



Contact: Rashna Daroga  
[cyaiorg@gmail.com](mailto:cyaiorg@gmail.com)  
Web: [cyai.org](http://cyai.org)

Online

# CYAI Monthly Seminars thru Dec 2023

**ZOOM SEMINAR SECOND SUNDAY OF EVERY MONTH**

**10 am to 12 noon Eastern USA time**

**6 pm to 8 pm Dubai time**

**7:30 pm to 9:30 pm India time**

**3 pm to 5 pm UK time**

- Nov 13, 2022 - Family Relationships and Health
- Dec 11, 2022 - Learning to Live Joyfully
- Jan 08, 2023 - Spirituality and Healing Aspects of Yoga
- Feb 12, 2023 - Renewing Vitality by finding your Inner Sun
- Mar 12, 2023 - Importance of Spinal Alignment for Optimal Health
- Apr 09, 2023 - Building Inner Awareness
- May 14, 2023 - Power of Intention (Sankalpa) in Daily Living
- Jun 11, 2023 - Importance of Retreats in Cultural Settings



**CLICK HERE TO  
REGISTER FOR  
MEMBERSHIP**

# Continuing Seminars 2023

- Jul 09 - Factors Governing Food Digestion & importance of attitude towards food
- Aug 13 - Importance of Yama and Niyama in Yogic Lifestyle
- Sep 10 - Understanding Graceful Aging
- Oct 08 - Svadharma: Duty or Desire – Learning to Manage Stress
- Nov 12 - Accepting our Role in Family and Community
- Dec 10 - Strengthening the Immune System with Yoga



HEALTHY

Online



LIFESTYLE

L  
I  
V  
I  
N  
G

All seminars are conducted by Zoom for 2 hours. The format is as follows:

- Lead speaker gives an intro presentation in 10 minutes
- Two or three other panelists may provide additional thoughts
- About 90 minutes will be reserved for question-answers and discussion

**Attendance requires registration as CYAI member.** Upon clicking you will register to request membership. You should receive an email with options to pay annual \$25 membership fee which grants you access to all seminars in the next 12 months. Lifetime membership of \$250 is also an option.

**CLICK HERE TO  
REGISTER FOR  
MEMBERSHIP**