<b>\$751.58</b>	<b>\$5,550.88</b>
Grants	\$10,000	\$5,000	\$10,900		
Research/Bio-well					\$3,200.08
Postage			\$19.45	\$5.40	\$2.45
Other	\$415	\$450.06	\$881.90	\$746.18	\$2,348.35
<b>Surplus</b>	<b>\$34,688</b>	<b>\$14,237.10</b>	<b>\$31,741.34</b>	<b>\$48,699.57</b>	<b>\$4,404.57</b>
<b>Ending Balance</b>	<b>\$208,359</b>	<b>\$185,505.69</b>	<b>\$174,573.40</b>	<b>\$142,832.06</b>	<b>\$94,132.49</b>
Investment A/c Appreciation	\$11,494	(\$26,071.03)	\$10,932.29	-	-
<b>End of Year Asset Balance</b>	<b>\$219,853</b>	<b>\$173,671.76</b>	<b>\$185,505.69</b>	<b>\$142,832.06</b>	<b>\$94,132.49</b>

Other category of expenses is essentially Paypal commissions for the Foundation. For the Institute it is about a quarter of the 'Other' category.

## **5. Outlook and Plans for the Next Year**

Our focus for the coming year is expected to be the Parkinson's clinical research project, working on expansion of MYT to the Gulf countries and India, and completing a draft manuscript for Measured Yoga Therapy that can be published within a year or two. As lead supporters of CYAI, we will also need to keep momentum on implementing certification exams.

**Parkinson's Clinical Research** – This project is likely to consume significant efforts between May through July of 2024. If it is successful, follow-up efforts will continue for another year. While Bio-well will be the core basis of measurement, we also plan to take hair samples to see if we can find commonality for Parkinson's patients in the Metatron technology assessments.

**Expanding MYT to Gulf and India** – As we plan to launch our new MYT training program in the form of courses (see <https://lifeinyoga.org/assets/pdf/MYTTTraining2024-25.pdf>) in July, we will have an early read of enrollments in the Gulf region and India. If there is success, the training will be the first step to bring MYT in a bigger way in the Gulf region. The Gulf region and parts of Africa seem to have better potential to bring MYT, since our network connections appear to have access to top political entities to work with regulations. The potential to present yoga in terms of its spiritual-health component appears possible there. The key to make this possible after the training will be the conference, if and when it happens.

**MYT Textbook** – Along with the new course design the content is expected to become the first draft of the MYT Training book. We will see how it flows through the next year.

Other Regular Activities are expected to flow and advance in a pace within the limitations of a volunteer organization with limited funds and lack of a physical establishment.

- **Online Daily Yoga Program** is expected to continue through the year.
- **MYT** in the current mode of local Bio-well readings with remote consultation is expected to continue.
- **Face-to-Face Engagements** are an important component for building the enthusiasm of daily yoga attendees, MYT trainees and MYT clients. Accordingly, there will be some travel and regional engagement with one-day or weekend events. Last year, we noted that a 54-acre facility near Houston is being developed (that Dev Mahajan has involvement) and this could be an alternative retreat location.
- **Our Digital Marketing** advancements are continuing at a slow pace. This is not unexpected since we cannot afford a full-time marketing officer of the right caliber. While we have a technical team, all elements of content including updating the website requires Rajan Narayanan to be personally involved since nobody else with sufficient knowledge and time is available to take that responsibility. Last year the thought had been to have personalized marketing database to be anchored through the web. This is unlikely to happen in a big way this year, but small steps may be taken in that direction. Since email opening rate is abysmal at less than 1% for broadcast emails, we have started using WhatsApp as a method of communication. Facebook and Instagram are also available, but regular and timely updates don't seem to happen. This must be made a point of focus at every Monday meeting.

## **6. Agenda for Annual Meeting**

Since we are combining the meetings for the Foundation and Institute, after initial recording of attendance following is expected to be the agenda items:

<u>Foundation</u>	<u>Institute</u>
1. Resolution to approve formation of Audit committee and accept its report and submission of IRS Form 990-EZ	1. Resolution to approve formation of Audit committee and accept its report and submission of IRS Form 990-EZ
2. Resolution to approve formation of the Nominations Committee and after review of recommendations, consider resolution to replace or renewing retiring Board Members and fill any other vacant seats.	2. Resolution to approve formation of the Nominations Committee and after review of recommendations, consider resolution to replace or renewing retiring Board Members
<b>NEW BOARD TAKES OVER</b>	<b>NEW BOARD TAKES OVER</b>
3. Election of Officers	3. Election of Officers
4. Appointment of Executive Director	4. Appointment of Executive Director
5. Budget Resolution	5. Budget Resolution
6. Annual Declaration	6. Annual Declaration
7. Reserve Fund Investment	7. Reserve Fund Investment
8. New Business	8. New Business

Total duration of meeting is planned for 2 hours.

### **7. By-laws**

**INSTITUTE** By-laws are available at

[http://lifeinyoga.org/App\\_Downloads/LIY\\_Institute\\_By\\_laws\\_March2020.pdf](http://lifeinyoga.org/App_Downloads/LIY_Institute_By_laws_March2020.pdf)

Conflict of Interest policy in Appendix 1 is on pages 11-12. Article VI on page 12 requires this annual declaration.

**FOUNDATION** By-laws are available at

[http://lifeinyoga.org/App\\_Downloads/LIY\\_Foundation\\_By\\_laws\\_March\\_2014.pdf](http://lifeinyoga.org/App_Downloads/LIY_Foundation_By_laws_March_2014.pdf)

Conflict of Interest policy in Appendix 1 is on pages 8-9. Article VI on page 9 requires this annual declaration.

### **8. Zoom Connection Information for April 30 Annual Meeting**

**Topic: Life in Yoga Annual Meeting**

**Time: Sunday, April 28, 2024 9:30 AM Eastern Time (US and Canada)**

**Join Zoom Meeting by registering at**

<https://us02web.zoom.us/j/84458107106?pwd=a2VSZzJDdkVid3hFcmdYQ1I4RDRadz09>

As a non-profit organization, we are a public entity, and anyone who is interested in our work is eligible to participate. Feel free to share this information with those who are interested.

LIY Foundation Board member Terms	LIY Institute Board member Terms
<b>End Apr 2024: Ratna Nandakumar, Braham Aggarwal, one open seat</b> End Apr 2025: Narayanan, two open seats End Apr 2026: Devinder Mahajan, Avani Presswala, one open seat	April 2024 end: Korotkov, Narayanan, Gupta April 2025 end: Billes, Rao, Kulkarni End Apr 2026: Sreejith Chundayil Kalam, Ashok Agrawala, Abhey Jain