

Volume 4 June 2025

Life in Yoga Newsletter

Education



Research



Therapy



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Welcome to our fourth newsletter,

We completed our 19th Annual Meeting on April 26th. As we enter the 20th year of our dedication to yoga research and education, the last six months have brought many more collaborative and educational opportunities, which we are sharing with you in this newsletter.

First, and most significant among them is the agreement to take our services to India through Vedasamskriti Yoga Foundation. An agreement was signed with them by CYAI (Council for Yoga Accreditation International), in which we are key members, on April 25th to bring our philosophy, lifestyle and therapy programs to India.

Second, relates to the Nādi system during the growth period of a child and how we can work with programs to help children to become smarter and Dharmic. This is in the context of the India effort which will have a strong focus on the yogic development of children.

Third, to begin training more effective yoga teachers to lead our expansion both in America and India, we launched a very unique course for higher understanding of yoga practices and their application. It is called Pancha Prāṇa and Physiology of Yoga Exercises. It explains nuances that are rarely taught in yoga institutions.

Fourth, we provide an update for you on the Book Reading and Discussion program and the Yoga Concepts course that we launched this year for those seeking a deeper understanding of yoga from our textbook, **Yoga Concepts for Global Application**.

Fifth, we are planning a conference titled "Yoga Concepts for Global Applications" next year in India. The intention is to bring all the collaborative forces in India and collectively energize our programs in India.

Sixth, an item of note is that Life in Foundation was established on April 9th 2006. That makes this year the 20th year of operation with next April being the 20th anniversary.

And this year also begins a new step forward in that we are starting to bring on paid younger staff, who can devote more dedicated time and can be the future flagbearers of Life in Yoga. We introduce you to Ragini Agrawal who is now our full-time Marketing support and India project coordinator.

Lastly, we provide updates on our regular activities: research on Prāṇic flows; our daily yoga program; Measured Yoga Therapy; courses and training program.

We appreciate your continued support. Please check <https://lifeinyoga.org/payment.html> to find the different ways in which you can donate to Life in Yoga Institute or Foundation to support our mission.

Thank you and best wishes for the Summer and Fall.

With warm regards,
Executive Team of Life in Yoga



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Our Non-Profit Efforts in India: Partnership with Vedasamskriti

Seeding Our Presence in India Through CSR Support

For the last few years, we have had participants from India in our daily online yoga program. In 2024, the CEO of a multinational company registered in the USA, but with substantial operations in India, offered us seed support with their CSR funds to bring our services to India. [CSR funds are Corporate Social Responsibility funds that are established by large corporations in India, as per the Companies Act of 2013, that is to be used for socially beneficial projects and yoga is one of them.]

Then we started inquiring about the proper way to establish it, and after six months of research and with consultations with multiple Charter Accountants in India, we decided on the best type of organizational structure to move our project forward. Early on in this year, there was a chance meeting in Dubai between our CYAI partner, Sanjeev Krishnan and Gopi Muvva, Managing Director of Vedasamskriti Yoga Foundation. Gopi's organization aligned closely with our mission, and he offered to merge our efforts with his organization and agreed to give CYAI controlling interest in VSYF to lead our India initiatives.

Gopi is a young man in his mid-30's who established Vedasamskriti Yoga Foundation (VSYF) in 2017 as a Charitable non-profit corporation in India to carry on the work of a certain Rishi Prabhakar, from whom he had learned yogic techniques for children to make them Dharma focused and high performers in life. Since our focus is on adult populations, bringing his program together with us truly represents our Lifecycle approach to yoga which spans all of existence from birth to death. No other single yoga organization has this comprehensive approach.

From Online Participation to On-Ground Impact in India

As part of our expansion into India, we launched Daily Online Yoga session beginning January 1st at 7:30 AM IST (that later became 7 AM IST). This free Zoom program features our trusted chair-based gentle yoga, led by experienced instructors. Your family and friends in India are welcome to join and benefit from this daily wellness practice.

In May, we established an on-ground presence through a partnership with VSYF, visiting their children's summer camp to observe their approach, volunteer in activities, and collect Bio-Well readings to support future research on the impact of their programs.

Another advantage for us to integrate our programs with VSYF is that they have all the government clearances to take CSR funds, which normally takes 3 years for a new non-profit. Besides the funding easement, given that our current management of CYAI and Life in Yoga are in their senior years this also provides a way to groom young, motivated people to lead our efforts in the next several decades.

Gurukul ELP Program



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Nādi System and Practices to Raise Smart and Dhārmic Children

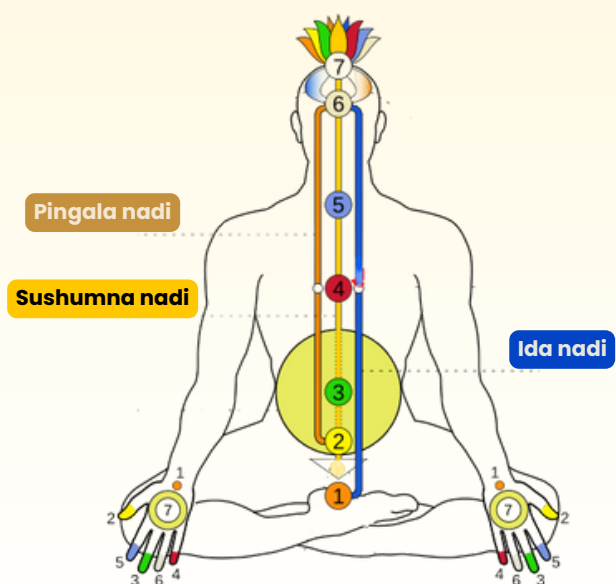
A key element to lifelong living that is fulfilling (Dharmic) starts with proper guidance for children in their formative years. In the Yogic system, two important periods in a child are around the age of 7 and thereafter at puberty around the age of 12 or 13. In the Vedic system, this is observed in terms of investment of the sacred thread (Upanayanam ceremony) for male children with the initiation of Sandhya Vandana (which is a tantra-yoga practice), and for female children at the time of puberty.

Our association with VSYF brings to the forefront the concept of Nādis and how they develop for children as presented in our textbook, **Yoga Concepts for Global Application**, in Chapter 6. Further, the success of VSYF if implemented on a larger scale through schools, can have a world-changing effect on humanity. The key is proper documentation of process and evidence which we plan to propose through controlled studies.

The Nādi understanding of the yogic system is that the Chakra system which is the anchor for the Nādis is fully formed only around the age of 7. At that time, meditative practices are considered appropriate for establishing the full connectivity with the spiritual entity (the soul with its karmas and kleshas) that governs one's physical existence. The full connection happens at puberty.

Upon the full connection with the spiritual entity, the flow of vasanas and karmas begins to change the person. This is commonly observed as the puzzle of adolescence, where children seem to develop a mind of their own and parents find them difficult to manage. This is also the period of time when one can program oneself to develop structures in one's mind that helps towards a balanced living with spiritual connection, while also enabling quick processing of external information and acting through the force of Dharma – becoming an efficient and effective instrument of the cosmic flow.

This is currently done by VSYF in a summer camp setting, named **Gurukul ELP Program** with activities that include yoga-meditation, vedic philosophy of living, fun and relaxation, speed reading and mind-mapping techniques that enable memory retention, and application to school curriculum and life responsibilities





Yoga in Lifecycle

While the VSYF program is designed for older children, real yogic connection of a live entity begins from conception to after death. From conception to birth are called Garbha Sanskar practices in the Vedic system. The period from birth to about the age of 7 is considered very important where the child learns by observing parents and family members, who serve as role models, towards ethical and disciplined living, i.e. Yama and Niyama of yoga. From 7 to puberty is considered the period for meditative practices that open the Nādis for stronger spiritual connection that will be fully established at puberty. Then begins the VSYF program described above.

Learning from the VSYF program is lifelong, but when people fall off the regularity, then Stress Management techniques of yoga for adults, that is popular around the world, come in mid-life. When chronic illnesses set in, our Measured Yoga Therapy (MYT) becomes relevant. In senior age, health of the body and mind and spiritual advancement becomes relevant.

- *Life in Yoga seeks to implement in stages over the next decade this entire lifecycle approach in its yoga programs if funding and people resources are adequate.*

Yoga has relevance in death as well and is expressed in death rituals in all cultures – see chapter 33 in our book, **Yoga Concepts for Global Application**. Of course, the yogic support in such circumstances comes from the support of the descendants of the departed one. This is just like before birth, where the parents provide the Garbha Sanskar practices to ensure good birth.

Measured Yoga Therapy® (MYT)

Measured Yoga Therapy (MYT) is more appropriately a modern scientific view of ancient wisdom that is present in traditional medicine systems and spiritual healing. While it serves to alleviate ill-health of the body and mind, the process always involves the integration with the spirit. And without the integration with the spirit cure is never complete.

Training & Certification –

Our next cycle of Measured Yoga Therapy (MYT) Training Courses begins in July 2025.

Sessions are held every **Saturday** for two hours, starting at 9:30 AM Eastern Time (or 10:30 AM during Daylight Savings). This corresponds to 8:00–10:00 PM IST in India and 6:30–8:30 PM in the Gulf region.

View full course details and schedule here:

MYT Training 2025–2026 Brochure

At Life in Yoga, we believe in sharing the transformative power of Measured Yoga Therapy™ not only through our services but also by offering comprehensive training courses. These courses are designed for those who wish to deepen their understanding of this scientifically measurable system and integrate ancient spiritual wisdom into their practice. Whether you're a seasoned practitioner or just starting your journey, our training courses provide a unique opportunity to delve into the philosophy and application of MYT.

To explore our training offerings and embark on this enriching learning journey, **visit our website**. Join us in spreading the healing benefits of Measured Yoga Therapy.

lifeinyoga.org/therapy



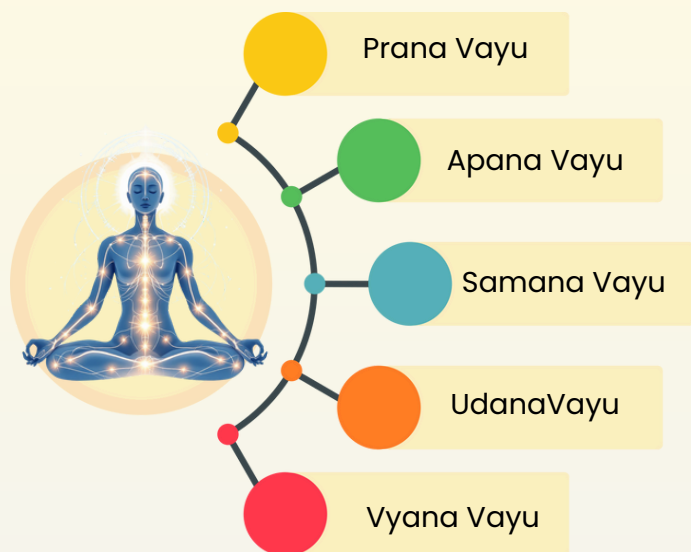
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Uniqueness of Our Pāñchā Prāṇa Course

Much of teacher training in yoga practices these days focus on the physical aspects of yoga with attention to the anatomical and physiological elements. This provides a limited understanding of yoga, but although it is important understanding, for safety in yoga practices. However, the philosophy of yoga gleaned from various sources (not only from the Yoga Sutras, but also from Vaisheshika and Sankhya Sutras, and from the Tantra, and Vedic and Ayurvedic systems) suggests that underlying the anatomy and physiology is the subtle communications called the Pancha (Five) Prāṇas. Understanding this in each yoga practice is critical for higher greater effectiveness of yoga practices, which is especially helpful for therapy. Physical and subtle practices, safety and effectiveness in practices must be integrated for a comprehensive yoga approach



To help yoga teachers, therapists and others who want to understand the system we created this course, first offered in December of last year. We will be offering this course five times throughout the year.

Click here for further details-

<https://lifeinyoga.org/assets/pdf/PanchPrana.pdf>

[Youtube Testimonials](#)

Health Tips for Summer and Fall

As summer comes with longer daytime in North America, it's especially important to respect one's age and energy levels—particularly for senior citizens, who form a large part of our community. Staying well-rested, avoiding strain, and adapting your lifestyle to seasonal changes can help maintain vitality and prevent illness. Below are some practical yogic tips for both summer and fall:

Summer Tips

- Know your limits when engaging in outdoor or physical activities.
- Prioritize good sleep and regular rest to support immunity.
- Avoid unnecessary travel and extended social events.
- Travel may cause fatigue and increase fall risk in unfamiliar settings.

Fall Tips

- Reduce inflammatory foods to help manage allergy symptoms.
- Get sufficient rest to support overall resilience.
- Practice Kapālabhāti regularly to flush out allergens and toxins.
- Use Bhastrikā to energize the body and support immune strength.



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For the Curious Minds – Book Reading, Discussion and Yoga Concepts Course

Our introductory textbook, **Yoga Concepts for Global Application**, is designed to educate interested audiences about the history and tradition of yoga, its application and that yoga is much more than simply asanas, breathing practices or even meditative calmness. Depending on the background of the individual, the degree of difficulty to absorb may vary. Further, it is also the textbook to help aspirants to take CYAI's first level of certification. Accordingly, we have created two forums for additional learning.

- Book Reading and Discussion (free for book owners)
- Structured Certification Course for deeper study

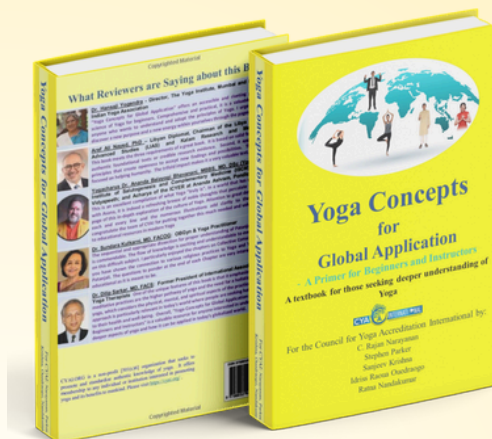
Book Reading and Discussion is a forum where participants read about 20 pages before each of the 11 weekly sessions and bring their questions for discussion. This is a free program that all those who have purchased the book are encouraged to attend. The spring session was held on every Wednesday evenings in the month of April-May. Depending on further interest, we can do this again

Next session proposed:

November 17, 2025 – January 26, 2026

Timing: Mondays at 10 AM ET

- **Part 1-** What is Yoga: An overview of yoga, introducing the mechanism of yoga. (Ch 1-7)
- **Part 2-** The Power of Breath in Yoga: Emphasizes the significance of breath in energy regulation. (Ch 8-15)
- **Part 3-** Hatha Yoga: Explores the physical aspects of yoga, tracing its roots and traditions. (Ch 16-21)
- **Part 4-** Tantra Approach to Yoga: The bridge to higher meditative practices. (Ch 22-26)
- **Part 5-** The Source of All Knowledge in Yoga: Culmination of yoga's mechanism, process, and purpose. (Ch 27)
- **Part 6-** Meditative Approaches to Yoga: Review of meditative practices. (Ch 28-31)
- **Part 7 -** Integrative Understanding of Yoga in Daily Life: Application of yoga in daily living. (Ch 32-36)
- **Part 8-** Functional and Ethical Requirements in Leading a Yoga Class: Guidance for aspiring yoga instructors. (Ch 37)
- **Part 9-** Conclusion: A summary of the book's main points. (Ch 38)



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amazon.com

**And now also on
Amazon.in**

WHAT'S IN FOR YOU

- Spiritual Understanding of Yoga
- Integration of Hatha, Tantra and Bhakti Yoga
- How Tantra and Bhakti Yoga are relevant and role of Religions
- Meditative Aspects in Places of Worship
- Discerning Common Aspects of Spirituality in All Religions

Share Your Thoughts – Leave Us a Review

If you've read Yoga Concepts for Global Application, we'd love to hear your feedback. Your review helps others discover the book and supports our mission of spreading authentic yogic knowledge.

To make it easy, we've created a simple guide with steps to post your review on Amazon and Goodreads.

[Click here to see the steps -](https://cyai.org/images/pdf/Amazon%20Goodreads%20Review%20Guide.pdf)

<https://cyai.org/images/pdf/Amazon%20Goodreads%20Review%20Guide.pdf>

Thank you for supporting and helping us reach more seekers on the path of yoga.



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20th year and Advancing

In this 20th year the major advancement is the India effort and the corresponding access to affordable full-time support. For the first time, after thinking about it for the last 5 years, we have employed full-time marketing support from India. Ragini Agrawal, started supporting Life in Yoga full time from February 2025.

April 2026 will be our *20th anniversary* and to celebrate the 20th year and the anniversary various programs are being planned. They are expected to run from **October 18th 2025 to April 19th 2026**. During this six month duration, we expect to touch the diverse geographic regions where we our subscribers and supporters

Ragini Agrawal comes with an engineering bachelor's degree and postgraduate in business and marketing. She served Life in Yoga for 2.5 years as a volunteer before coming on full-time in February.



Conference in India

To further our mission in India, we are planning a conference, **tentatively between January 29th and February 1st 2026** in Nandi Hills, suburb of Bengaluru, India. The conference objective is to bring together and energize key constituencies who can further our mission in India. These constituencies include:

- People resources who can lead our programs
- CSR Funding sources
- Organizations that can adopt and further CYAI programs
- Organizations that can further our research objectives

The conference title would be the same as our book, Yoga Concepts for Global Application. Yoga Concepts will be the first part of the conference with a duration of about half a day. Global Application will be the second and longer part and will take a lifecycle approach from conception to death. In this second part, specific programs that address current needs of the world will be given emphasis.

Full details of the conference will be available in the December newsletter.

Nandi Hills, Bengaluru



Our Ongoing Programs

Our research efforts on therapy and subtle energy measurements continue, while we are also trying to develop a yoga therapy textbook. Our regular programs continue:

- **Daily online Yoga Sessions-**
<https://lifeinyoga.org/classes.html>
- **Therapy** - <https://lifeinyoga.org/therapy.html>
- **Courses** - <https://lifeinyoga.org/courses.html>
- **CYAI monthly seminars** -
<https://lifeinyoga.org/seminars.html>
- **MYT training program** - New sessions of MYT begin in July 2025. Please see
<https://lifeinyoga.org/assets/pdf/MYTTraining2025-2026.pdf>



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SUPPORT OUR MISSION

LIFE IN YOGA INSTITUTE & FOUNDATION

We are a Maryland based non-profit [501(c)(3)-tax-exempt] engaged in bringing the wisdom and benefits of yoga to humanity through scientific research and education.

Yoga provides the link between the body, the life spirit, and the Ultimate.

Life in Yoga's mission is purely educational, scientific and humanitarian driven, to learn, practice, research, and disseminate the philosophy, techniques, and experience of Yoga, with its activities open to all individuals irrespective of their nationality, religion, or gender.

All programs are conducted by
Life in Yoga Institute.

Life in Yoga Foundation financially supports yoga initiatives that meet mission objectives and cannot be fully supported by program revenues.

Life in Yoga is volunteer driven and no money is expended for employee costs, to enable maximum resources for our mission



Life In Yoga

BE IN THE MOMENT. WHERE LIFE EXISTS



Heartfelt Thanks for Your Generosity

Your belief in our work and your willingness to support our cause mean the world to us. As we continue our journey to promote total well-being, we rely on your support to make a meaningful impact on the lives of many.



Your support has been instrumental in enabling us to push the boundaries of research, offer life-changing therapies, and explore the depths of yoga's wisdom.

Your generosity allows us to:

- Offer a holistic approach to health, healing, and spiritual growth through Daily online classes
- Expand our research and development efforts
- Provide invaluable Measured Yoga Therapy Services to individuals in need
- Expand training efforts so that more people can impact the world. **Our next big effort is to build a training center for which we estimate a minimum cost of about \$2 million.**

If you continue to believe in our mission and the positive change we bring to the world, we kindly request your assistance for our progress. You can make a donation by visiting our website lifeinyoga.org or mailing a check to Life in Yoga Institute at 1111 University Blvd West #1306, Silver Spring, MD 20902.

Every contribution, no matter the size, is deeply appreciated and goes directly toward furthering our mission.

Your generosity is the fuel that drives our commitment to **TOTAL WELL-BEING**. Together, we can continue to make a difference in the lives of many.

Thank you for being a part of our Life in Yoga community, and for your ongoing support.

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DAILY ONLINE CLASSES

ORIENTATION FOR THE NEW JOINEES

Mantra based
Exercises



Guided
Meditation



Pranayam &
Kriya



FREE PROGRAM Open to All in any stable health condition

To accommodate the needs of newcomers we have created a hybrid system that allows newcomers to be integrated with our daily practitioners.

There are four sessions at **5:30 PM (EST)** on weekends where our regular practices are explained in detail for newcomers.

July 5, 2025 Saturday – Introduction to Chakra Vibration for Mental Harmony.

July 6, 2025 Sunday – Introduction to Spinal Alignment and its impact on Vitality.

July 12, 2025 Saturday – Empowering Vitality with Pranayama

July 13, 2025 Sunday – Introduction to Practice of Meditation

Yoga teachers include Dr. Rajan Narayanan,
Dr. Ratna Nandakumar,
Sapna Ramchander, Dr. Manjusha Coonjan,
Avani Presswala, Hiral Shah, Asheem Dey

Click below to choose your class but make sure you attend the four sessions above if you are a newcomer



USA HATHA YOGA – 7:00 AM TO 8:30 AM EST

USA TANTRA PRANAKRIYA – 5:30 PM TO 7:00 PM EST

INDIA GENTLE CHAIR YOGA – 7:00 AM TO AM IST

WEST COST GENTLE CHAIR YOGA – 6:00 PM PST

Program Manager and Contact for further information:
Avni Presswala (sitaarap@netscape.net)

Real yoga is how we live a
healthy and balanced life
Dr. Rajan Narayanan



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