



Volume 3 December 2024

Life in Yoga Newsletter

Education



Research



Therapy



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Welcome to our third newsletter.

As we continue our focus on Research, Therapy and Education for the benefit of humanity, the last six months have brought many more interesting news items.

First, we had a corporate sponsor who wants us to set up our non-profit services in India.

Second, within the USA, we conducted a successful program for the first time in the Seattle/Bellevue/Redmond area of Washington State.

Third, our Parkinson's research continues, and we have some promising results.

Fourth, our continuing research with new equipment has provided insights into the use of foot bath ionizers and foot massage with bronze.

Fifth, exposure to other modalities and their spiritual impact has given us better insights into dealing with mental health issues.

Sixth, our book has now been published in India. The cost there is a fraction of what it costs us in the US making the much more affordable in India and the Middle East. It will be displayed at the New Delhi World Book Fair at the Pragati Maidan between February 1st and 9th.

Lastly, in our efforts to focus our energy on research and education, we are looking for paid administrative support from India that can also keep our website and communications up to date. If any of you know of suitable resources in India, please direct them to us.

Of course, all of this happens with your support. This year we did not do the Fall fund raising appeal since our key volunteers who do it were preoccupied with family responsibilities. We appreciate the donations many of you sent us. Please check <https://lifeinyoga.org/payment.html> to find the different ways in which you can donate to Life in Yoga Institute or Foundation.

Thank you and best wishes for the Holiday season and the New Year.

With warm regards,

Executive Team of Life in Yoga



Bhramari Pranayama – A First Aid For Heart Attack

If anyone suspects a cardio-respiratory problem, even as serious as the beginning of a heart attack, undoubtedly one should immediately take emergency action to get medical help. Even while following appropriate medical advice like aspirin, etc., *while waiting, even if it is a few minutes, we strongly recommend effortless, restful Bhramari Pranayama in slow long gentle humming.* Our recommendation is based on observation of two cases among our practitioners where chest pain type symptoms or fatigue from mild effort have disappeared with 5 to 10 Bhramari breaths. While follow-up cardiac check-up a few days later have been inconclusive, there is no harm in trying this benign restful practice.

Is there a way to explain this?

The following two research papers talk about the effectiveness of Bhramari in heart rate variability and the production of nitric oxide in the nasal respiratory tract

- Trivedi GY, Saboo B. Bhramari Pranayama - A simple lifestyle intervention to reduce heart rate, enhance the lung function and immunity. J Ayurveda Integr Med. 2021 Jul-Sep;12(3):562-564. doi: 10.1016/j.jaim.2021.07.004. Epub 2021 Aug 5. PMID: 34364739; PMCID: PMC8377171. <https://pmc.ncbi.nlm.nih.gov/articles/PMC8377171/>
- Ushamohan BP, Rajasekaran AK, Belur YK, Ilavarasu J, Srinivasan TM. (2023) Nitric Oxide, Humming and Bhramari Pranayama. Indian Journal of Science and Technology. 16(5):377-384. <https://doi.org/10.17485/IJST/v16i5.1212>

Nitric Oxide is a vasodilator. In fact, targeted delivery of nitric oxide through related compounds to the heart is the most common immediate treatment for certain heart conditions as explained in the research paper below.

- He M, Wang D, Xu Y, Jiang F, Zheng J, Feng Y, Cao J, Zhou X. Nitric Oxide-Releasing Platforms for Treating Cardiovascular Disease. Pharmaceutics. 2022 Jun 25;14(7):1345. doi: 10.3390/pharmaceutics14071345. PMID: 35890241; PMCID: PMC9317153. <https://pmc.ncbi.nlm.nih.gov/articles/PMC9317153/>



Therefore, there seems to be some logic to using Bhramari. However, a key question remains. How does nitric oxide in the nasal respiratory tract reach the heart.

The precursor question is: how is nitric oxide produced by humming? *It has been suggested that oscillating waves may be the cause of the production in ventilated spaces* in the paranasal sinuses.

- Lundberg JO, Maniscalco M, Sofia M, Lundblad L, Weitzberg E. Humming, Nitric Oxide, and Paranasal Sinus Obstruction. JAMA. 2003;289(3):302–303. doi:10.1001/jama.289.3.302-b <https://jamanetwork.com/journals/jama/fullarticle/195781>

So how can oscillating sound waves produce nitric oxide for the heart? Our hypothesis is as follows. Oscillating sound waves in the Valsalva sinus (which is the empty space above the aortic valve around the emerging aorta) may be causing the production of nitric oxide. The left main and right main coronary arteries pass close to the Valsalva sinus and may be facilitating the intake of nitric oxide and causing vasodilation of coronary blood flow.

Whether this hypothesis is proven or not, adaptation of gentle humming when one feels cardiac discomfort and is waiting for medical help, can be a big life saver!

Can Mantras Impact Parkinson's Disease?

In the last few years, we have been looking to work on Parkinson's cases after finding some success with a wheelchair bound late case in 2022. Finding compliant subjects has been very difficult. During the last year, two compliant cases emerged, and both seemed to have experienced significant positive impact. We continue to observe them to understand long-term results.

In one case, the person was diagnosed with Parkinson's about two years ago when tremor in the right leg was observed. He was put on Carbidopa-Levodopa, and he had to stop it since it was causing unwanted side-effects. We tested a mantra suited for the person, and after one month the person writes: "At least when I do the meditation the right leg shaking stops. Even otherwise I am noticing a reduction in non-voluntary shaking of right leg even when I am not meditating."

It is often difficult to find a case where we are able to separate the impact of Mantra Therapy from the impact of medication. This particular case was unique in that the person was no longer on medication because of inability to tolerate it. We could thereby observe the impact of the mantra without any interference from the drug.

Our second case was a little more complex, since we have no authority to suggest anything on the medication and the person continued taking the Carbidopa-Levodopa and other prescribed medications. However, the person was very compliant with the use of the mantra and other recommended yoga practices. This person is an 83-year-old right-handed male with right hand rest tremor that was first noticed at age 78, when Parkinson's was diagnosed. The most significant impact was that in the early morning hours when the effect of the Carbidopa-Levodopa would be negligible after the night dosage, there was less tremor compared to the period before starting the mantra therapy about six months back. In the most recent examination after stopping medication for 16 hours by the treating neurologist he noted that the general symptoms of the disease such as tremors and rigidity were not significant. The neurologist also noted that his gait was mostly normal with a slight decrease in the right arm swing. The step size and speed were also essentially normal. Even though there was a rest tremor in the right hand while he was sitting for about 10 minutes after 16 hours without medication, this was not noticeable while walking. The neurologist's overall opinion was that this person's Parkinson's Disease progression has been slow.

Our Parkinson's Mantra system is divided into multiple categories with different mantras for different categories when other health issues are present. The mantra for the initial case in 2022 and these two cases were all different. Specific mantras are prescribed after thorough evaluation using **Measured Yoga Therapy® (MYT)** process.

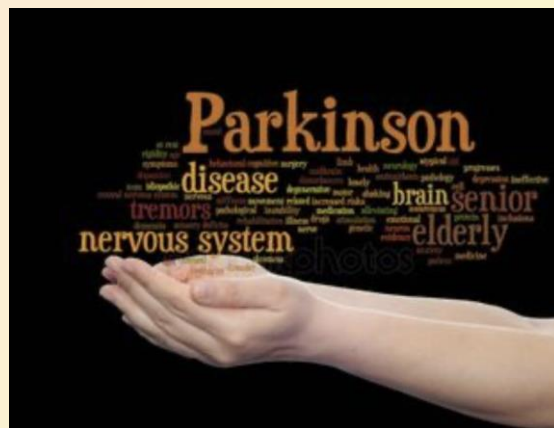
Join Our MYT Parkinson's Research Initiative

We are continuing our research into the impact of MYT on Parkinson's disease. Just like in any other research study, subject willingness to be compliant with the suggested practice is important. Please feel free to contact us if anyone has Parkinson's disease and would like to be evaluated using MYT.

Anyone with Parkinson's may contact us

(<https://lifeinyoga.org/contactus.html>)

While we may be able to help those who are compliant with the practice, it also provides more cases for our research validation.



Handling Mental Health

Yoga is considered very effective for mental health situations like depression, anxiety, bipolar, etc. However, it is most effective before a person gets onto medications. Medications typically suppress symptoms while the yoga approach, specifically meditative practices of yoga, seeks to overcome the symptoms by addressing the underlying cause. Within the field of mental health, Cognitive Behavioral Therapy or CBT has been used in the last few years. CBT is based on the idea that psychological issues are caused by unhelpful thought patterns, behaviors, and beliefs. CBT helps people learn to challenge these negative thought patterns and replace them with more positive and logical ones. CBT methods help people to learn to identify and change negative thought patterns and develop coping skills.

Yoga's approach identifies the underlying cause of mental health issues as a conflict between the mind and the spiritual entity of the person. Mental health issues typically begin by harboring anger and frustration within oneself, relating to sought outcomes that are not fulfilled, that never go away by rationalizing, forgiving and acceptance. Over a long period of time, it leads to depression, anxiety and other mental health issues.

The key to overcoming the issue is to engage in yoga methods that make the mind non-reactive, staying as an observer, to let the embedded programs (karmas) dissipate. And usually, it takes several weeks.

When medications that suppress the symptoms are in use, the embedded programs are unable to dissipate. And when medications are stopped and yogic practices are used, during this period any stress trigger needs to be avoided until the person has fully dissipated the embedded programs. For chronic cases, it could take as long as 3 to 6 months. Young people are impatient and want to engage in all aspects of normal life, and typically suffer a relapse and get back into medications. Hence full cure is never possible.

A novel approach is being researched with psychedelic drugs at the Johns Hopkins University.

• Johns Hopkins Center for Psychedelic and Consciousness Research <https://hopkinspsychedelic.org/>

Use of psychedelic drugs in the American Shamanism is known and one Shaman whom we know claims its effectiveness for mental health.

More on this in the next newsletter...

In our daily practice of Yoga, we use a prophylactic approach to avoiding mental health issues. It is the Chakra vibration practice. Daily practice of Chakra vibrations clears the pathway between the mind and spiritual entity to keep a person in good mental health.

**Discover Inner Balance with Daily Yoga.
Join Our Chakra Vibration Practice Today**

Our daily Life in Yoga classes (<https://lifeinyoga.org/classes.html>) begin with Chakra Vibration practice and we encourage everyone to learn the practice by attending the morning or evening session.

Difference between Soulfulness versus Mindfulness: A Yogic Perspective

People often talk of mindfulness as the way of achieving a mental state by focusing one's awareness on the present moment, while calmly acknowledging one's feelings, thoughts and bodily sensations. Thus, mindfully eating, and doing tasks, even chores mindfully can lead to calmness and peace.

In fact, yoga is all about getting the reactivity of the mind out of the way of what we do, and work with our soul's intent with only our mind watching. So, we like to say, in yoga we do everything with soulfulness.





On Going Research

We are always testing new measurement instruments. Lately we have been testing the Quantum Resonance Magnetic Analyzer (QRMA). This is an inexpensive device. We have not yet fully determined its value in our MYT practice. With 10 years of usage history, our standardized measurement is with Bio-well. However, the QRMA provided some interesting findings on the foot bath ionizer – the concept of removing toxins from feet like the foot massage with bronze.



Foot Bath Ionizer Impact

There is published research to find pre-post impact with respect to mineral/elemental composition of toxins with the use of footbath ionizers. The conclusion from such research is that there is no evidence of release of toxicity.

- Kennedy DA, Cooley K, Einarson TR, Seely D. Objective assessment of an ionic footbath (IonCleanse): testing its ability to remove potentially toxic elements from the body. *J Environ Public Health*. 2012;2012:258968. doi: 10.1155/2012/258968. Epub 2011 Nov 29. PMID: 22174728; PMCID: PMC3228292. <https://pmc.ncbi.nlm.nih.gov/articles/PMC3228292/>

However, nobody has done research to see how the pH balance changes. We have tested with a pH meter and have consistently observed the pH decrease in the water after the ionizer foot bath, compared to running the ionizer in the water without the feet. This suggested that the acidity in the feet/body was being drawn out. Acidity is associated with stress hormones and alkalinity with relaxation. Testing with the QRMA showed identical results.

Ionizer Foot Bath



Padabhyanga



Evolving Daily Online Chair-based Gentle Yoga – Evening Session

Our daily chair yoga is specifically designed for people who have difficulty in doing practices on a yoga mat. Yet it is complete in many ways.

While we focus on mind-spirit balance with Chakra vibration, with respect to physical aspects we focus on spinal alignment to optimize the Central Nervous System and on Pranayama practices to empower the Peripheral Nervous System. We also incorporate spinal mantras to limit the degeneration in the spine and always end with meditation to establish one's soulful connection.

Realizing that these practices may not be sufficient for specific needs, we have introduced special modifications in weekly sessions:

MONDAYS

We focus more on leg and hip exercises. We add cycling motions, ankle rotation and hip rotations with leg fully stretched out.

WEDNESDAYS

The additional practices are eye exercises. We include movements of the eyes to mobilize the ocular muscles and do a special type of meditation that tries to emulate the effect of Trataka.

FRIDAYS

On Fridays we end with Yoga Nidra, with part-by-part relaxation and being a pure observer in meditative awareness.

SUNDAYS

Sundays are very special. We do not do any physical movements on Sundays. We focus mainly on Ujjayi Pranayama with different types of visualization for purification of the Naadis, and with Bhastrika seek to evoke sensitivity of the palms. Then the Gayatri Mantra is done as affirmation after invoking the three spirits that provide temporary cleansing of the Naadis.

Our daily Life in Yoga classes (<https://lifeinyoga.org/classes.html>) are open and free to all and we encourage everyone to benefit by attending the morning or evening session.





Connecting with the Community

Dr. Sundara Kulkarni reports:

The much-anticipated event - the first Seattle visit by Dr. Rajan Narayanan - happened on October 16, 2024. Soon after his arrival, that afternoon, an informal meeting with a special group of yoga practitioners & therapists was held at Anu Arora (Havan)'s home in Redmond over tea & snacks. Besides a very informative talk & discussion, he also demonstrated live Bio-well readings & applications with lots of Q & As. Lots of interest was perceived & will be followed up.

The next day, Oct. 17th, a well-attended group of more than 200 people was arranged at the Northeast Bellevue Community Center. Lunch was served followed by a very informative talk with slides by Dr. Narayanan on the benefits of yoga on health, especially in chronic health disorders. Q & As were abundant and interesting. Following this, the Executive members of the IACS (Indo American Community Services <https://iacswa.org/>) met with Dr. Rajan in a private meeting. There was a lot of interest expressed in LIY activities and Dr. Rajan spotted a few people who can help in taking forward the LIY mission. There was much interest in our book (Yoga Concepts for Global Application) and we sold all the copies we had with us and directed them to Amazon for further orders.

Overall, a great experience for all!



Prior and after the Seattle visit, Dr. Narayanan also conducted programs in Houston, Dallas, Minneapolis and Chicago in the month of October.

India Project & Dubai Visit

Earlier this year, a corporate sponsor from India wanted to bring the unique developments of Life in Yoga – mantras and measurability – to India. In the first 9 days in November Dr. Rajan Narayanan visited India to explore the establishment of an Indian team to register a non-profit there. This was done collaboratively with our CYAI (Council for Yoga Accreditation International) partners.

On the return, he stopped by Dubai where he made a presentation to yoga instructors of the Arab Region Yoga Instructor Council to join CYAI.



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 across an 11-month cycle, 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 are thrilled to offer a promotional discount of 50% to 60% for CYAI members. 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 CYAI Membership, [Click Here](#)
For Full Program Brochure, [Click Here](#)

For Course Registration

[Click Here](#)



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MESURED 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
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 9:30-11:30a	\$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 2025 and May 2026. 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.



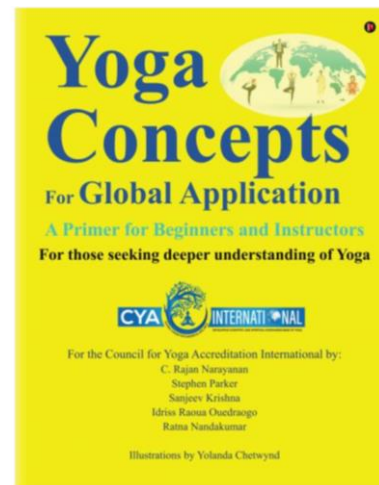
Resources for You

Book Published in India

Our book, Yoga Concepts for Global Application that is available through Amazon in the USA is now available in India through Notion Press. See <https://notionpress.com/read/yoga-concepts-for-global-application>

The cost of printing in India is a fraction of what it costs us here through Amazon thus lowering the prices of our book and making the book much more affordable in India and the Middle East.

The book will be displayed at the New Delhi World Book Fair at the Pragati Maidan from 1st to 9th February, 2025.



Register for Daily Online Yoga Classes also Now In India!

Join our Daily Online Yoga Classes, designed to promote health and well-being through gentle practices. Exciting news—starting January 1st, we're introducing a new program for India! Both programs feature practices that can be done seated on a chair or mat, making them accessible for everyone.

Invite your friends and family to experience the benefits of yoga. [Click here to register](#) or visit our website www.lifeinyoga.org for more details.



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 help 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 visiting our website www.lifeinyoga.org or mailing us at [Life in Yoga Institute and Foundation is 1111 University Blvd West, #1306, Silver Spring, MD 20902-3333.](#)

Your generosity is deeply appreciated and directly furthers our mission.

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



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Looking For Web Update And Administrative Support

Job Description for LIY Administrative & Web Support

1. Brief Job Function:

Administrative support that includes supporting logistics of our yoga programs, updating web site and ensuring timely communications for all our yoga organizations (Life in Yoga, CYAI, Indian NGO). The candidate would be based in India and would work with online communications.

2. Expected Hourly Commitment:

Total weekly commitment is expected to be between 15 to 30 hours, with about 3 hours of regular weekly meeting times and possibly another hour or two of ad hoc meetings to address weekly tasks. Based in India, the person will need to be available for early morning weekly planning meeting on Tuesdays (an hour between 5:30 am and 7:30 am) and evening meetings (an hour between 8 pm and 9:30 pm) on Tuesdays and Wednesdays. These meeting schedules may change in the future, and the person should have the ability to adjust. The wide range of weekly time requirements is expected to be governed by program load and ability of the person to contribute. [The range of times provided for weekly meetings related to changing time between summer and winter in the USA.]

3. Required Qualification:

The person must have skills of an administrative support person, which includes ability to communicate effectively and take care of procedural matters. Specific skills that are needed are:

- Competency in editing html files and uploading them into the webserver
- Competency in English language in both writing and speaking
- Basic competency in use of MS Office, specifically Word, Excel and PowerPoint
- General computing, program and time management skills to support program logistics in a timely way without reminders.

4. Desirable Qualification:

- Some knowledge of Yoga and spiritual philosophy is a strong plus.
- Higher competency on website management including changing website architecture and managing email server is a plus, but not required.
- Competency to create high quality PowerPoint presentations is a plus, but not required.
- Ability to manage databases is a plus, but not required.
- Ability to manage our social media accounts a plus, but not required.

5. Compensation:

For the right person, compensation is not an issue. Depending on their ability to contribute, an annual contractual fee can range from Rs. 3 lakhs to 12 lakhs paid quarterly.

6. Overview Impression of Suitable Candidate:

An engineering, computer science or commerce graduate who may have left the workforce within the last 3 years to provide more family time, who has some discretionary time, and has interest in yoga and spirituality may be the right candidate.

7. Interested candidates may send their resume/CV to narayanan@lifeinyoga.org.