



Life In Yoga

BE IN THE MOMENT, WHERE LIFE EXISTS

Lifeinyoga.org

Health & Healing with Yoga

[Saturday, February 4, 2023 - 4pm to 7 pm](#)

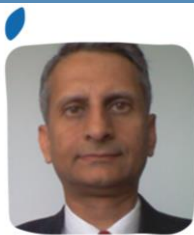
4 pm to 5:30 pm - Yoga Concepts Discussion; 5:30 pm to 7 pm - Practice Session

[Location:](#) 355 N Saint Phillip Ln, Alpharetta GA 30022

[Zoom:](https://us02web.zoom.us/webinar/register/WN_pbN6r0mBSRuN-iYHYiGe6Q) https://us02web.zoom.us/webinar/register/WN_pbN6r0mBSRuN-iYHYiGe6Q

Introductory overview of yoga model of health along with perspectives of modern physiology and traditional medicine models. The session also includes demonstration of chair-based simple practices that revitalize health. While personal discipline and daily practices help to maintain health, when one has chronic issues, a boost from targeted yogic practices may be helpful. Such approaches will be discussed as part of this presentation including their scientific measurement which includes impact of blessings and power of prayer.

SPEAKER PROFILE



C. Rajan Narayanan PhD. C-IAYT

Dr. Narayanan is the Executive Director of Life in Yoga Institute (<https://lifeinyoga.org/>) and the Chair of the Board of the Institute since 2022. He has been a spiritual guide and a trainer of yoga teachers and therapists and has conducted many training events since 1998. He has received recognition from major yoga institutions in India. He has developed the system of Measured Yoga Therapy whose essential approach is published as Bioenergy and its Implication for Yoga Therapy available at the website of the National Library of Medicine (<https://pubmed.ncbi.nlm.nih.gov/29755226/>). His main area of research interest is in the scientific understanding of intuition and tantra aspects of yoga.