



The objective of this Yoga Conference is to bring the benefits of yoga to everyone in the society and to make yoga a socially relevant science as supported by decades of modern scientific research.

**Join us**, and a host of international speakers, for this 3-day conference on the benefits and aspects of yoga as a real life tool as we explore modern application of the **4 Tracks of Yoga** and many more aspects of this life science.

Presentations and discourses will be given on the utilization of yogic techniques in the cure and management of Hypertension, Stress, Allergy, Asthma, Chronic Pain, Obesity and Weight Control, **and much more.**

Discourses on philosophy, scientific research, practical applications and practice sessions will be given over the course of the conference.

#### **Plan now to attend.**

CONVENER: Sri B. U. Patel  
CO-CONVENERS: Dr. D. Khandelwal,  
Dr. Hitesh Patel and Sri Natu M. Patel

#### **Friday, December 13, 2002** **7:00 – 9:15 pm Inauguration**

- Welcome
  - Introduction to VYASA Movement
  - Objective of VYASA – LA
  - Inaugural Address
  - Glimpses into Deep Relaxation Technique
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#### **Saturday, December 14, 2002**

6:30 to 7:30 am Yoga Practice session  
7:30 to 8:00 am Light Breakfast

Track 1	Hypertension & Stress
Track 2	Allergy & Asthma
Track 3	Back pain etc.
Track 4	Obesity, Weight Loss & Control

8:00 to 9:00 am 4 Tracks  
Theory of yoga practice –  
Practical guidance  
(Demonstration by Therapists)

#### **Session I**

9:00 to 10:00 am Group practice sessions  
10:00 to 10:30 am Keynote address  
10:30 to 11:00 am Theory of disease 1  
11:00 to 11:15 am Break  
11:15 to 11:45 am Theory on disease 2  
11:45 to 12:15 am Theory on integrated  
approach to yoga therapy  
12:15 to 12:45 pm Presentation by  
different schools of yoga  
12:45 to 1:15 pm Pranayama Session  
1:15 to 2:15 pm Lunch

#### **Session II**

2:15 to 3:15 pm Invited talks – To be determined  
3:15 to 3:45 pm Break  
3:45 to 6:00 pm Cyclic meditation –  
Theory and practice  
6:30 to 8:30 pm Banquet dinner

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#### **Sunday, December 15, 2002**

6:30 to 7:30 am Yoga Practice session  
7:30 to 8:00 am Light Breakfast  
8:00 to 9:00 am 4 Tracks (tentative schedule)  
Theory of yoga practice – Practical guidance  
(Demonstration by Therapists)  
9:00 to 10:00 am Group practice sessions  
10:00 to 10:30 am Break

#### **Session III**

10:30 to 11:00 am Theory on the disease 3  
11:00 to 11:30 am Theory on the disease 4  
11:30 to 12:15 pm Theory on integrated  
approach of yoga therapy  
12:15 to 12:45 pm Research presentations  
12:45 to 1:15 pm Pranayama Session  
1:15 to 2:15 pm Lunch

#### **Session IV**

2:15 to 3:15 pm Invited talks – To be  
determined  
3:15 to 3:30 pm Break

#### **Session V**

3:30 to 5:15 pm Cyclic meditation – Theory  
and practice  
5:15 to 5:30 pm Conference participants  
comments  
5:30 pm Valedictory address

Note: Above tentative conference schedules  
may have minor changes, to be announced.

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## Presentations and Discourses

*(Invited presenters)*

- ❖ Swami Sarvadevananda
- ❖ Swami Bramavidyananda
- ❖ Kali Ray, Tri-Yoga International
- ❖ Dr. Raj Kapur
- ❖ Dr. Ann DeBaldo Univ So. Florida
- ❖ Dr. Betsy B Singh, Dean of Research
- ❖ Dr. Vinod Kumar Gupta
- ❖ Dr. Veena Gandhi
- ❖ Dr. H. R. Nagendra
- ❖ Dr. Nagaratna
- ❖ Mrs. Chaya Purushottam
- ❖ Bhupendra Soneji, Sarathi Yoga Foundation

**Tax deductible donation of \$50 per person if registered by 11/24**

**After 11/24 - \$75/person**

**One day donation - \$35/person**

Please make check payable to  
Sanatan Dharma Temple.

For directions call (562) 484-0822

## Contacts for Registration

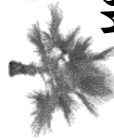
K. V. Chakrapani (562) 926-2348  
kvchakrapani@hotmail.com  
Merideth Madole (562) 424-5778  
Dr. Neela Karnik (909) 394-0449  
Babubhai Gandhi (562) 926-2633  
Mahesh Bhatt (714) 281-3458  
Dr. D. Khandelwal (562) 694-3988  
Falguni Harkisandas (562) 900-5789  
Falgunim\_yogas@hotmail.com

## Conference Location

15311 Pioneer Blvd.  
Norwalk, CA 90650



LA Vivekananda Yoga  
Research Foundation  
(VYASA)



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Sanatan Dharm Temple and  
All World Gayatri Pariwar

*Presents  
Conference on*

*Yoga for Positive Health*

December 13 - 15, 2002



*Each soul is potentially divine. The goal of life  
is to manifest that divinity within ... (and) be free.*

*Swami Vivekananda*

***Yoga for Mind, Body & Spirit***