

## Life in Yoga Course Plan for 2018

### **CME Courses** – Recommended also for yoga therapist; Non-Physician attendees welcome

**February 18 (Sunday) – Yoga as Medicine (7 CME)** – Lakewood Country Club, Potomac, MD

Faculty: Khalsa and Narayanan; Coordinator: Rekha Uppal

Description: Building awareness about the relevance of yoga for health management – both preventive and therapeutic. Course to provide overview of proliferation, scientific evidence, philosophy of yoga and its relationship to traditional medicine systems, and experience of practice.

**June 9 (Saturday) - Yoga for Mental Well-being and Mind-Body Connection (7 CME)** – San Antonio, TX

Faculty: Khalsa and possibly other guest speakers; Coordinator: Hetal Nayak

Description: Evidence-based application of yoga therapy for mental health with focus on the military – theme Yoga for Warriors – to provide awareness of applicability. Course to provide both scientific content and experience of practice.

**June 9-10 (Sat-Sun) – Yoga Therapy and its Application in Medicine (14 CME)** – Univ of Houston, TX

Faculty: Sarkar, Narayanan, Khalsa (June 10); ; Coordinator: Anjali Kanojia

Description: Building awareness as well as providing tools to bring Yoga Therapy into practice. Course to provide overview of proliferation, scientific evidence, philosophy of yoga and its relationship to traditional medicine systems, and experience of practice as relevant in clinical setting.

**June 30-July 1 (Sat-Sun) – Yoga as Intervention in Medicine (12 CME)** – Lakewood Country Club, Potomac, MD

Faculty: Khalsa, Narayanan; ; Coordinator: Rekha Uppal

Description: Preparing healthcare providers to bring yoga therapy into practice armed with scientific evidence, relationship between traditional medicine and modern medicine concepts, and tools to apply Yoga Therapy with patients. This is intended as a follow-up to a one-day introductory course.

**September 21-23 (Fri-Sun) – Overview of Yoga Therapy for Healthcare Providers (21 CME)** – CCMIT, Linthicum, MD

Faculty: Sarkar, Khalsa and Narayanan; ; Coordinator: Rajan Narayanan

Description: Preparing healthcare providers to bring yoga therapy into practice armed with scientific evidence, relationship between traditional medicine and modern medicine concepts, relevance of complementary practices, and tools to apply customized Yoga Therapy with patients as relevant in clinical setting.

**October 6 (Saturday) – Yoga as Medicine (7 CME)** – Chicago, IL

Faculty: Basu-Ray and Narayanan; ; Coordinator: Yogesh Bhargava

Description: Building awareness about the relevance of yoga for health management – both preventive and therapeutic. Course to provide overview of proliferation, scientific evidence, philosophy of yoga and its relationship to traditional medicine systems, and experience of practice.

### **Non-CME General Courses**

**February 18 (Sunday) – Scientific Understanding of Yoga for General Practitioners** – Lakewood Country Club, Potomac, MD (Same as CME course but invitation to general audience)

Description: Relevance of yoga for health management – both preventive and therapeutic – presented to a general audience with overview of proliferation, scientific evidence, philosophy of yoga and its relationship to traditional medicine systems, and with experience of practice.

**April 7-8 (Sat-Sun) – Bioenergy and its Implication for Yoga Therapy** – Montgomery County, MD.

Faculty: Korotkov and Narayanan

Description: Life in Yoga's approach to Measured Yoga Therapy is presented with the use of Bio-well, the Electrophotonic Imaging tool developed by Konstantin Korotkov. This is a system that bridges modern medicine with traditional systems based on yoga philosophy and will refer to publication by the same name as the course in the International Journal of Yoga, Jan-Apr, 2018

**Sep 29-30 (Sat-Sun) – Spiritual Dimensions of Yoga** – Lakewood Country Club, Potomac, MD.

Faculty: Narayanan

Description: The Naadi system, the process of purification and life barriers to progress in yoga, and simple practices that help the process.

**October 6 (Saturday) – Scientific Understanding of Yoga for General Practitioners** – Chicago, IL (Same as CME course but invitation to general audience)

Description: Relevance of yoga for health management – both preventive and therapeutic – presented to a general audience with overview of proliferation, scientific evidence, philosophy of yoga and its relationship to traditional medicine systems, and with experience of practice.

**Additional Spiritual Retreats may be planned in Arizona, Maryland, Texas and Delaware.**

-----

## **Life in Yoga Therapy Clinics for 2018**

Life in Yoga Institute's Therapy program operates in Maryland, Houston (TX) and Phoenix (AZ) with trained volunteers. In addition we visit Chicago as well for therapy services. Following are information regarding the therapy services.

For Scheduling Appointments:

Maryland: Rekha Uppal – 301-580-7758; [uppal.rekha@gmail.com](mailto:uppal.rekha@gmail.com) or [narayanan@lifeinyoga.org](mailto:narayanan@lifeinyoga.org)

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

Clinic in White Oak: 11161 New Hampshire Ave, Suite 420, Silver Spring, MD 20904

Therapy Provider: Rajan Narayanan, PhD, C-IAYT

Houston: Hema Chandra – 281-804-7153

Clinic: 17510 W Grand Pkwy S Ste 590, Sugar Land, TX 77479

Therapy Providers, Rajan Narayanan, Anjana Dhingra (MD), Hema Chandra

Phoenix: Anu Goyal – 480-751-8918; [agliy.phx@gmail.com](mailto:agliy.phx@gmail.com)

Clinic (weekdays): 9150 W Indian School Road, Suite 131, Phoenix, AZ 85037

Clinic (weekends): 20045 N 19<sup>th</sup> Ave, Bldg 11, Suite 165, Phoenix, AZ 85027

Therapy Provider: Rajan Narayanan; Under training: Dr. Krishna Karturi-Reddy (MD) and Anu Goyal

Chicago – Contact Dr. Rajan Narayanan at [narayanan@lifeinyoga.org](mailto:narayanan@lifeinyoga.org)

Key Information:

- Therapy Preparation Form must be completed before confirming appointment.
- Consent form must be completed to keep appointment.
- Initial consulting should take between 90 minutes and 3 hours – we average 2 hours
- Follow-up consulting averages about 1 hour
- Fee is \$500 – covers initial consulting and two follow-up if needed within 12 weeks
- 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 to pay are expected to pay and help defray our costs