



**Ford Hinduism Group, an affiliate of Ford Interfaith Network,
invites you to:**

Stress Management **Using Integral Yoga Approach**

By

Mr. N.V. Raghuram

Thursday, June 29, 2006

RIC, Conf. Room 1139

Time: 11:30 A.M. - 12:30 PM

According to Indian philosophy, the contribution of stress due to external factors is only very marginal compared to the stress we already have stored inside us. The Integral Yoga approach is to bring about the change internally and not to focus very much on external factors. It incorporates asanas (Yoga postures), deep relaxation, visualization, pranayama (breathing techniques), meditation, and much more.

Mr. N.V. Raghuram is the international coordinator and Yoga trainer at Vivekananda Yoga Anusandhana Samsthana (Research Foundation) or VYASA, Bangalore, INDIA. He has traveled to several countries including Germany, Austria, Switzerland, England, USA, Indonesia, Malaysia, Japan, Sri Lanka, Singapore and conducted Yoga therapeutic and corrective courses (for ailments such as bronchitis, asthma, backache, eating disorders, sleep disorders etc). At Bangalore, he is involved in training certified Yoga instructors and also in assisting various Ph.D. students in their intensive research on Yoga-related subjects.



- He has conducted several Yoga therapy research projects for various ailments at medical centers in USA, UK, and Germany.

To learn more about Sri N.V. Raghuram, please visit: <http://www.nvraghuram.org/>