

Volume 5 Dec 2025

# Life in Yoga Newsletter

Education



Research



Therapy

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Our 20th year brings to the forefront the role of volunteers and regional initiatives that make Life in Yoga expand geographically, while grounded in research.

We had a few initiatives from our supporters in Maryland and Florida. Other plans in USA and India needed to be postponed due to circumstances outside our control.

If you want the benefits of Life In Yoga Institute to impact your friends, plan a tea gathering at your home with a dozen interested friends for a conversation. We can try to attend in person or can join by zoom. You can decide what the topics covered in the conversation should be, while question-answers should be the main focus. If you want to share the wisdom of Life in Yoga with your larger community, organize an event with friends in a public setting. For in-person attendance by one of our yogis, we need to plan well ahead of time. However, zoom meetings can be done on shorter notice.

You have helped grow Life In Yoga Institute and Foundation through these years, and we count on your continued support both financial and otherwise in expanding their impact.

As we end the year, we continue with our briefing from the June newsletter related to our new initiatives in India. Most important is we will have a daily chair yoga program online called “Life in Yoga – Seniors”, starting from January 14<sup>th</sup> at 5:30 pm to 7 pm India time, and that will be morning time 7 am to 8:30 am Eastern USA. Those in USA will have a chance to choose between morning and evening yoga sessions or join both times.

We provide in this newsletter with more details of the children’s Enhanced Learning Program and the Lifecycle approach to Yoga that we shared with you in June.

As we approach the Holiday season, we provide some health tips particularly related to regularity in living and caution for seniors.

Finally, we recap all our ongoing programs and new dates and time for the next Book Reading and Discussion session between February and April.

Wishing you all Happy Holidays and all the best for the New Year.

With warm regards,

Executive Team of Life in Yoga



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# Growing Together: Programs, Retreats & Community Events

Throughout the year, Life in Yoga's growth has been shaped and strengthened by the generosity of our sponsors and the dedication of our community. Through sponsored learning events, intimate retreats, and milestone gatherings, we continued to create meaningful spaces for deeper study, reflection, and connection. These programs—offered alongside our ongoing daily yoga sessions—strengthen our mission to spread authentic yogic knowledge, deepen spiritual understanding, and build a community rooted in learning, service, and well-being.

## **Potomac In-House Yoga Sutra Discussion (4 hours)**

On August 1st, the Uppal family graciously hosted a focused, one-day Yoga Sutra session at their home in Potomac, Maryland. Participants joined both in person and via Zoom for 4–5 hours of immersive discussion. The session was very well received and greatly appreciated by all attendees.

## **Melbourne Retreat on Sutra, Prāna and Self**

The Venugopalan family generously offered their Melbourne Beach house for a 3-day retreat in September, which quickly filled to capacity with 14 participants from Toronto, Maryland, New York, and Florida. The retreat offered an enriching exploration of the Yoga Sutras, the rationale behind yogic practices, and the understanding of spiritual awareness. Participants deeply enjoyed the program—many expressed they wished it had been even longer.

## **20th Anniversary : From Roots to Twenty**

### **— A Maryland Gathering**

Life in Yoga enters its twentieth year of service, education, and research in 2026. To begin planning the commemorative event scheduled for April 19, 2026, Dr. Ashok Agrawala hosted a warm gathering of our dedicated attendees at his Maryland home on October 26th. Dr. Rajan Narayanan joined via Zoom due to an unexpected family emergency that required him to travel to Florida the day before.

Additional celebratory programs were planned by our Houston sponsors in November but had to be postponed due to Dr. Rajan's unavailability.

As we move toward this milestone year, more details and commemorative events will be announced in upcoming newsletter and emails.



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# Expanding the Light of Yoga: Our India Mission

Life in Yoga and CYAI partners are ready to begin operation in India with the sponsorship of Mu-Sigma Foundation. In India, our organization is called **Vedasamskriti Yoga Foundation (vsyoga.org)** based in Chennai. From **January 2026**, we are launching our programs in India.

## Chair-based Evening Yoga Sessions

The first program will be “Life In Yoga-Seniors” a daily chair yoga session, suited for seniors and all adults, modeled after our U.S. evening yoga format.

### Launching on : Jan 14<sup>th</sup> 2026

- India Timing: 5:30 PM – 7:00 PM IST
- USA Timing: (Chair Yoga option for U.S. seniors)
  - Winter: 7:00 AM – 8:30 AM Eastern USA
  - Summer: 8:00 AM – 9:30 AM Eastern USA



**We invite you to join, and kindly share it with friends and family in India who may benefit.**

**Click the link below to register :**  
**<https://forms.gle/yEZzPJrjoTWUKzA68>**

Following this launch, we expect to progressively expand towards other programs even as we prepare the logistics for them.

By mid-2026, we plan to introduce mat-based and chair-based daily sessions in India, including options delivered in regional languages.

Measured Yoga Therapy® Training will begin in 2026 and will expand with limited availability immediately, expanding over the next two years.



sponsored by

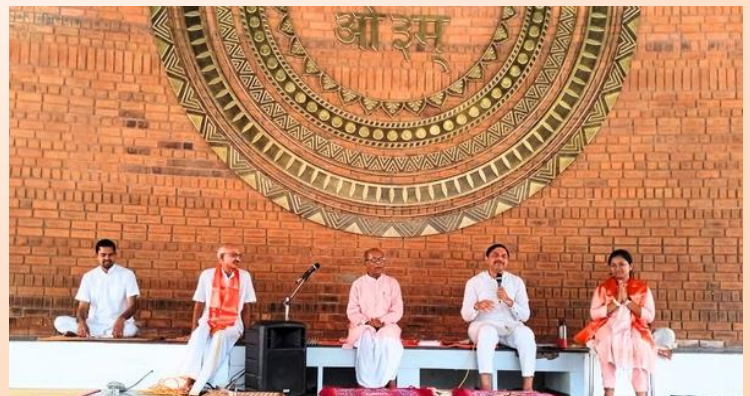


## Enhanced Learning Program (ELP)

We are preparing to launch Children's Yoga-based Enhanced Learning Program (ELP) from mid-2026. This program is designed to support children in their most formative years by enhancing learning capacity, concentration, and emotional balance through yogic methods integrated with modern education. It uses mantra-based meditation, speed reading, subject immersion, and home-environment support to help children thrive academically and grow with Dharmic values. While this will happen in summer camps setting in May, we have currently proposed to Arya Samaj Schools in the Chennai district to test a format of this concept in their regular day school.

## Visit to Vedic Vidya Kendra, Puducherry

As part of this initiative, our team visited the Vedic Vidya Kendra in Puducherry to understand their academic environment and explore how the ELP can be integrated into regular school systems. The discussions were encouraging, with the leadership expressing openness and enthusiasm for collaboration. We were also impressed by their serene and well-designed campus, which provides an ideal setting for our first India conference, “Yoga Concepts for Global Application” planned for fall of 2026 where we will bring together partners and educators to further our mission.



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# Components of the Enhanced Learning Program based on the Nādi System

ELP – Our vision on how to reform school academic system inspired by Gururji Rishi Prabhakar

Our special Enhanced Learning Program while running in summer camps, is proposed as a pilot program in India for a day school in July 2025. This program's approach is to unleash the maximum potential of a child during key formative periods of the Nadi-Karma system to unfold their *SvaDharma*.

As noted in the June newsletter, in the Nadi system, the Nadis fully form only around the age of 7 and the Karmas fully connect into the child at puberty when they show signs of having of mind of their own. While children can be prepared from the age of 7, the most important time to guide them appropriately is at puberty, between the ages of 12 to 14. We usually associate it with attendance in Class 7 in schools.

This ELP program has five components:

## **A. Single-Minded Focus**

- Reducing stress through Transcendental Meditation and joyful engagement
- Enhances attention, discipline, emotional stability

## **B. Speed Reading & Mind Mapping**

- Effortless reading and understanding of the topic
- Students work in small groups to create structural maps (mind maps).

- Also, for success with learning for all students, having students with equal learning abilities within discussion groups makes learning more effective discussion groups. The teacher would be supervising the groups and will provide more assistance to the weaker groups.

## **C. Immersion in One Subject at a Time**

- Focus on mastering one subject each week for confidence and long-term retention

## **D. Faith for Discipline in Practice**

- Simple meditation initiation for consistency and inner motivation

## **E. Parent Participation**

- Parents trained in meditation to build a supportive, calm learning environment at home. Teaching parents the method of transcendental meditation and making them understand what the child is being taught. The bigger idea is to build a home environment that is peaceful and conducive for the child by making a family of meditators.





# Yoga Across the Lifecycle — A Unified Vision

Yoga for everyone. Yoga for every moment of life.

Life in Yoga Institute and Foundation, together with the Council for Yoga Accreditation International (CYAI) and our partners such as Sanjeev Krishna Yoga (SKY) and VedaSamskriti Yoga Foundation (VSYF), is shaping a comprehensive lifecycle model of yoga— one that supports human well-being from conception to the end of life. This expansion has been made possible with the support of the Mu-Sigma Foundation. While we will develop these programs in stages over the next few years, the thought is to begin from conception until end of life. Initially our focus will be on senior citizens and Measured Yoga Therapy led by Life in Yoga. Sanjeev Krishna Yoga, who are part of our CYAI network will focus on Stress Reduction for work-family balance. VedaSamskriti Yoga Foundation will focus on children's program. Yoga for conception and prenatal yoga will be developed in the coming years.

## Our First Conference in India :

### Kick-off of the India program and Lifecycle Concept

A key element of bringing together all the forces enable our India expansion and Lifecycle concept was to conduct a conference in India. We had planned it as a five-day program from January 31st, 2026, but ended up postponing it to November of 2026 because of the non-availability of Dr. Rajan Narayanan who was central in crafting the agenda and program content. The conference will most likely be held in Puducherry (former Pondicherry) in India at the Vedic Vidya Kendra of Arya Samaj associated with DAV Chennai.

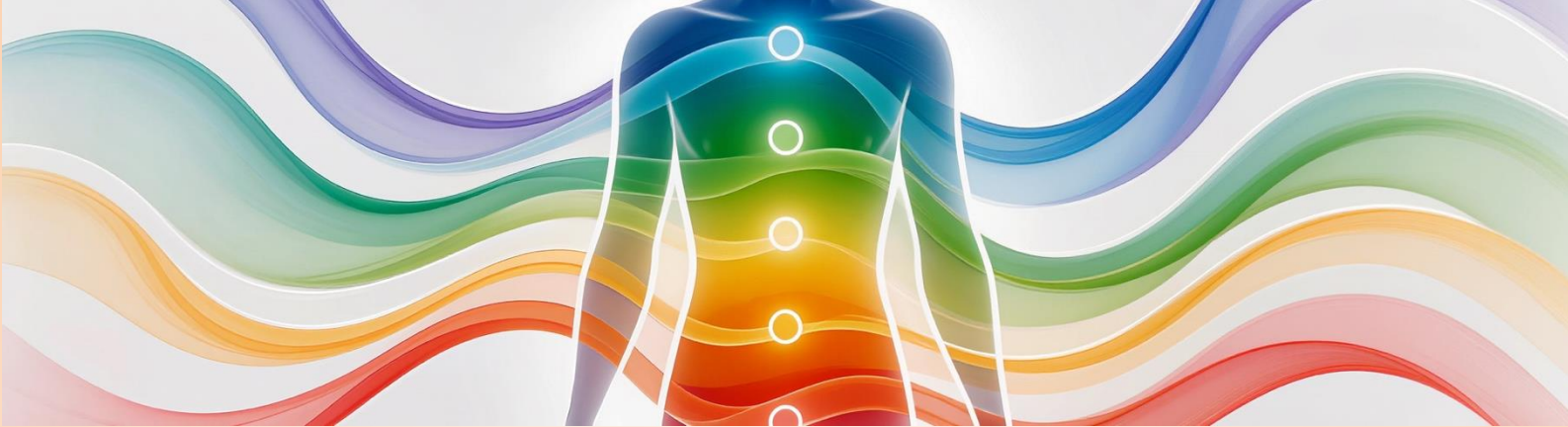
The conference is planned for two-days of main conference followed by three-days of training workshops. The eight sessions for the two-days main conference are as follows:

1. Heritage of Yoga and its Modern Manifestation and Proliferation
2. Yoga and Science: Mechanism of Yoga and its Measurements
3. Sowing the Seed: Yoga Solutions for Pre-Birth and Early Childhood Years
4. Laying the Foundations: Yoga Solutions to Enhance Early and Adolescent Education
5. Yoga Solutions for Advancing in Higher Education and Career Orientation: Stress management for young adults
6. Balancing Work and Family Life: Finding Yogic Harmony in the Rhythm of Life
7. Precision Yoga Therapy: Measured Application for Chronic Diseases
8. Yoga for Improving Quality of Life and Spiritual Awakenings with Healthy Aging

The training workshops planned are:

- Teacher Training for Adolescents
- Pānchā Prānas Training for Yoga Instructors
- Introduction to Measured Yoga Therapy





## Measured Yoga Therapy (MYT) Training

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.

Our Measured Yoga Therapy (MYT) Trainings sessions **are ongoing monthly on 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.

To explore more about the courses and our training offerings, [visit our website](#). Join us in spreading the healing benefits of Measured Yoga Therapy.



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.

You can also book a personal consultation for MYT and experience the benefits.

[lifeinyoga.org/therapy](http://lifeinyoga.org/therapy)

## Philosophy Meets Practice: Pāṇchā Prāṇa Course

Why this course stands apart

- Yogic philosophy from Yoga Sutras, Vaisheshika, Sankhya, Tantra, Vedic and Ayurvedic traditions explains that real functioning of yoga lies beyond the physical layer.
- Underneath anatomical movement operates the subtle Pāṇchā (Five) Prāṇas, which drive energy, intention and internal communication within the body.
- Understanding these Prāṇas within each practice leads to deeper therapeutic effectiveness, faster healing response and more mindful application.
- The course bridges physical + subtle + philosophical dimensions, making yoga more comprehensive, precise and outcome-oriented.

### Participant Experience

*"Dear Dr Rajan,*

*Thank you so much for this very interesting Pancha-Prana course. I loved the Pranayama session where you explained each pranayama practiced and which vayus it effects! My yoga practice is modified now, after this enriched course. My morning sadhana is updated and I am practicing the sound chakra meditation every day. I can feel its impact on me already.*

*I am very happy I took this course with you, and deeply grateful for your time, knowledge and energy you have put to give us this course.*

*All my love*

*Rita "*

Several participants have shared their experience through video – you may watch them as well.

<https://www.youtube.com/playlist?list=PLE6cWGZyTYR88KeJL30Q9y3X50VWRb46q>



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## Health Tips : Importance of Daily Routine

For young or old, keeping a consistent daily routine is important for balanced health and for progressing in spiritual awareness. Following are important tips for all:

- Prioritize complete sleep – Full sleep is necessary for good health. It enhances the immune system and repairing abilities of the body and mind. Try not to use alarms or other triggers to wake up.
- Maintain regular timings – Try to sleep about the same time every day. Also eat about the same times during the day and in similar quantity with the following caveat – don't force yourself to eat if you are not hungry. Instead, drink some hot-warm water if you are not hungry. It may stimulate hunger after a few minutes.
- Mindful food quantity – Eating without hunger can cause digestive discomfort. If weight reduction is desired, reduce meal quantity gradually—about 10% every two weeks—rather than through sudden drastic cuts. Discarding extra food is better than forcing the stomach to handle excess.

For seniors all these tips are even more critical.

Additional health tips for seniors are the following:

Try not to go to unfamiliar places. If you need to go, be under the watchful guidance of a care giver. As one ages, especially going into one's 80s and 90s, the senses diminish. Eyes and ears become weaker, muscles move slower. It is best to stay in your familiar environment with lodging designs that include step-free entrances, remote switches for lighting, grab bars and seats in the bathroom. Avoid travel. These are ways to minimize the potential for falling which is the greatest danger for the aging population.

Also, in the cold season it important to keep warm with adequate humidity and realize stiff muscles when moved quickly can cause injury.



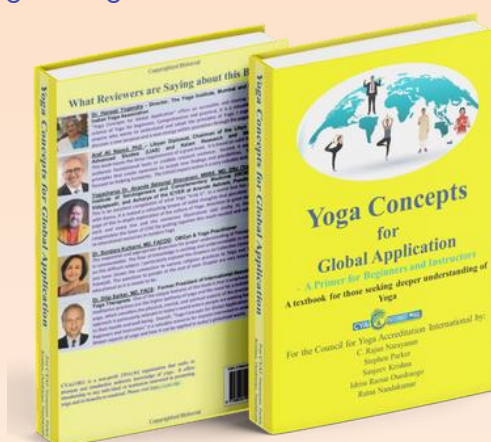
Make daily yoga a habit – join our online sessions and help someone you know by inviting them as well.

**Click to Join Daily online Yoga Sessions -**

<https://lifeinyoga.org/classes.html>

## Reading Returns

Many of you asked, and we're happy to continue the journey—our Book Reading & Discussion circles are back, where we read together, question together, and grow together.



Available on  
**amazon.com**

Now also Amazon.in

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.

**Next session proposed:**

**16 February, 2026 – 27 April, 2026**

**Timing: Mondays at 10 AM ET | 8:30 PM IST**

**Register here-**

<https://forms.gle/yEkXV3rm6tSopVHp9>

If you've read our book 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>

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



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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

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## 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](http://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.



DONATE



[lifeinyoga.org/payment](http://lifeinyoga.org/payment)



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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.

- **3 Jan, 2026 Saturday** – Introduction to Chakra Vibration for Mental Harmony
- **4 Jan, 2026 Sunday** – Introduction to Spinal Alignment and its impact on Vitality
- **7 Feb, 2026 Saturday** – Empowering Vitality with Pranayama
- **8 Feb, 2026 Sunday** – Introduction to Practice of Meditation

Yoga teachers include **Dr. Rajan Narayanan, Dr. Ratna Nandakumar, Asheem Dey, Avani Presswala, Hiral Shah**

**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**

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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# RESOURCES FOR YOU ON OUR WEBSITE

## [Youtube Videos](#)

Explore a treasure trove of instructional and inspirational videos. From guided meditations to expert tips, our video library is your go-to for at-home practice.



[ANULOMA VILOMA PRANAYAMA WITH VISUALIZATION](#)



## [Events](#)

Discover exciting upcoming events that bring our community together. From workshops to retreats, there's always something enriching happening.

## [Classes](#)

Dive into our diverse range of classes suitable for all levels. Whether you're a beginner or an experienced yogi, find the perfect class to nurture your well-being.

### **Choose your class**

[HATHA YOGA - 7:00 AM TO 8:30 AM EST](#)

[TANTRA PRANAKRIYA - 5:30 PM TO 7:00 PM EST](#)



Ashim Dey

## [Testimonials](#)

Hear the stories of those whose lives have been touched by our offerings. Real experiences from real people — because your journey is important to us.

## [Support Our Mission](#)

Support our mission of spreading well-being and spiritual growth. Your generosity fuels our research, services, and community outreach. Every contribution makes a difference.



Feel free to click on any item above to go directly to the respective webpage. Thank you for being a valued part of our community!



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