MEDICAL UNDERSTANDING OF YOGA – 2014

BRIDGING ACUPUNCTURE, YOGA AND CONVENTIONAL MEDICAL SCIENCES WITH THE LATEST SCIENTIFIC DISCOVERIES

August 23, 2014 8:30 am to 5:00 pm

**Location:** Maritime Institute Conference Center, Maritime Blvd, Linthicum Heights, MD

**Program Summary:** While Acupuncture has been scientifically validated for its therapeutic benefits, the current scientific view of the mechanism does not validate the concept of meridians. Dr. Kwang Sup Soh of Seoul National University, in his work over the last two decades, has actually validated these meridians as anatomical structures in the body. This, in his terminology, is the primo-vascular system (PVS). We also think of it as the Naadis of Yoga. Being colorless and in thickness about 20 microns, appearing as part of any tissue, they have not been recognized before. But Dr. Soh found these with the use of dyes, that adhere to specific ions, and reveal these channels. While he has been studying its functional aspects (physiology and pathology) over the last decade and has shown mitochondrial presence and its role in cancer metastasis, we think of it as the ‘fibre-optic’ communication system of the body that regulates all functionality. This explains how acupuncture and yoga work, how yoga works at the genetic-expression level, and why modern medicine can only manage many diseases at the bio-chemical level without curing them, but traditional systems like yoga can even cure them. This symposium has been organized specifically to promote further research into this area and develop aUnified System of Medicine in the decades to come.

8:00 to 8:30 am  Registration and Refreshments (beverages, baked items)
8:30 to 9:00 am  Importance of Primovascular System for Unified System of Medicine
                     Presenter: C. Rajan Narayanan, PhD
9:10 to 10:00 am  Biological Origins of The Acupuncture Meridian System, the Role of Regulation and Relationship of Chinese and Indian Medicine – Presenter: Alex Hankey, PhD
10:10 to 11:00 am Introduction to PVS (Primo-vascular system)
                     Presenter: Kwang Sup Soh, PhD
11:10 to 12 noon  Methodology of Research and Findings
                     Presenter: Kwang Sup Soh, PhD
12 noon to 1 pm  Lunch in the Dining Room (included in program fee)
1:00 to 1:20 pm  Historical Understanding of Ayurveda relative to Marma Points
                     Presenter: Hari Sharma, MD, DABIHM, FACN, DABP, FCAP, FRCPC
1:30 to 4:30 pm  Medical significances of the PVS: Convergence of yoga, acupuncture and Western medicine - Presenter: Kwang Sup Soh, PhD
4:30 to 5:00 pm  Panel Discussion - Views on Research, Next Steps and Impact on Medical Sciences
                     Moderator: Selvan Senthamil, PhD
5:00 to 6:00 pm  Informal Discussions among attendees (Add $28 to fee to join for dinner after 6 pm)

**Program Fee:** $149 (early registration by May 23, $119); Students $99 (early registration by May 23, $79); After July 23, add late fee of $20. Lodging is available at the conference center. Free shuttle pick-up (and drop-off) from BWI airport and BWI Amtrak station.

**Questions:** Contact narayanan@lifeyinyoga.org or call 301-328-3845.

**Web Registration**  click https://docs.google.com/forms/d/1F5xnkFokSjxm7pOZsqxuCypHdH0w34BzACPtUaL5FA/viewform

**Mail-in Registration with Check – Use Registration Form on Page 3 below.**
SPEAKERS AND PANELISTS

Dr Kwang Sup Soh is currently a Director of the Nano Primo Research Center, Advanced Institute of Convergence Technology, Seoul National University since March of 2011. He was a Professor in the Department of Physics and Astronomy at the Seoul National University from 1979 to 2011, where he led the Biomedical Physics Laboratory. Currently he is the Editor-in-Chief of the Journal of Acupuncture Meridian Studies (JAMS). He got BS in Physics in 1968 at Seoul National University, and PhD in high energy theoretical physics in 1974 at Brown University in USA. Professor Soh has authored or coauthored more than 60 journal papers on primo vascular system (PVS) and made numerous invited lectures nationally and internationally. Professor Soh began his research on the PVS which was first discovered by Dr Bong-Han Kim who reported to have discovered the anatomical structures corresponding to acupuncture meridians. Dr. Soh’s initiative in the rediscovery of the PVS led to many following researches in Korea and the first international conference named “The International Symposium on the Primo Vascular System” held in 2010 in Korea. He was the editor of the conference book “The Primo Vascular System, its role in Cancer and Regeneration” published by Springer in 2011.

Dr. Alex Hankey is the Distinguished Professor of Yoga and Physical Science, at SVYASA, the foremost yoga research University in the world – He has an MA from Canterbury College, Cambridge and a Ph.D. from the Massachusetts Institute of Technology. While his degrees are in Physics, his pursuit in the field of spirituality and consciousness led him to several experiences. He started as a Post-doctoral fellow at Stanford University in 1972, and rose from Assistant Professor to a Full Professor at Maharishi Mahesh Yogi’s Universities in the USA and Europe. His ardent focus on research led him to Bangalore (Bengaluru) where today he is a Distinguished Professor at SVYASA. He serves on the editorial board of several scientific journals.

Dr. Sharma is nationally and internationally known for his accomplishments in Ayurveda, a comprehensive, multi-strategy, prevention-oriented system of health care. He has been practicing Ayurveda since1995, and at OSU Integrative Medicine since the inception of the Clinic in 2005, and has conducted extensive research on the various modalities of Ayurveda. Dr. Sharma has published more than 150 research papers and written five books. He has lectured and presented his research worldwide at various medical institutions and conferences, including the Food and Drug Administration (FDA), the National Institutes of Health (NIH), and the World Health Organization (WHO). Dr. Sharma is a Fellow of the National Academy of Ayurveda, Ministry of Health and Family Welfare, Government of India. He is also a Fellow of the American College of Nutrition and a Fellow of the Royal College of Physicians of Canada. Dr. Sharma is board-certified in Integrative Holistic Medicine. He is also a member of various national and international professional societies. Dr. Sharma is Professor Emeritus and former Director of the Division of Cancer Prevention and Natural Products Research at The Ohio State University College of Medicine. He practices Ayurveda and also teaches Meditation and Pranayama (breathing exercises) at OSU Integrative Medicine.

Dr. Selvan Senthamil is a Research Associate Professor, Scientific Director, Melanoma Translational Research Program in the Department of Medical Oncology in Jefferson Medical College at Thomas Jefferson University. He is also a regular practitioner of yoga, has been involved with VYASA Los Angeles, and has been active in research for IBS with yoga therapy. Other research interests: Cancer Immunology and Immunotherapy: Cancer vaccine, and Dendritic cell and NK Cell-based therapy; Immune-monitoring: Tumor-specific antigens recognized by T cells; Tumor-escape mechanisms; GLP/GMP-Cell-based therapeutic product manufacturing and FDA regulations; Animal models. Number of publications in this field.

Dr. Narayanan is a founder and inspiration behind the formation of Life in Yoga Institute and Foundation. He has developed the Life in Yoga 5 by 3 by 1 Approach, several yoga techniques, protocol for therapy of Sleep Apnea, Arthritis, COPD, Asthma and other diseases, and several mudras. He has been doing research in the area of electrical conductance of Naadis or Meridians and has been trying to find the commonalities between Yoga Therapy and Acupuncture. In the process he has also proposed a Unified System of Medicine where the human system is viewed at five levels: musculo-skeletal system, bio-chemistry, genetic expression, vitality, immunity; and every system of medicine is viewed as working through the meridians or naadis of these 5 levels with entry point through plasma, marma point or the power of mind. Video recording of University of South Florida (from Dec 2, 2013) presenting these concepts can be accessed at http://vimeo.com/80941978
REGISTRATION FORM
For Attending MEDICAL UNDERSTANDING OF YOGA – 2014
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August 23, 2014 8:30 am to 5:00 pm

Use this registration form ONLY IF YOU ARE MAILING A CHECK - $4 discount on program fee
If two people plan to share a room, please pay for lodging on one form, but keep separate form for registration. But you can pay either by one or two checks with the combined totals from both sheets included in one mail.

NAME: __________________________________________
ADDRESS: __________________________________________
EMAIL: __________________________________________
PHONE/S: __________________________________________

Totaling Payment
1. Program Payment $149 Regular $99 Student _______
2. Early Registration Discount by May 23, 2014 - $30 regular, $20 for students - _______
3. Late Registration Fee of $20 after July 23, 2014 + _______
4. Check Payment Discount $4.00 - $ 4.00

4. TOTAL BEFORE ADDING OPTIONS

OPTIONAL ADDITIONS (Lodging & Aug 23 dinner)
5. $28 Addition for Dinner on Saturday, Aug 23, 2014 + ________
   (If you are lodging at the conference center on Aug 23 night, your dinner is paid in your lodging costs. Do not add this $28.)
6. Add Lodging Cost from Worksheet Below + _______

7. GRAND TOTAL FOR WRITING CHECK (add lines 4, 5 and 6) _______

WORKSHEET FOR CALCULATING LODGING COST
(a) Check right amount $152 Single occupancy $214 Double occupancy _______
Arrival date & approx time: __________________________
Departure date & approximate time: ______________________
(b) Number of nights lodging required (evening dinner and morning breakfasted included in cost) # _______

8. Total Lodging Cost (Multiply line (a) by (b)) Enter line 8 amount on line 6 above

MAKE CHECK TO Life in Yoga Institute, AND (Questions: 301-328-3845 or narayanan@lifeinyoga.org)
MAIL TO: Life in Yoga Institute, Attn: Dr. Narayanan, 1111 University Blvd West, #1306, Silver Spring, MD 20902
CANCELLATION POLICY: Full refund minus $35 processing fee up to 30 days before the event. Thereafter no refunds.

For pick up from BWI Airport or Amtrak Station, call 410-859-5700. The same number can be used to request lodging and paying by credit card, instead of using this form.