



Life In Yoga Institute

Measured Yoga Therapy in Maryland

What is Measured Yoga Therapy (MYT)?

MYT is based on the traditional medicine (Chinese and Ayurveda) concept that the human system is a communicating system measured in terms of bio-energy. MYT is a technique of bio-energy assessment combined with modern diagnosis that is used to recommend an appropriate yoga exercise – meditative, breathing, mostly chair-based practices – and the immediate impact is measured on bio-energy. Such an approach allows to predict reasonably the outcome of regular practice.

MYT has been developed by Life in Yoga Institute and has been accepted for publication by a PubMed journal <http://www.ijoy.org.in/aheadofprint.asp> under the heading *Bioenergy and its Implications for Yoga Therapy*.

MYT requires reading the 10 finger-tips within an electromagnetic field that is called Electro-photonic imaging. This indicates level of communication by major organ systems of the body, and suitable yoga exercises are prescribed. It is applicable for almost any kind of condition.

This method has shown impact in many conditions including: Diabetes, Snoring, Sleep Apnea, Weight-control, Pain, Arthritic conditions, Depression, Anxiety, Chronic Stress, Hypertension and Cardiovascular problems, Plantar fasciitis, Sleep disorders, etc.

Getting an Appointment

Appointment Contact: Rekha Uppal- 301-580-7758; uppal.rekha@gmail.com

North Bethesda Clinic (Thursdays): 11119 Rockville Pike, Suite 105, North Bethesda, MD 20852

Clarksburg Clinic (Saturdays): 22616 Gateway Center Drive, Suite 600 (Adventist Healthcare), Clarksburg, MD 20871

Therapy Provider: Dr. Rajan Narayanan (PhD) with support by trainee Rekha Uppal

BEFORE CONFIRMING APPOINTMENT

- Therapy Preparation form (Medical and Lifestyle History) must be filled and returned to narayanan@lifeinyoga.org
- Download form from http://www.lifeinyoga.org/App_Downloads/The_rapyPreparationform.doc

PREPARING FOR APPOINTMENT

- Follow preparation instructions on first page of Therapy Preparation form
- Print, understand and sign consent form at http://www.lifeinyoga.org/App_Downloads/ConsentForm.pdf

What MYT involves – cost, etc?

- MYT requires daily unbroken practice for 3 months for good results – i.e. recovery in many conditions, and substantial relief in others. Depending on your condition, you may be required to commit 15 minutes to 1 hour a day for daily practice. **IF YOU CANNOT COMMIT TO IT, YOU MAY NOT SEE MUCH IMPROVEMENT.**
- Initial consulting should take between 90 minutes and 3 hours – we average 2 hours
- Follow-up consulting averages about 1 hour
- Fee Options
 - >3 month maintenance is \$500 – covers initial consulting and two follow-up within 3 months, and phone-based assistance as needed
 - >Single Consultations – Initial \$250; Follow-up \$175
- Yoga Therapy is not covered by health insurance
- As a non-profit, Life in Yoga does not deny services to anyone, but those who can afford are expected to pay and help defray our costs

About Life in Yoga Institute & Therapy Provider

Life in Yoga Institute is a tax-exempt non-profit based in Maryland. It is the only yoga organization to date that has accreditation to give Continuing Medical Education credits to doctors. The Executive Director and Chief Therapist is Dr. Rajan Narayanan. He is NOT a licensed medical doctor, but a PhD researcher who has developed this system. He is also certified as a Yoga Therapist by the International Association of Yoga Therapists. He and his team of doctors and scientists train doctors and therapists.



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