

Celebrate International Yoga Day

Sunday, June 21, 2015
From 10:00 am to 12:00

DAHLC (Dan Abraham Healthy Living Center)
Conference room DA SL 200

Uniting Yoga and Meditation

As it stands, people today meditate at the meditation center and do yoga at a yoga studio. Classical yoga was taught to blend the two together. Mindful yoga can be practiced where we align not only the body in our yoga poses, but also the mind. Working together, we naturally usher in beautiful qualities such as compassion, patience, and peace. As we slow down, practice in silence, we give ourselves time and space to deeply connect with, and guide, the inner dialogue between the mind and body.



Nancy Boler, draws from her training and experience with Kripalu and Iyengar yoga as well as her years as a Vipassana meditation practitioner. She is currently participating in a 2 year Meditation/Yoga teacher training at Spirit Rock Meditation Center in California.

Science of Yoga: Research based Evidence on Yogic Practices and Effects

Today yoga attracts people primarily as a way to good health. The diseases of modern civilization such as obesity, hypertension, coronary artery disease and diabetes are rooted in a faulty lifestyle. This realization stimulated the search for good lifestyles. Yoga is one of the best lifestyles ever devised by mankind. Till recently yoga was considered as an adjunct therapy borrowed from an alien system. But during the last few decades, yoga has got incorporated into modern medicine. Although yoga has been shown to be beneficial in many conditions, we do not always know how it works. The mystery may be partly because yoga also utilizes the healing power of positive emotions. But positive emotions often cannot be quantified, and their specific contribution to amelioration of disease cannot always be demonstrated in physiological or biochemical terms. How much role yoga has in health and disease depends on what one understands by yoga, and what one expects. If yoga is viewed comprehensively, it has extensive and potentially all-pervasive applications in medicine ranging from primary prevention to the care of the terminally ill.

Dr. Manjunatha MD, completed residency training at All India Institute of Medical Sciences, New Delhi, the premier medical institution of India. He is working as Professor of Human Physiology in India and is currently on a research fellowship in Mayo Clinic Rochester MN, working with Dr. Sreekumaran Nair in the division Endocrinology, Diabetes and Nutrition. Dr. Manjunatha's research interests include nutrition and other lifestyle factors in relation to chronic diseases, specially diabetes mellitus, and the physiological effects and therapeutic applications of yoga.



Yoga is more than Asana

Yoga is often mistaken for an exercise regime, focused primarily on making the body more flexible. In truth, this is merely one of the side effects. As described in the Bhagavad Gita, "Yoga is the journey of the self, through the self, to the self." From this premise, Sara will share her thoughts on how the practice of Yoga is much, much more than just asana (posture).

Sara Atkinson, Sara is co-owner of Breathe Yoga Studios in Rochester and has been teaching Yoga since 2007. She is an Experienced 200-hr Registered Yoga Teacher (E-RYT200), with thousands of hours of teaching, and currently enrolled in a 500-hr advanced teacher training program. Yoga is the axis of Sara's life, and her classes are an eclectic, yet balanced mix, centered on the breath.

Bringing Yoga to Your Life

In this interactive session, Mrs. Shashi Sood, a Yoga Grandmaster from India with over 40 years of experience teaching yoga, will share simple practices you can bring to your life to improve your energy and focus. She will be assisted by Dr. Amit Sood.



Amit Sood, MD MSc FACP, is director of research in the Complementary and Integrative Medicine Program at Mayo Clinic in Rochester, Minn. He also chairs the Mind-Body Medicine Initiative at Mayo Clinic and is a professor of medicine in the Mayo Clinic College of Medicine

Limited seats: Please rsvp to hiunni@gmail.com