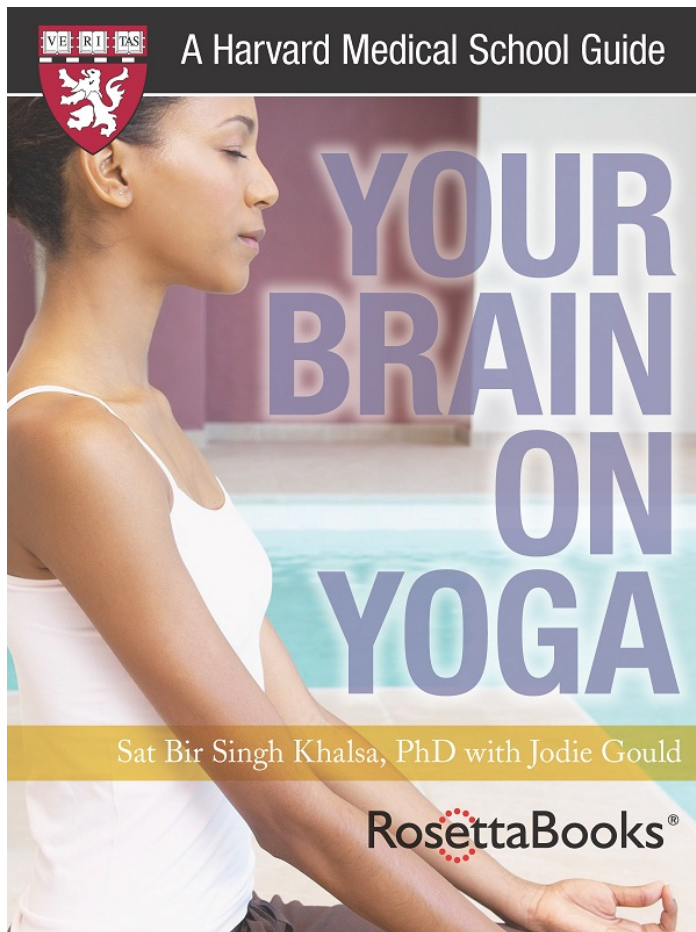




YOGA AT THE ASHRAM

The Baba Siri Chand Yoga and Retreat Center

Yoga and Yoga Therapy: Understanding the Science and the Research with Dr. Sat Bir Singh



Saturday, September 21, 2019

1:30-5:30 pm

\$50 in Person or \$30 Virtual

With yogi tea & snacks.

For everyone.

In this interactive and inspiring workshop, attendees will get an overview of the current science on the psychophysiology of how yoga works, a review of recent and ongoing biomedical clinical trials with yoga, and the yoga practices that are being used.

The information will be presented in an easily understood format to provide a simple but excellent understanding of the neuroscience and psychophysiology of yoga.

There will be opportunities for interaction and discussion, and participants will get to experience the specific Kundalini Yoga practices being used in research.



Sat Bir Singh Khalsa, Ph.D. is Director of Research for the Kundalini Research Institute as well as Kripalu Center for Yoga & Health. He is Research Associate at the Benson Henry Institute for Mind Body Medicine, Research Affiliate at the Osher Center for Integrative Medicine, and Assistant Professor of Medicine at Harvard Medical School. He has conducted biomedical research on yoga for insomnia, stress, anxiety disorders, and yoga in public schools and workplaces. He is editor-in-chief of the International Journal of Yoga Therapy and the medical textbook *The Principles and Practice of Yoga in Health Care*, and is author of the Harvard Medical School ebook *Your Brain on Yoga*. His presentations are riveting and inspiring.

Register Online: www.YogaAtTheAshram.org or call 508-376-4525

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