



Life In Yoga Institute

Background & Services

Life in Yoga in Brief

Life in Yoga Institute is at this time the only yoga institution in the world that has accreditation to give continuing medical education credits to doctors. It is a 501(c)3 tax-exempt non-profit based in Maryland. It provides 6 categories of services as of 2018.

1. Measured Yoga Therapy Clinic
2. Workplace Mind-Body Fitness Program
3. Continuing Medical Education Courses
4. Research in Yoga Therapy
5. Free Community Yoga Classes
6. Programs to foster Deeper Learning in Yoga

Founders & Contact



C. Rajan Narayanan, PhD, C-IAYT, Executive Director, Life in Yoga Institute
narayanan@lifeinyoga.org; 301-526-8308

Serves as Administrator, Therapist, Course Faculty and Researcher.



Dilip Sarkar, MD, FACS, CAP, C-IAYT, Chairman of the Board of Life in Yoga Institute retired vascular surgeon turned yoga therapist and Ayurveda practitioner, serves as Course Faculty mostly for Continuing Medical Education in addition to Board function.

1. Measured Yoga Therapy Clinic

Measured Yoga Therapy Clinics are located in Maryland, Houston TX and Phoenix AZ. Visit based therapy is offered in other parts of the United States

- Maryland
http://www.lifeinyoga.org/App_Downloads/MarylandTherapy.pdf
- Houston, TX
http://www.lifeinyoga.org/App_Downloads/HoustonTherapy.pdf
- Phoenix, AZ
http://www.lifeinyoga.org/App_Downloads/PhoenixTherapy.pdf

2. Workplace Mind-Body Fitness

This is geared as a way to improve employee health and employee productivity with individual & group programs. Stress reduction as preventive medicine for most employees and therapeutic medicine for those with diagnosed conditions. It is expected to reduce health insurance costs and employee turnover with increased job satisfaction.
http://www.lifeinyoga.org/App_Downloads/WorkplaceMBFitness.pdf

3. Continuing Medical Education

Short one-day courses are designed to bring awareness of the potential of yoga as therapy in medical practice, and longer 3-day courses equip doctors with enough learning and resources to begin using yoga therapy in a small way in their medical practice.

<http://lifeinyoga.org/Home/CMEMedicalPrograms>

4. Research

As the developer of Measured Yoga Therapy we have not only published the operational principles and success with many incurable conditions, but continue our research to find non-invasive solutions for difficult and incurable conditions. Upcoming research article in a PubMed journal: *Bioenergy and its Implications for Yoga Therapy*
<http://www.ijoy.org.in/aheadofprint.asp>

5. Free Weekly Yoga Classes

These are mainly in the DC Metro areas in Maryland and Virginia. Teachers leading regular classes are:

- Atanasio Castro
- Suma Venkatesh
- Ashim Dey
- Mohan Tirumale
- Prasad Challagulla

Inquiries can be sent to narayanan@lifeinyoga.org

6. Deeper Learning Programs

We arrange these seminars or retreats based on request from active learners:

- Dance Yoga, Pranakriya, Gentle and Hatha Yoga Approaches, Breathing Techniques, Use of Sound Vibrations, Meditation Techniques, Mudras/Marmas explaining their benefits.
- Philosophy of Yoga and Discussion of the Yoga Sutras, Naadis and subtle practices of Yoga