

PROGRAM UPDATES & ANNOUNCEMENTS

1. **SPECIAL PROGRAMS** – August through October, 2011
2. **ONLINE YOGA SESSIONS** - Tuesdays and Thursday beginning from August 30.
3. **ORGANIZATIONAL UPDATE** - Update on meetings, tasks, volunteer needs, program participation, conferences and other items
4. **YOGA PALA CHALLENGE**

1. SPECIAL PROGRAMS

September 11 (Sunday) will be YOGA MANAGEMENT OF DIABETES. Mr. and Mrs. Asok Kumar of SVYASA will lead this program. This program has been developed by SVYASA (www.svyasa.org) and has been used for the launch of the Stop Diabetes Program in India. This is planned as a whole day program from 10 am to 5 pm at Sri Siva Vishnu Temple in Lanham, MD. To register, please send an email to RNARAYANAN.US@GMAIL.COM.

September 18 (Sunday) 3 pm to 7 pm will be CYCLIC MEDITATION Technique of SVYASA. Mr. and Mrs. Asok Kumar of SVYASA will lead this program. This program has been developed by SVYASA (www.svyasa.org) as a method of dealing with stress. Stress is considered the root cause of most disease conditions. This is will be held at Sri Siva Vishnu Temple in Lanham, MD from 3 pm to 7 pm. To register, please send an email to RNARAYANAN.US@GMAIL.COM.

September 17-18 & 24-25 - NAATYA YOGA by Aparna Ramaswamy. Aparna Ramaswamy is a classical Bharatanaatyam teacher in the Washington area and also a mental health counselor. She is currently doing her Ph.D. in Naatya Yoga and will be presenting four 90-minute sessions as one course on two consecutive Saturdays (5 pm to 6:30 pm) and Sundays (10:30 am to noon) in Darnestown, Maryland. Bharatha Natyam is an interpretive story telling dance form from Southern India. When practiced as Natya Yoga, Bharatha Natyam embodies principles of ashtanga yoga, as described in Patanjali's Yogasutra. This experiential workshop teaches natya yoga movements that are tailored to the participant's abilities. No prior training in dancing is required. Space is limited to 10 people and there is a suggested donation of \$50 for these four sessions. To register, please send an email to RNARAYANAN.US@GMAIL.COM.

October 8 to 10 - Intro to Yoga Therapy for Medical Professionals is to be held at the Howard University College of Medicine. It is eligible for up to 22 hours of AMA PRA Category 1 Credits. Please let your physicians and other medical professionals (nurses, dietitians, physiotherapists, physician assistant, etc.) know about it. The flyer and registration form can be downloaded at http://www.lifeinyoga.org/App_Downloads/CME_Course_form-flyer.pdf. The 38 page curriculum for the course can be viewed at http://www.lifeinyoga.org/App_Downloads/YMS101_October2011.pdf.

October 22 and 23 - repeat course of Reiki 1 and 2 for those who may have missed the June session. There is a \$200 fee for the course 6 more spaces are available. Send an email to RNARAYANAN.US@GMAIL.COM to register for the course.

Programs without fees noted are all free. However we suggest a donation according to your ability between \$5 and \$20 per hour of program.

2. ONLINE YOGA SESSIONS will begin on August 30 on Tuesday mornings and Thursday evenings.

The live online classes (with two-way communication capability) will be done through Physiic and there will be a nominal charge for the service. If you are interested, please register an account

at <https://physiic.com/> and search "Upcoming Live Classes" to reserve your spot. Registration and enrollment should be completed as soon as possible to allow adequate technical support by Physiic. If you have any questions you can contact Justin Tuttle at justin.tuttle@physiic.com.

Following are the descriptions of the two sessions:

Energetic Alignment Yoga by Raj Narayanan – 1 hour – 6 am to 7 am Eastern Time TUESDAYS

Beginning Tuesday, August 30, 2011 and ending November 15, 2011. To resume in January based on user demand.

This is intended to be a routine designed to energize in the morning but with focus on alignment. Sessions and sequence will vary based on participant need and ability. The general plan is to begin the session with alignment exercises, followed by balancing postures and breathing exercises. A short meditation may be included in the end, time permitting. Surya Namaskar (Sun Salutation) may be used either in warm-mode or in slow balancing mode. Each session may vary and progression will be based on participant comfort. A warm shower is recommended prior to beginning the exercise to keep the muscles supple and avoid potential for any injury.

Dance Yoga by Raj Narayanan – 75 minutes – 6:30 pm to 7:45 pm Eastern Time THURSDAYS

Beginning Thursday, September 1, 2011 ending November 17, 2011

This is a unique exercise created by Life in Yoga that combines all five aspects of exercising – physical, breath, vibration, thought and pure observation. This exercise requires a little training and the enjoyment comes only after the third session. For September and October there will be a new beginning in the teaching steps, and all of November, it will only be practice. The first Thursday of September and October will focus on the breathing and motions. The second Thursday will focus on mental affirmation. The third Thursday will focus on meditation techniques. If there are sufficient numbers of trained participants by the end of September, we can open a new practice session – no step by step teaching – from the month of October where we will find a weekday from 6:30 pm to 7:45 pm that is mutually convenient for most of the people who are interested.

3. ORGANIZATIONAL UPDATE

Life in Yoga is now two separate organizations: Life in Yoga Foundation and Life in Yoga Institute using the same web site. Life in Yoga Institute was created to focus on the Research and Education side of yoga while the Foundation stays focused on Community Service. Right now we are making plans for 2012 and we need volunteers to form and lead different tasks.

PROGRAM CALENDAR FOR 2012 – We are beginning the process for developing the 2012 program calendar. Dr. Dilip Sarkar and Dr. Rajan Narayanan are leading the process. Please feel free to send them any input.

BOARD MEETINGS – Life in Yoga Board meetings are held roughly once in two months. It is open to all. The next Board meeting is planned for Sunday, September 25, at 2:30 pm.

VOLUNTEER NEEDS – We need volunteers in the following areas:

- **Property Search Lead** - We have been actively looking for a suitable property. We need a dedicated person who can work with our real estate agent to locate and qualify properties and bring such qualified properties to the attention of the Board.
- **Event Logistics Management** This group will need to manage the logistics of seating, equipment, set-up, food service and clean-up for each event. This group needs to coordinate between program planners and the location hosts.

- **Blogging, Social Media Publicity Management** - This group under the leadership of one person needs to take all the programs that are planned, communicated in emails or posted on website and work them through blogging and social media like Facebook and Twitter to increase publicity. The work of this group should be done without the need to take the time of programmer planners.
- **Communication Review** - Those who are good at reviewing marketing communications can volunteer to read and review material or strategies.
- **Fund Raising Strategy and Fund-Raising/Annual Event Management** - We need people now to plan a November Fund Raising event and the Annual Life in Yoga Day in April of 2012.

CURRENT BOARD AND OFFICERS

LIFE IN YOGA FOUNDATION - Ramesh Deshpande is the Chair of the Board of Life in Yoga Foundation. Other Board members include: R.S. Dwivedi, Meenakshi Nandedkar, C. Rajan Narayanan, Sham Narula, and Sanjath Sulkunte.

LIFE IN YOGA INSTITUTE – Dilip Sarkar is the Chair of the Board of the Life in Yoga Institute. Other Board members include: Ramesh Deshpande, R.S. Dwivedi, Sant Gupta, Shanker Gupta, Arvind Nandedkar, and C. Rajan Narayanan.

Rajan Narayanan serves as the Executive Director managing all the day to day needs of both entities.

CONFERENCE PARTICIPATION – Dr. Dilip Sarkar is participating in the two IAYT (International Association of Yoga Therapists) conferences in September in California and Massachusetts and will be presenting a regular session on ***Pranyam as Therapy for Different Ailments*** and in a plenary session on ***Yoga Therapy from Research to Treatment***. Dr. Rajan Narayanan has been invited to the INCOFYRA Conference of SVYASA at Bengaluru (Bangalore), India, in December, and he will be presenting a pre-conference workshop on Dance Yoga. We have invitations to two other conferences. Once the abstracts are accepted, they will be announced.

LIFE IN YOGA ORIENTATION – From the donation based community service focus from five years back, now we have moved onto a fee + donation approach. Our search for a property continues. Those who can help with interest free loans and donations should contact Dr. Narayanan at RNARAYANAN.US@GMAIL.COM

INDIVIDUAL CONSULTING is between the yoga teacher and the person requesting the service. Dr. Narayanan charges \$120 per hour. Such payments made have nothing to do with Life in Yoga.

4. PALA CHALLENGE

The President's Council on Fitness, Sports and Nutrition (through the Department of Health and Human Services) is promoting fitness activities (<http://www.presidentschallenge.org>) including yoga (<http://www.presidentschallenge.org/yogapalachallenge/>). The idea is to get more people leading a healthier life.

- If you have fallen off your yoga routine, this is the time to reaffirm it and get back to schedule. Register at <http://www.presidentschallenge.org/yogapalachallenge/>
- Help a friend, a neighbor or colleague to get back into shape. Get them to register at <http://www.presidentschallenge.org/yogapalachallenge/>

To understand how yoga is related to health and the research Life in Yoga is doing please read Yoga and Health at http://www.lifeinyoga.org/App_Downloads/Yoga_and_Health.pdf .