



Volume 2 June 2024

Life in Yoga Newsletter

Education



Research



Therapy



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Welcome to our second newsletter.

In pursuing the mission of Life in Yoga, the last year, especially the last six months have seen movement on multiple fronts. The following pages provide a glimpse into these movements.

The mission statement of Life in Yoga, that focuses on education and scientific research for the benefit of humanity translates into three zones of activities :

- Research – translating the wisdom of yoga found in ancient texts and in our own practice experience in terms of modern scientific knowledge, and where possible by measurement.
- Therapy – Our Measured Yoga Therapy® (MYT) which is a platform for both case-based research that is measurable and for the benefit of humanity.
- Education – Our MYT Training program, daily online yoga, and various platforms for public engagement (retreats, seminars, conferences, and informal gatherings) both in-person and online, and our publications like this newsletter and our book published last year (*Yoga Concepts for Global Application* available on Amazon) serve this purpose.

In the past, given our limited resources as a volunteer driven organization, our public benefit activities were the main focus while research stayed in the background. In the last year, with a new team and dropping some of our less productive or demanding programs, research focus has become more important. Please see details in the pages that follow.

With warm regards,

Executive Team of Life in Yoga



Life In Yoga
BE IN THE MOMENT, WHERE LIFE EXISTS

SHIFT IN OUR RESEARCH ORIENTATION – Role Of Detoxification

The distinguishing aspect of Life in Yoga from all other yoga institutions has been the unique combination of: (a) focus on meditation and the higher spiritual connection of yoga, especially with the use of mantra vibrations, towards healing and self-realization; and (b) measurement of the psychosomatic phenomenon.

This evolved as the **Measured Yoga Therapy®** system that we created, which has benefited many people.

In the past, we have always focused on the higher spiritual connection as the key delivery of yoga that enables healing and did not give equal importance to lower-level modalities. Our recent exposure to Ayurvedic techniques has created a major shift in our research thinking and application orientation. The research is still on-going, and you will hear more in the months to come.

Experience of Dubai AYUSH Conference & India Visit

Dr. Rajan Narayanan was invited to speak at the Dubai AYUSH Conference that took place between January 13th and 15th, after which he proceeded to India to visit Yoga and Ayurveda institutions. An important finding was the concept of detox with foot massage with oil and bronze, and the Ayurvedic concept of whole body or head focused oil bath. The *Padabhyanga* for foot massage was evaluated with our Bio-well readings and the results showed that about half of the 22 cases evaluated had hyperactivation of the kidneys to indicate possible toxin expulsion, and except for two cases who showed no significant impact, the others had increased activation of the immune system. [Later from our research colleague here we found bronze as a massaging medium for detox is also used in China.]

After our return, we also tested the ionizer foot bath which appears to be the modern technology equivalent of traditional foot-based detoxification. While our objective assessments are not complete, most people who have tried felt significant benefits.



Consolidating our Understanding & Our New Approach to Yoga Therapy

It became clear that the focus of Ayurveda for common people who are less concerned about spirituality was the idea of detoxification.

We have also heard from some of our colleagues how by avoiding certain food items or observing certain practices they were able to completely overcome seasonal allergies. The implication was that such substances created toxins in the system that made them more open to allergic reaction. These observations have modified our orientation in the research of health and healing. Now we understand the equal importance of detoxification dealing directly with the lower levels of communication in the human system *Apāna* and *Vyāna* that govern physical lifestyle, whose relief impact is quick and is observed in Hatha Yoga practices and in the focus of gut health that is often spoken by modern explainers of Ayurveda.

Previously our therapy focus was on yoga practices impacting the higher communications of *Prāṇa*, *Samāna* and *Udāṇa* which have longer term effect (possible cure instead of just relief) and would impact *Apāna* and *Vyāna* as the downstream communications. This is a major shift in our thinking that provides a more integrative understanding of traditional medicine systems that claim allegiance to spiritual basis, but often shift to more mundane elements for quicker temporary relief.

WHAT WE CONSUME - The Role Of Organics And Allergic Reactions

A number of people report the benefits of consuming organic food – particularly in overcoming allergies and at least in one case overcoming diabetes. How do we understand this?

All living beings, vegetarian or otherwise, primarily consume food that comes from a plant or animal. Anything produced from a living entity is called organic. Most of these foods have trace elements like iron and zinc that are essential for human health. The traditional non-organic substance eaten by human beings is salt. Further water we drink often has some mineral content that is not organic. So, what is this emphasis on organic food?

Organic foods are typically viewed at different levels: (a) Not spraying pesticides; (b) Not using genetically modified seeds (GMO where O stands for organism); (c) Not using synthetic (inorganic) fertilizers; (d) Growing on soil as opposed to hydroponic farming. Of these, the top two seem to be most sensitive for health, although the third item can deplete the soil rapidly which is a different ecological matter.

Assimilation of Living Beings and Allergic Reactions

As spiritual cosmic beings, the yoga hypothesis is that each person as a programmed entity has their own needs of nutrition. Since the soul finds the right womb to be born according to its programmed nature, genetic components play an important role. The programmed nature of a living being results in assimilation of what it needs and rejection of what it cannot tolerate or use. This process of assimilation and rejection takes energy from the body, where rejection probably takes more energy, and in extreme cases of poison the demand on energy to expel them is so huge that the body dies. The energy in the body is used for multiple purposes beyond assimilation and rejection of what it consumes. Besides energy for the brain, heart and muscles to perform, one very important use of energy is to maintain the immune system and its adaptive capacity. When there is too much energy being used in the system to reject and take out unwanted substances out of the body, there is less energy available for other functions. Brain and heart being higher claimants to energy, there is less available to activate the adaptive capability of the immune system. This creates stress and inflammation in the system.

Understanding Stress

In yoga we say demands on the systems being more than the available supply of energy is called stress. When such stress is present, allergies manifest more easily – presumably because the adaptive capacity is lower. It is commonly noticed that when people have good vitality and have good sleep quality allergic reactions are less. But during periods of poor sleep and less vitality allergic reactions become severe. Stress can be mental or physical. There is no surprise that people in the age group of 18 to 59 who are likely stressed with career and income have the highest prevalence of allergies while children and the older population seem to have the least.¹ Further it is noticed that children born outside United States and arriving after the age of 2 have substantially less allergic reactions than children born in the United States.² And the reason for that may be the stress of the mother during pregnancy.^{3,4,5}

The Rationale for Organic Food

Stress in the system is created when the body's finite energy and limited adaptive capability tries to assimilate nutrients and reject toxins as specific to the individual. Pesticide sprayed food and GMO food, being new, don't have memory in the human being. When adaptive capability is weak because of low energy and stress, these foods tend to create inflammation. Avoiding GMO and non-organic food as a rule is a good idea, but reactive potential is specific to each individual, and more so when the person is stressed.

¹Jiang J, Warren CM, Brewer A, Soffer G, Gupta RS. *Racial, Ethnic, and Socioeconomic Differences in Food Allergies in the US*. JAMA Netw Open. 2023 Jun 1;6(6):e2318162. doi: 10.1001/jamanetworkopen.2023.18162. PMID: 37314805; PMCID: PMC10267771. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10267771/>

²Keet CA, Wood RA, Matsui EC. *Personal and parental nativity as risk factors for food sensitization*. J Allergy Clin Immunol. 2012 Jan;129(1):169-75.e1-5. doi: 10.1016/j.jaci.2011.10.002. Epub 2011 Nov 9. PMID: 22075329; PMCID: PMC3382052. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3382052/>

³Polloni L, Ferruzza E, Ronconi L, Lazzarotto F, Toniolo A, Bonaguro R, Muraro A. *Perinatal stress and food allergy: a preliminary study on maternal reports*. Psychol Health Med. 2015;20(6):732-41. doi: 10.1080/13548506.2014.993406. Epub 2014 Dec 22. PMID: 25531062. <https://pubmed.ncbi.nlm.nih.gov/25531062/>

⁴Katarzyna Smejda, Kinga Polanska, Dorota Merecz-Kot, Anna Krol, Wojciech Hanke, Joanna Jerzynska, Włodzimierz Stelmach, Paweł Majak and Iwona Stelmach. *Maternal Stress During Pregnancy and Allergic Diseases in Children During the First Year of Life* Respiratory Care January 2018, 63 (1) 70-76; DOI: <https://doi.org/10.4187/respcare.05692>

⁵Stress in pregnancy may affect a baby's immune system. 10 November 2017 <https://childstudy.ca/media/press-releases/stress-in-pregnancy-affects-babys-immune-system/>



Yoga Nidrā- Enlightened Sleep

Yoga Nidrā is popularly associated with a yogic practice of deep relaxation. Nidrā in Sanskrit means sleep, and Yoga Nidrā's relaxation is thought to be like deep sleep that establishes yoga, i.e. the connection with the Supreme source of life. In deep sleep, the senses are withdrawn. In Yoga Nidrā the senses being withdrawn is that the communications that activate the senses are put to sleep without losing consciousness, i.e. deep meditation. Such deep sleep-like state promotes our connection into our life-source or God, whereby spiritual balance is attained.

Deeper understanding of yoga relates it to the five types of communications that are called *Prāṇa*, *Apāna*, *Vyāna*, *Udāna*, and *Samāna*. *Prāṇa* is the communication that regulates vitality in the body that is needed to stimulate the other four communications as well, and it is associated with breath and the air element. *Apāna*, *Vyāna*, *Samāna*, and *Udāna* are respectively the communications with the earth, water, fire and space elements of the body. Space is the medium of communication to the spiritual domain.

Variation in Yoga Nidrā Practices

Yoga Nidrā, as a practice, is done differently in different schools of yoga. The key is to promote that deep relaxation by quietening the communications related to the four lower elements – earth, water, fire, and air, i.e. *Apāna*, *Vyāna*, *Samāna* and *Prāṇa*.

Commonly, tightening each body part to feel its awareness and then releasing fully to go into deep relaxation is an approach adopted by many schools of yoga. Because this tightening and releasing primarily relates to the earth and water elements in the body, the *Apāna* and the *Vyāna*, some schools of yoga take it a step beyond. After this deep physical relaxation, awareness is observed in many points in the body in sequence, especially the extremities and joints, and then released, as a way to absorb the *Samāna* of the fire element which would eventually quieten the *Prāṇa* as well. The last point of awareness and absorption is the lower part of the sternum (xiphoid process), also called the *Ātma* chakra. This process can take an hour or longer.

In the interest of time, most schools of yoga simply focus on the physical relaxation of the *Apāna* and *Vyāna*, since it can be done in 10 to 15 minutes. Some follow a hybrid approach by visualizing the absorption of the *Samāna* and *Prāṇa* mentally instead of going through several points of awareness. This can be done in a much shorter time, typically between 15 to 30 minutes. For regular practitioners this becomes a natural deep relaxation, and by habitual practice can create the experience within a couple of minutes and experience deep relaxation in as little as 5 minutes.

Benefits of This Practice

In a yogic sense we say that this practice provides a natural gateway to connect with one's soul's wisdom and thus unfold one's purpose of life, one's *SvaDharma*. The idea of connecting to one's soul's wisdom also means that one does not react to everything the senses experience, except where one's *Dharma* is involved.

Association with Purāṇas of the Hindu System

One form of worship of God as *Mahāviṣṇu* is the concept of *Anantapadmanābha*, also called *Nārāyaṇa*, lying on *Ādi Śeṣha* represented as a snake just at the start of creation. The *Śeṣha* is the concept of inanimate creation of the five elements (space, air, fire, water, and earth), where the *Śeṣha* as the concept resides in the space element from which the other four elements emerge in sequence when creation is ready to manifest. The Godhead represents the life element, which when integrated with the inanimate elements give life-form. When the life-form goes into deep relaxation like the Godhead lying on the program of the inanimate (*Śeṣha*) before live creation begins, the state is called Yoga Nidrā. In this state the physical body is present, but not active. The life element is present in the physical body, but absorbed within, disabling the physical body in deep rest. This allows the physical body of the five elements to become in sync with the life-purpose of the body. Thus, it is considered a deep relaxation that aligns the physical body with its *SvaDharma* that purifies the *Nādis* (channels of communication), corrects psychosomatic distortions, and thus allows for deep healing.

¹In modern Ayurveda, with a reductionist view, the Panchaprāṇa (*Prāṇa*, *Apāna*, *Vyāna*, *Udāna* and *Samāna*) is often expressed as corresponding to communications in areas of the body. However, the deeper spiritual understanding is related to the elements.



Annual Report



We had our Annual Meeting on **Sunday, April 28th, 2024**. Following is a quick summary related to our programs.

On-going Efforts That Continue:

- **Daily Online Yoga** Continues – Because the old links in zoom that started in April 2020 had over 2,000 registrants with most of them not attending, with no easy way to remove them, on March 1st, we established a new link that required regular attendees to register again on zoom. If you need to register, please go to <https://lifeinyoga.org/classes.html>.
- **Measured Yoga Therapy** Continues through our network of trainees and trained therapists in various parts of the United States, Toronto (Canada), Dubai and Hyderabad (India). Except in rare cases, Dr. Narayanan is no longer meeting people on-site but connects over zoom to ensure effective consultation while supporting the locally trained volunteers. The intent is two-fold: (a) to save his time to focus on training, research and publication which will have greater impact for humanity down the road; (b) to build confidence for trainees and trained therapists.
- **Training Program for Measured Yoga Therapy** continues. In the past four years, the Fall Masterclass was followed by different segments of training in a continuous stream over two years. This year, we redesigned the program as seven courses in the first year, with the second year focusing on case studies. However, training begins in February 2025. Interested in attending one or more courses? See <https://lifeinyoga.org/courses.html>. Full training details are at <https://lifeinyoga.org/training.html> and <https://lifeinyoga.org/assets/pdf/MYTTTraining2024-25.pdf>.

Changed Perspectives and New Directions

Our strategy now emphasizes research, training and publications to impact future generations. We abandoned or modified efforts that were not productive enough.

Our volunteers were unable to manage two programs that were initiated in the interest of physicians, and were therefore abandoned as unproductive: (a) Continuing Medical Education accreditation for Life in Yoga Institute was surrendered to avoid substantial annual fees that could not be recovered with enough productive programs; (b) Breathing right program that physicians wanted to implement to their fellow colleagues as a simple method for health of their patients never took off and the website will probably be closed end of this year.

Another unproductive effort was our initiative to popularize Measured Yoga Therapy® through yoga studios with Florida as an initial test. For various reasons it failed after dedicated attempts for a year, and we decided that our core team will no longer support this effort, but local volunteers in Florida are welcome to take it forward on their own.

Modification was necessary in our Retreats program to conserve our resources while also recognizing the importance of in-person interaction with those having deep interest in yoga for their own education and spiritual advancement. Managing our Pine Lake Retreat program became too burdensome in terms of logistics and expense exposure, and accordingly we decided to explore alternatives to continue in-person group engagement with those interested in yoga:

- a) Program Content Management alone - We offered Pine Lake to offer our program where we would only provide the program, but enrollment and logistics management would be their responsibility.
- b) Regional Short Programs - We have suggested to our regional volunteers to create short local programs of a few hours, or a day, or a weekend that does not require substantial logistics related to travel and lodging. This is entirely up to our volunteers across the country. In February, March and April of this year, we had such short programs in Houston and Delaware. If you would like to take the initiative, let us know.
- c) Establishing a Center – We are hoping that within the next couple years we will have enough donor resources to acquire a training center for Measured Yoga Therapy, which can also serve the needs of small group retreats.

Our New Directions are focused on two efforts whose impact will be known only in the future. We have just begun a Parkinson's disease clinical trial. Also, we are planning a conference in the Gulf (Middle-East) region once the conflict there subsides to further the interest we saw in Dubai.

Financials are public information and available at IRS. 2023 was a record year with 50% increase in revenues. Full report is available at https://lifeinyoga.org/App_Downloads/AnnualReport2023.pdf



Survey

Initiative for Collecting Longitudinal Data Quarterly for Life In Yoga Session Participants

Survey Background

With a view towards optimizing benefits for daily yoga participants, researchers at Life In Yoga thought it would be useful to gather data every quarter. The plan is that surveys will be conducted during a six-day period – 3 days before and 3 days after the end of the quarter. Both morning and evening yoga session participants are encouraged to complete the surveys at their leisure. However, yoga teachers will also help participants complete the surveys during the sessions, which can help out many participants.

Results of the First Survey

Our heartfelt thanks to everyone who participated in the first survey conducted over six days at the end of March. Here are a few salient points from the first survey -

- Out of 27 participants who submitted their surveys, almost equal number of them are male and females. While the average age of participants is 69 years, the oldest is 92-year-old, the youngest is 31-year-old!
- Most of the participants are attending the sessions to improve or maintain their General Wellbeing. Spiritual Growth is the second most important reason, and specific health issues are the next most important.
- Of those focused on their General Wellbeing, 93% were able to maintain or improve their General Wellbeing. This is an amazing result for participants with average age of 69 years.

There are many additional benefits that participants told us they are getting from attending yoga sessions regularly. One participant summed it up beautifully:

“Regular practice helps clear the build-up of anxiety and stress; I don't take allergy or asthma medication since I started. I love the cool, calm, collected, and connectedness that I get during and after yoga classes that carry with me throughout my days and evenings, reducing overreactions and increasing intuitive reception.”

Reason for Attending	Participants
General Wellbeing Only	25
Specific Health Issue	7
Spiritual Growth	10
Others	1



Here are some other reasons why participants say they are attending sessions regularly:

- Improved focus, concentration
- Just I want to quieten my mind
- To keep a regular schedule for discipline
- Early morning stretching and breathing
- Knowledge sharing, staying in my awareness, being with community
- Slowing the biological aging
- Learning Patanjali Yoga Sutras
- Yoga keeps my bodily functions in good conditions
- Recommended by friend or a family member

Where do we go from here?

Please remember this was only the first survey. While we learned a lot from this first survey, we will learn a lot more from future longitudinal data. The next survey is scheduled for a **6-day period at the end of June 2024**.

We would love to learn more about your perspective on morning and evening sessions. We will be sure to share further results with you. Thank you again everyone who participated in the survey!





Measured Yoga Therapy® (MYT) Training & Certification Program

Starting from February 2025, we invite you to explore the fascinating intersection of yoga and science through our MYT Training Program. Whether you're looking to deepen your own practice or gain skills to help others, this program is designed for everyone interested in traditional yoga philosophy with modern scientific applications.

What we are offering

The MYT Training Program spans 42 weeks, with each course ranging from 2 to 9 weeks and includes weekly live Zoom sessions every Saturday for two hours. It's perfect for:

- 1. Individuals seeking knowledge:** Those seeking to deepen their understanding of yoga in a scientific way. This track is great for those who are curious but not looking for a certification.
- 2. Professionals looking for certification:** If you want to use yoga as a therapeutic tool, this track offers certifications that allow you to provide measured yoga therapy to clients.

Certification levels

- (a) CYAI Instructor Certification – See <https://cyai.org/Individual-certification.html>
- (b) Bio-well Competency Certification
- (c) Assistant MYT Certification
- (d) Associate MYT Certification
- (e) Full MYT Certification and CYAI Yoga Therapist Certification



Pricing and special offers

For the next year, we have a promotional discount of 50% to 60% for CYAI members who register early. The comprehensive annual fee has been reduced to \$2,520 from the regular cost of \$5,500 for Zoom 'panelists.' Zoom 'attendees' can join for just \$855.

There are no prerequisites for zoom 'attendees' other than proficiency in English. Those seeking 'panelist' participation should meet specific prerequisites listed in the course descriptions (check brochure). Early registration is encouraged to avoid late fees and to take advantage of the promotional rates.

For more detailed information on each course, please visit Life in Yoga's MYT Program Page and download our detailed brochure.

Embark on this transformative journey with us and expand your horizons in the realm of yoga and wellness!

For Course Registration

[Click Here](#)

For CYAI Membership, [Click Here](#)
For Full Program Brochure, [Click Here](#)



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MEASURED YOGA THERAPY COURSES

For any Course Registration Click Here

FIRST YEAR COURSES	Total Fee >	\$5500 \$2520	\$855	
Content	Timing Eastern USA	Fee 'Panelist'	Fee 'Attendee'	Dates July 2025 to May 2026
MYT301 Nature of Existence as Understood from the Yoga Sutras (18-hour course)	10:30a -12:30p	\$900 \$360	\$120	Jul - Aug 2025
MYT302 Mechanism of Yoga and the Three Basic Approach to Practices (18-hour course)	10:30a -12:30p	\$900 \$360	\$120	Sep - Nov 2025
MYT303 Understanding Anatomy, Physiology, Health, and Mechanism of Health Systems (12-hour course)	9:30-11:30a	\$600 \$250	\$90	Dec 2025 - Jan 2026
MYT400 Measurement Approaches & Measured Yoga Therapy (12-hour course)	9:30-11:30a	\$900 \$450	\$150	Offered Feb-Mar 2025 and Feb-Mar 2026
MYT501 Common Therapeutic Yoga Practices and their Impact on Yoga Mechanism (10-hour course)	10:30a -12:30p	\$900 \$450	\$150	Mar - Apr 2026
MYT502 Allopathic Diagnosis of Disorders and Possible Correlation with Yoga Mechanism (10-hour course)	10:30a -12:30p	\$900 \$450	\$150	Apr - May 2026
MYT503 Sensitivity in the Application of Measured Yoga Therapy (4-hour course)	10:30a -12:30p	\$400 \$200	\$75	May 2026

SECOND YEAR SESSIONS (MYT600) run on the same day as the course schedule for the first-year courses between July 2024 and May 2025. The timing will be two hours before or after the first-year courses according to suitability of time zones of enrolled participants. Second year sessions discuss case studies related to specific practices and disorders. Disorders covered will encompass Cardiovascular, Respiratory, Metabolic-Endocrine, Musculoskeletal, Neurological, Sleep, Mental Health and Autoimmune conditions.



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Resources for You

See our recent publication: Instructor textbook

Discover the essential guide to understanding and teaching yoga, bridging ancient wisdom and modern science. Order your copy today and deepen your practice!

Order your copy from Amazon!

Hardbound, Paperback and Electronic versions are available

[Click here to buy.](#)



Register for Daily Online Yoga Classes

Relax your Body and mind for better health with Daily Online Yoga Classes. Practiced sitting on a chair (or mat). [Click on the program below to register](#) or go to www.lifeinyoga.org

- **HATHA YOGA: 7 am to 8:30 am EST**
- **TANTRA PRANAKRIYA: 5:30 pm to 7:00 pm EST**
- *Sundays include philosophical discussion from 7 pm to 7:30 pm. Daily 5:20 pm to 5:30 pm is Q/A time.*

Testimonials

Hear the stories of those who have been touched by our offerings. Real experiences from real people – because your journey is important to us. [Click here to watch the videos.](#)



Life In Yoga

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We are a charitable non-profit organization. Generous donations from our patrons helps us support those who lack the financial means to access the benefits of yoga.

Your support is crucial to our mission of promoting total well-being through groundbreaking research, transformative therapies, and the profound wisdom of yoga. Every contribution helps us expand our efforts, provide life-changing Measured Yoga Therapy services, and offer a holistic approach to health, healing, and spiritual growth.

You can make a donation by:

Zelle to Life in Yoga Institute phone number 301-526-8308

or mailing a check to [Life in Yoga Institute, 1111 University Blvd West, #1306, Silver Spring, MD 20902-3333](#)

or visiting our website www.lifeinyoga.org.

Your generosity is deeply appreciated and directly furthers our mission.

Thank you for being a valued part of our Life in Yoga community.