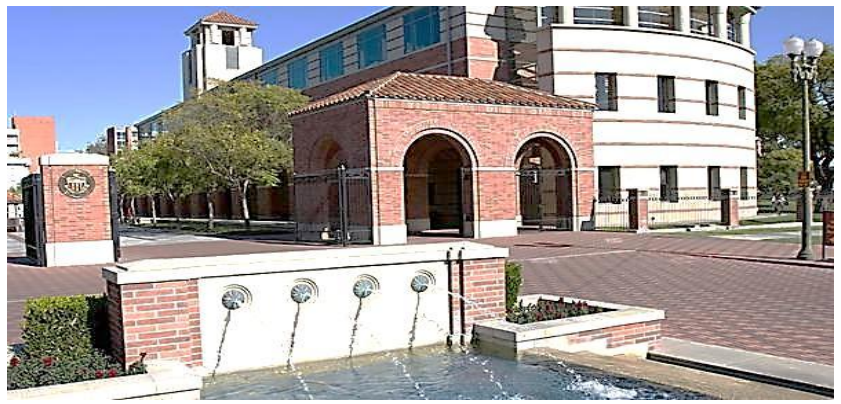




UNIVERSITY OF SOUTHERN CALIFORNIA



USC INTERNATIONAL CONFERENCE ON YOGA, MEDITATION, AND INTEGRATIVE HEALTH

The University of Southern California's *Dornsife College School of Religion* in collaboration with the *USC Institute for Integrative Health*, and the *USC Office of Religious Life*, announces the International Conference on Yoga, Meditation, and Integrative Health on **September 20th and 21st, 2014**.



Michelle Alva teaches Yoga as Integrative Wellness at Florida International University

The Mayo Clinic, UCSF's Osher Center for Integrative Medicine, Duke Univ., Univ. of AZ, Cleveland Clinic, and many other centers of excellence in healthcare, offer yoga therapy and meditation as both wellness methods and treatment modalities. Duke University's health care center for Integrative Medicine, with ten physicians and a large number of supporting health care providers introduces its work in the following way: "More and more people of varied ages, abilities and health conditions are turning to yoga to find ease in body and mind. This trend is fueled, in part, by a growing body of research suggesting that yoga may offer relief from a host of ailments—ranging from hypertension and fibromyalgia, to cancer, depression and insomnia. In fact, nearly 14 million Americans, say that a doctor or therapist has recommended yoga to them, according to a study by Harris Interactive Service Bureau."

The National Institutes for Health's National Center for Complementary and Alternative Medicine (NCCAM) lists its ongoing research projects involving meditation on its website which notes that: "Most meditative techniques started in Eastern religious or spiritual traditions" but that "A 2007 national Government survey...found that 9.4 percent of respondents (representing more than 20 million people) had used meditation in the past 12 months" for health related matters. The numbers have continued to rise in tandem with strong growth in research on the mental and physical health implications of yoga and meditation practices. We are witnessing a sea change in the way health will be perceived and preserved in the foreseeable future. But at the present time, we are at a watershed moment where the foundations of our understanding of the nature of well being are being challenged and transformed insights that are both very ancient and completely novel at the same time.





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Date: September, Saturday 20th - Sunday 21st, 2014

Time: 9:00am – 5:00pm both days

Location:

University Park Campus
Davis Auditorium, Gerontology Building
3715 McClintock Ave.
Los Angeles, CA 90089-0191

Attendance: All Day or Any Session

Registration: *LINK:* <http://dornsifelive.usc.edu/conferences/yogaconference2014/online-registration/>
EMAIL: wootton@dornsife.usc.edu

Audience

Persons affected by various pathologies may enhance their quality of life through the safe and effective delivery of *Yoga Therapy, Mindfulness and related mind-body practices* as part of *integrative wellness*. These therapies can be successfully and safely integrated with conventional treatment modalities when delivered by qualified professionals to improve overall therapeutic outcomes. These alternative and complementary methods can also be utilized as effective elements for *preventative medicine*. While the body of medical research on evidence-based Yoga Therapy practices, Breath Control, Mindfulness, and related mind/body methods has increased steadily, this information has not been widely disseminated amongst many healthcare providers and the broader patient population.

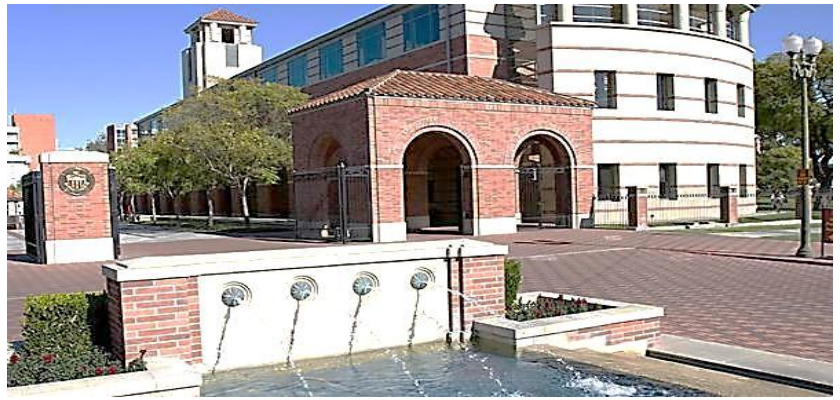
The Conference seeks to help ameliorate this gap between research findings and the general understanding of the possible efficacy of these treatments. As such, the conference will be open to yoga teachers, students, faculty, healthcare professionals and broader interested general audience.

Educational Objectives

- Overview of Evidence Based Therapies: Yoga, Mindfulness, Ayurveda, Meditation, Breath Control, Ayurveda, Nutrition, Sonic Meditation, and Related Mind-Body Practices
- Demonstrations of Yoga/Mind-Body Therapies for Physical and Psychological Wellbeing
- Information on Integrative Medicine & Mind-Body Wellness Modalities
- International Yoga and Mind-Body Intervention Workshops



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Program Schedule

SATURDAY, SEPTEMBER 20th

8:30-9:00 Registration and Information Desk

9:00-9:30 *Welcome and Introductions*

Lori Meeks, Ph.D., Director of School of Religion

Duncan R. Williams, Ph.D., Director, Center for Japanese Religion and Culture

Rita D. Sherma, Ph.D., Conference Convener, Swami Vivekananda Visiting Faculty in Hindu Studies

Dornsife School of Religion | University of Southern California

9:30-10:00 *Welcome Address and Presentation on Integrative Medicine:*

Marc J. Weigensberg, M.D., Director, USC Institute for Integrative Health, and Associate Professor of Clinical Pediatrics, Dept. of Pediatrics, Director of Pediatric Endocrinology, Los Angeles County & USC Medical Center.

10:00-10:30 *“Three Categories of Meditation: Lateral Asymmetry and Frontal Coherence Patters”*

Fred Davis, PhD, Director, Center for Brain, Consciousness, and Cognition | Dean of the Graduate School, Maharishi University of Management

10:45 -11:15 *Keynote Address: “The Roots of the Medical Use of Yoga, Meditation, and Mind-body Therapies”*

Philip Clayton, Ph.D., Ingraham Professor, Claremont School of Theology Professor of Philosophy, Claremont Graduate University

11:30 – 12:15 *Experiential Presentation: “The Clinical Use of Mindfulness Based Meditation”*

Anshu Vashishtha, MD | Clinical Faculty of the University of California, Irvine

12:30-1:30 Lunch

1:30-2:00 *Experiential Presentation: “Yoga Therapy for Peaceful Sleep and Detox for Substance Abusers”*

Sara Ivanhoe | Certified Teacher, Green Yoga | MA in Yoga Studies Program, Loyola Marymount University

2:15-2:45 *International Keynote Address: “Evidence Based Yoga Therapy for Metabolic Syndrome”*

H.R. Nagendra, Ph.D. Vice Chancellor, SVYASA University, India



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SATURDAY, SEPTEMBER 20th CONT'D

3:00-5:00 International Workshop

Yoga and Metabolic Syndrome: A Scientific Approach

Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA University) – Bangalore, India

SUNDAY, SEPTEMBER 21ST

8:30-9:00 Registration and Information Desk

9:30 – 10:00 Keynote Address: “*The Sources of Yoga Therapy and its Relevance to Mind-Body Wellness*”
Christopher Key Chapple, Ph.D., Loyola Marymount University

10:15 – 11:00 Visual Presentation: “*Ayurveda as Mind-Body Medicine for the Effective Evidence-Based Management of Stress and its Complications*”
Dr. Jayarajan Kodikannath, B.Sc., BAMS | Academy Director, Kerala Ayurveda (USA)

11:15 – 11:45 – Presentation: “*Mindful USC: A New Vision for Mindfulness and Higher Education*”
Varun Soni, PhD, Conference Co-Chair | Dean, Office of Religious Life, University of Southern California

12:00-1:00 Lunch

1:15-2:00 Experiential Presentation: “*SELF- Management of Pain and Suffering with Chakra (Energy Centers) Catharsis and Energizing*”
Savitri Rambhatla, MD | Clinical Practice in Mind-Body Medicine

2:15-2:45 Student Research Presentation: “*Green Medicine: Environment and Integrative Health*”
Birka Burnison | Religion Major | Environmental Studies Major
University of Southern California

3:00-3:30 Presentation: “*Chinese and Tibetan Mindful Sonic Breathwork for Health Support*”
Alexander Smirnoff, PhD, Staff Scientist, National Heart, Lung and Blood Institute, National Institutes of Health, Dept. of Health and Human Services, NCF Advisor on Science and Research

3:45-5:00 International Workshop
Chinese and Tibetan Sonic and Subtle Energy Bioenergetic Medicine
New Century Foundation Workshop
With Yuan Miao, Beijing, China
Founder of Yoga of Joy



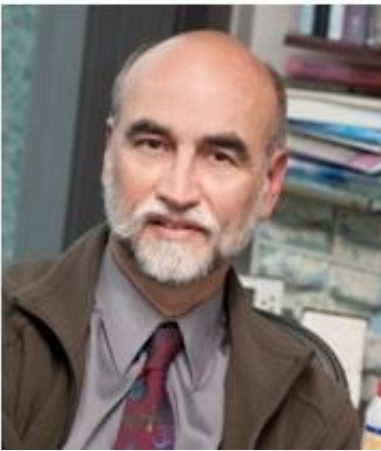
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Christopher Key Chapple, PhD | Keynote

Navin and Pratima Doshi Professor of Indic and Comparative Theology, Loyola Marymount University



Christopher Key Chapple is the Navin and Pratima Doshi Professor of Indic and Comparative Theology at Loyola Marymount University. Dr. Chapple received his undergraduate degree in Comparative Literature and Religious Studies from the State University of New York at Stony Brook and his doctorate in the History of Religions through the Theology Department at Fordham University. He served as Assistant Director of the Institute for Advanced Studies of World Religions and taught Sanskrit, Hinduism, Jainism, and Buddhism for five years at the State University of New York at Stony Brook before joining the faculty at LMU. He co-founded LMU's program in Asian and Pacific Studies, chaired the Department of Theological Studies for five years, and served as Associate Academic Vice President for four years. In 2002, he established the Yoga Philosophy Certificate Program through LMU's Center for Religion and Spirituality. His recent published works include *Yoga and the Luminous: Patanjali's Spiritual Path to Freedom*, *Yoga and Ecology: Dharma for the Earth*, and *Reconciling Yogas: Haribhadra's Collection of Views on Yoga*. He is Director of the MA in Yoga Studies program.

Philip Clayton, PhD | Keynote

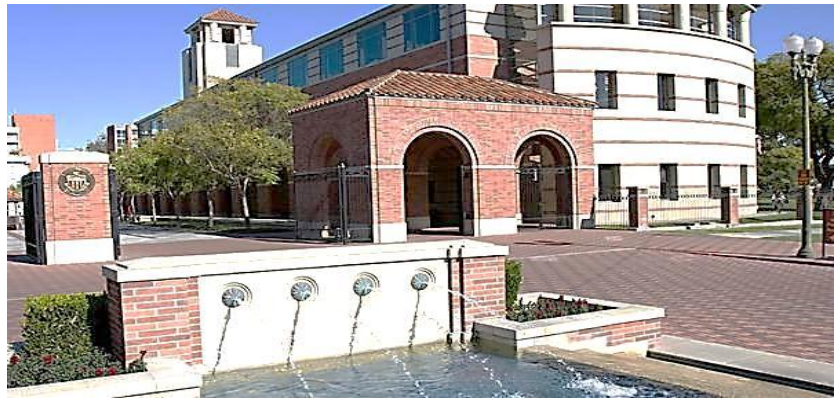
Ingraham Professor, Claremont School of Theology



Philip Clayton, Ph.D. is currently Ingraham Professor of Theology at Claremont School of Theology and Professor of Philosophy at the Claremont Graduate University. Philip Clayton holds a Ph.D. in both Philosophy of Science and Religious Studies from Yale University. He has taught at Haverford and Williams Colleges, at the California State University, at the University of Munich (holding Humboldt and Fulbright Professorships), at Harvard Divinity School, and is currently Ingraham Chair at the Claremont School of Theology and Professor of Philosophy at the Claremont Graduate University. Clayton is author of *The Problem of God in Modern Thought*; *God and Contemporary Science*; and *Explanation from Physics to Theology: An Essay in Rationality and Religion*, along with a number of edited volumes, including, *Quantum Mechanics: The Problem of Divine Action*, *Evolutionary Ethics: Human Morality in Biological and Religious Perspective*, *In Whom We Live and Move and Have Our Being: Panentheism and Science*, and *Science and the Spiritual Quest*. He has published some 50 articles in the philosophy of science, metaphysics and theology. He won the Templeton Prize for Outstanding Books in Science and Religion and the first annual Templeton Grant for Research and Writing on the Constructive Interaction of the Sciences and Religion. From 1999-2003, Dr. Clayton served as Principal Investigator of the Science and the Spiritual Quest program at the Center for Theology and the Natural Sciences.



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Fred Travis, PhD

Director, Center for Brain, Consciousness, and Cognition | Dean of the Graduate School, MUM



Dr. Fred Travis is Professor and Director, Center for Brain, Consciousness, and Cognition, and Dean of the Graduate School at Maharishi University of Management. He has served as Senior Researcher, Institute for the Study of Higher States of Consciousness, 1993-Present. Dr. Travis holds a PhD in Psychology, Maharishi University of Management and MS in Psychology. He completed his Post Doctoral Fellowship, University of California, Davis, in Basic Sleep Research. His research interests include psychophysiological correlates of higher states of consciousness; psychophysiological correlates of reading Vedic literature; investigation of models of higher states of consciousness; effects of TM practice on child development and effects of TM practice on promoting healthy aging. His groundbreaking research has been published in numerous academic journals. Awards and honors conferred on Dr. Travis include the awards from the Editorial Board of the *Journal of Meditation and Meditation Research*; Who's Who in American Schools and Colleges, 1985, and Honorable Mention, NSF Graduate Fellowships, 1985. His most recent research is on higher mind-brain development in successful leaders, testing a unified theory of performance.

Dr. Jayarajan Kodikannath, B.Sc., BAMS
Academy Director, Kerala Ayurveda (USA)



Dr. Jayarajan Kodikannath is the Academy Director of Kerala Ayurveda (USA). He is currently on the Board of Directors of National Ayurveda Medical Association (NAMA) and California Association of Ayurvedic Medicine (CAAM). He is an accomplished teacher for advanced courses in Ayurveda. He served as the Chief Medical Officer of Ayurvedagram which is a heritage wellness center in Bangalore, India for more than 10 years. Dr Jayarajan is actively involved in the various research projects of Kerala Ayurveda. He has presented several papers on Ayurveda in national and international seminars. He has served in the curriculum committee of Bastyr University to create their Ayurveda program and he is also a founding member of Council for Ayurveda Credentialing (CAC).



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Sara Ivanhoe **MA in Yoga Studies Program, Loyola Marymount University**



is currently getting her Master's Degree at LMU's Inaugural Yoga Philosophy program and serves as Student Senator of Bellarmine College.

Sara Elizabeth Ivanhoe is the Yoga Spokesperson for Weight Watchers, most recently releasing the "Weight Watchers Yoga Starter Kit." She began teaching in 1995, shortly after graduating with honors from New York University. She has completed the Yoga Works teacher training, a specialized Therapeutics program and is also certified by Erich Schiffmann in his Freeform Style. Sara is the instructor for the "Yoga for Dummies" series, the "Crunch Yoga" series as well as the collaboration with Russell Simmons "Yoga Live." She had an extended run on Fit TV with "All Star Workouts" and on Exercise TV with "Yoga on the Edge." Sara was a regular on Vh1's "Dr. Drew's Celebrity Rehab" and has been featured on all the major news channels. She is highlighted in the acclaimed documentary "Titans of Yoga" and "Women of Bhakti." Ivanhoe is one of the few teachers certified by the Green Yoga Association to teach Yoga and Ecology. In addition, Loyola Marymount University has awarded Sara a Certification in Yoga Philosophy. She

H.R. Nagendra, PhD | Keynote

Vice Chancellor, SVYASA University, Bangalore, India



Dr. H. R. Nagendra, a former space scientist at NASA, returned to India, changing, as he says, from engineering to human engineering "in search of truth." In 1975, Dr. Nagendra established the internationally renowned Vivekananda Kendra Yoga Research Foundation (or V K YOGAS) which has been renamed Swami Vivekananda Yoga Anusandana Samsthana (sVYASA). Dr. Nagendra is at present the President of VYASA, Bangalore, VYASA, International, VYERTI, Melbourne and Vice Chancellor of SVYASA University. He has authored and co-authored about 35 books on yoga, nearly 35 papers in engineering and 60 in research papers on yoga. He has awards from the Ministry of Health, a Yoga Sri award from BKS Iyengar. He is a consultant in Yoga to many Universities in Australia and USA, member of several bodies in the Govt. of India. H. R. Nagendra has been a researcher the University of British Columbia, Canada, NASA Marshall Space Flight Center, Huntsville, AL as Post Doctoral Research Associate and at Harvard University Engineering Sciences laboratory as a Consultant between 1969 and 72 and Imperial College of S and T, London. SVYASA offers courses in a variety of programs from Certifications to Doctoral programs in the Yoga Sciences. SVYASA is recognized in the field as the premier academic institution for Interdisciplinary Yoga Studies.



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Dr Savitri Rambhatla, MD | Clinical Medical Practice with Integrative and Complementary Therapies



Dr Savitri Rambhatla, MD has been in practice in pediatrics and neonatology for 25 years in Montebello after completing neonatology fellowship at USC in 1985. Over the past 10 years she became very interested in Mind-Body-Medicine and has attended several courses in Integrative/Holistic medicine. She has also attended several Acupuncture courses, and has more than 300 hours of training. She has always been interested in the spiritual aspect of religion and medicine, which encouraged her to become a certified Yoga Instructor, Meditator, and Energy healer. She is also certified in Hypnosis, Guided Imagery as part of Hypnosis, Time Empowerment, and Neuro Linguistic Programming. Her passion is integrating the complementary/holistic philosophies she has learned in the management of pain & suffering, anxiety, sleep disorders, stress, addictions, diabetes, obesity, and many psycho somatic ailments, and life style disorders. She currently has a full time pediatrics practice in Montebello and also helps Revelations Yoga Wellness Center, located in El Monte, CA, with their Wellness Services.

Rita D. Sherma, PhD | Conference Convener & Co-Chair

The Swami Vivekananda Visiting Faculty in Hindu Studies, School Of Religion, USC



Rita D. Sherma Ph.D. is the *Swami Vivekananda Visiting Faculty in Hindu Studies at the University of Southern California (USC) Dornsife College School of Religion* and holds an M.A. in Religion, and Ph.D. in Theology and Ethics, from Claremont Graduate University, CA. She is the co-founder and Vice-President of DANAM (Dharma Academy of North America), the first scholarly association in North America to offer a dedicated forum for the study of the multidisciplinary global expressions of the religious traditions that emerged in India, in conjunction with the American Academy of Religion. Dr. Sherma has published five edited volumes including *Woman and Goddess in Hinduism: Reinterpretations and Re-envisionings*; *Contemporary Issues in Constructive Dharma: Epistemology and Hermeneutics*; *Dying, Death, and Afterlife in Dharma Traditions and Western Religions*, and *Hermeneutics and Hindu Thought: Toward a Fusion of Horizons*. Forthcoming in 2015 are *Prayer and Worship in Indic Religions*, and *Engaged Hinduism: Service as a Spiritual Path*. She is currently writing two books: on ecological theology, and methodology in the study of religion. A

contributing author for numerous edited volumes, Dr. Sherma is Associate Editor, for the *Encyclopedia of Indian Religions*, and founding Editor-in-Chief of the *International Journal of Dharma Studies*. Dr. Sherma's current research includes contemplative studies and integrative medicine, as well as yoga traditions in relation to bioethics.



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Varun Soni, PhD | Conference Co-Chair

Dean, Office of Religious Life, University of Southern California



Dean Varun Soni received his B.A. degree in Religion from Tufts University, where he also earned an Asian Studies minor and completed the Program in Peace and Justice Studies. He subsequently received his M.T.S. degree from Harvard Divinity School and his M.A. degree through the Department of Religious Studies at the University of California, Santa Barbara. He went on to receive his J.D. degree from University of California, Los Angeles School of Law. He earned his Ph.D. through the Department of Religious Studies at the University of Cape Town, where his doctoral research focused on religion and popular culture. Dean Soni is currently a University Fellow at USC Annenberg's Center on Public Diplomacy and an Adjunct Professor at the USC School of Religion. He is the author of *Natural Mystics: The Prophetic Lives of Bob Marley and Nusrat Fateh Ali Khan* (Figueroa Press, 2014) and his writings have appeared in the *Washington Post*, *Huffington Post*, *Crosscurrents*, *Jewish Journal*, and *Harvard Divinity Bulletin*. He produced the critically acclaimed graphic novel *Tina's Mouth: An Existential Comic Diary* by Keshni Kashyap, which is currently being adapted as a feature length film. He also produced and hosted his own radio show on KPFK-Pacifica that showcased music from South Asia and its diaspora. Dean Soni is a member of the State Bar of California, the American Academy of Religion, and the Association for College and University Religious Affairs. Prior to joining USC, Dean Soni spent four years teaching in the Law and Society Program at UCSB.

Alexander V. Smirnov, PhD | Advisor on Science and Research, New Century Foundation International



Alexander Smirnov graduated with honors (M.S.) from Russian Academy of Sciences' Higher Chemical College focusing on applied mathematics. He continued advanced studies in biochemistry, chemical physics and modern optics in Iowa State University of Science and Technology (Ames, IA) to receive Ph.D. degree in Physical Chemistry in 1999. Having a decade-long research experience as a Staff Scientist at the National Heart, Lung and Blood Institute (NIH in Bethesda, MD) in conjunction with growing interest in meditation, yoga and other esoteric traditions Dr. Smirnov is open to share and discuss every perspective that comes from direct experience complemented with powers of observation, intuition and analytical thinking. Authoring a number of original articles in leading journals on microscopy, photochemistry and biophysics his interest are expanding to more practical applications of Energy in any of its forms: from cells and organs to human body and consciousness. Recently Dr. Smirnov was invited to a board of advisors

for the non-profit New Century Foundation which is dedicated to the study and promotion of primordial yoga for enhancement of the total wellness of individuals from all walks of life.



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Anshu Vashishtha, MD

Conference Committee | Clinical Faculty of the University of California, Irvine



Dr. Anshu Vashishtha is a board certified physician on the clinical faculty of the University of California, Irvine, who has served in leadership roles in the development of new treatments for serious diseases such as cancer and cardiovascular disease. He graduated as the best all round graduate of the prestigious All India Institute of Medical Sciences, New Delhi, India, and obtained a doctorate in immunology from Rockefeller University, New York. He then completed a residency in internal medicine at the Albert Einstein College of Medicine, New York. He has worked in pioneering and transformative companies like Genentech and Amgen. While developing a personal meditation, mindfulness and spiritual practice informed by many traditions, he has also been an organizer and active participant at professional meetings at venues like the Drug Information Association, Food and Drug Law Institute, Drug Safety Research Unit of the United Kingdom, the FDA, and the

Virginia Tech Center for Applied Health Sciences. He has a keen interest in integrative medicine and studies of science and spirituality. He has spent several years in learning and teaching within traditions like Vedanta, Sikhism, Sufism, Swadhyay, Raja yoga and other contemplative methodologies.

Marc J. Weigensberg, MD | Conference Co-Chair

Director, USC Institute for Integrative Health



Dr. Weigensberg is the *Director of the USC Institute for Integrative Health*, and holds an appointment as Associate Professor of Clinical Pediatrics in the Department of Pediatrics, and is the Director of Pediatric Endocrinology at Los Angeles County and USC Medical Center. He has a major interest in mind-body medicine and was certified in Interactive Guided ImagerySM through the Academy for Guided Imagery, Mill Valley, CA in 1999. Dr. Weigensberg received his medical school training at the University of Chicago Pritzker School of Medicine, and completed his pediatric residency and pediatric endocrinology fellowship training at Children's Memorial Hospital, Northwestern University. He is an integral clinical investigator in the USC Childhood Obesity Research Center, where he has served as Clinical Co-Principal Investigator (Co-PI) and Co-Investigator (Co-I) for multiple lifestyle interventions and other metabolic studies involving diabetes and chronic disease risk in overweight children and adolescents. He is Principle Investigator for the "Imagine Health" study, funded by the

National Center for Complementary and Alternative Medicine. He is currently Co-I on two projects of the USC Center for Transdisciplinary Research on Energetics and Cancer (USC C-TREC).



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USC INTERNATIONAL CONFERENCE ON YOGA, MEDITATION AND INTEGRATIVE HEALTH

INTERNATIONAL WORKSHOP

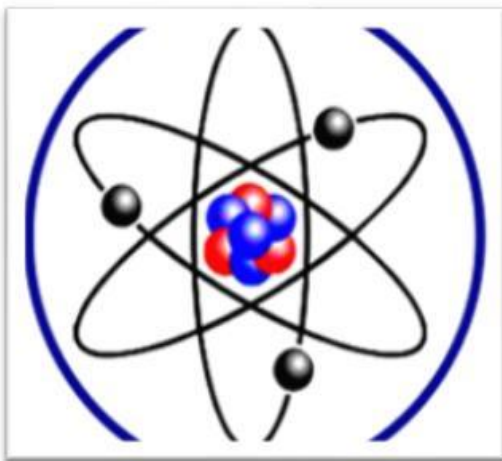
Yoga Therapy Workshop

Yoga and Metabolic Syndrome: A Scientific Approach

Swami Vivekananda Yoga Anusandhana Samsthana S-VYASA University,

Bangalore, India

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) is the preeminent international institution for clinical therapy and research and yoga therapy. Over the years, S-VYASA has been substantiating scientific validation through peer-reviewed medical research at S-VYASA and has successfully sponsored and published 284 research papers which have all been indexed in PubMed/Medline or Psychlit/Psychinfo. S-VYASA has carried itself as a Centre of Advanced Research (CAR) in Yoga and Neurophysiology

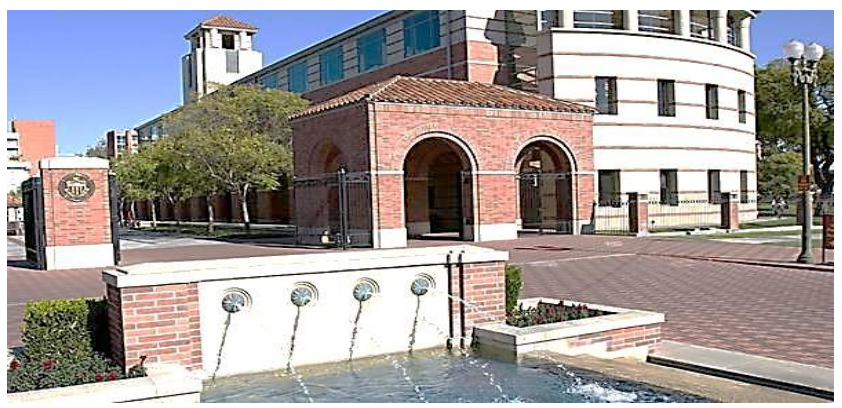


accredited by the Indian Council of Medical Research (ICMR). S-VYASA is also supported by original programs in Yoga Therapy Research with a 250-bed inpatient treatment facility called Arogyadhama. This is essentially envisioned to prevent and treat modern NCDs, long-term rehabilitation and to promote Positive Health. The Department of AYUSH, Ministry of Health & Family Welfare, the Government of India accorded Centre of Excellence in Yoga. This institute also has an Advanced Centre for Research in Yoga & Naturopathy sponsored by Indian Council of Medical Research. The S-VYASA workshop for the USC International

Conference in Yoga, Meditation and Integrative Health will engage Yoga Therapy modalities for wellness.



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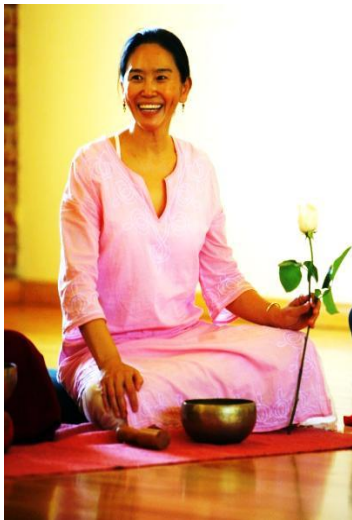
INTERNATIONAL WORKSHOP

Chinese and Tibetan Mindful Sonic Breathwork for Health Support

New Century Foundation Workshop with the Yoga of Joy founder, Yuan Miao

Beijing, China

Thousands of years ago, the Chinese discovered sounds associated with each of the Five Elements (Metal, Wood, Water, Fire, and Earth), and posited beneficial effects on their corresponding organs: lung, liver, kidney, heart, stomach. The healing sounds are understood, in Chinese Traditional Medicine (known as TCM in the West), to alleviate the negative emotions associated with and understood as emerging from each organ: sorrow, anger, fear, tiredness, and anxiety. In this workshop,



musicians from the US with years of meditation and musical accomplishment have been invited to join in opening the participants' senses, as well as reach their deeper consciousness, through the healing power of the harmonious Five Sounds. Participants will be lead by Tibetan yoga lineage holder Yuan Miao, founder of Yoga of Joy, to engage their body, breath and mind in a sequence of gentle movements and vocal expressions.

These exercises are purposed to enhance and support function of all major systems of mind-body: cardiovascular, digestive, endocrine, nervous and immune. We'll be learning to speak the language of our internal organs through the power of emotions, sonic vibrations and focused mind. Yuan Miao is an internationally renowned Yoga lineage holder and teacher.

