

Activities of Vivekananda Yoga Research Foundation are spread over the Globe. A brief list is mentioned below:

Australia, Austria, Canary Island, Columbia, Czech Republic, France, Far East, Germany, Gulf, Holland, Indonesia, Italy, Japan, Kenya, Macedonia, New Zealand, Romania, Singapore, South Africa, South America, Sri Lanka, UK and Europe, U.A.E, Zambia and Zimbabwe.

Vivekananda Yoga Research Foundation conducts Residential Courses. A window view of the courses –

General and Therapy courses:

Yoga for All
Yoga Instructors Certificate (YICC)
Yoga Intensive (YI) - 2 days to 1 year tailor-made course
Personality Development camp for students (PDC)
Yoga Therapy Orientation Course (YTOC) for Medical Doctors
Diploma in Yoga Therapy (DYT)
Yoga Therapy Instructors Course (YTIC) 5 -12 Months Management Courses

SMET

Self Management of Executive Tension

HOLSYM

Holistic Systems Management

Other courses:

International conferences
Spiritual retreats
Seminars and symposia and Vedanta courses

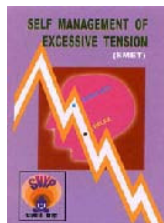
YOGA FOR UNRAVELLING THE HIDDEN POTENTIALS ANVESANA – Research
Yoga for Corporate Sector

Conferences and Research papers:

International Conferences - 14
Research Papers Published - 56
Reports - 16 Project Reports - 12
Research Projects Completed - 10

Research Contributions:

Dissertations - 168
Conference Proceedings - 2
Conference Workshops - 14
Symposia - 61
Collaborating Institutions - 6
Conference Souvenirs - 12
Books, Audio Cassettes and Video - 21



Recognition:

- UGC, the apex body for education in India has conferred the status of university.
- Affiliations with Universities:
 1. Mysore University, Mysore (1993)
 2. Bangalore University, Bangalore (1998)
 3. Mangalore University, Mangalore (2001)
 4. Rajiv Gandhi University of Health Sciences, Bangalore (2001)

Contact Information:

1. Swami Vivekananda Yoga Prakashana
19, Ekanath Bhavan
Kempgowda Nagar
Bangalore - 560 019.
Tel: 80-26612669, 080-26608645
Web: www.vyasa.org
2. Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA, USA), Houston Center
P. O. Box 857
Alief, TX 77411-0857
Web: www.svyasausa.com
3. Yogabharati: <http://www.yogabharati.org/detroit/>

Registration Form

Name: _____

Address: _____

Phone: _____

Email: _____

Mail this completed registration form with a check to Yogabharati for the amount indicated to:

L.N. Sastry
38881 Lancaster Drive,
Farmington Hills,
MI 48331

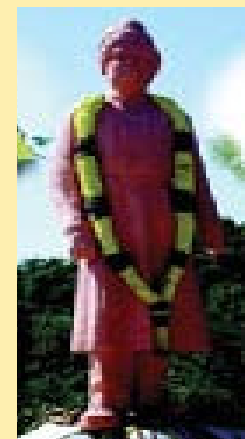
- \$100 per person
- \$180 for 2 people
- \$75 per Senior
- \$50 per student

ONE DAY YOGA EXPERIENCE
(for stress reduction and better well-being)

with

Mr. N.V.Raghuram

International Coordinator at VYASA
Vivekananda Yoga Research Foundation
Bangalore, India



Swami Vivekananda said - "Each Soul is Potentially Divine. The goal of life is to manifest that Divinity within by controlling nature internal and external. Do it by philosophy or psychic control or work or worship, by one or more or all of these and be free."

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Yogabharati, Detroit Chapter
www.yogabharati.org/detroit

Space is limited. Please RSVP at (248) 788 0858
Email: detroit@yogabharati.org

VYASA

The Yoga University, Bangalore, INDIA

(The birth place for yoga)

The Vivekananda Yoga Anusandhana Samsthana (Research Foundation) or VYASA in short, is a center for systematic, scientific research set up to examine the efficacy of yoga philosophy and practices, and to develop yoga courses for social transformation.

Activities:

1. Yoga for General Public for promotion of positive health.
2. Yoga for unraveling the hidden dimensions of human potential.
3. Yoga in Education for total Personality Development.
4. Yoga Therapy for Modern Ailments.
5. Yoga for Corporate Sector to deal with Stress and Management systems

VYASA has partnerships with several global organizations and institutions for educational, research and therapy purposes. To name a few:

- Central Michigan University, Michigan
- Anderson Cancer Research Center, Houston
- University of South Florida, Tampa
- University of California, San Francisco
- Memorial Heart Hospital, Turkey.

Vivekananda Yoga Research Foundation conducts effective treatment by the method of Integrated Approach of Yoga for the management and cure of various ailments. They are:

Bronchial Asthma, Nasal Allergy, Chronic Bronchitis, High and Low BP, Ischemic Heart Diseases (IHD), Anxiety and Depressive Neurosis, Psychosis, Cancer and other auto immune disorders and many more.



VYASA has...

- a. The largest Yoga therapy and research facility.
- b. Produced the largest number of research papers (45) on Yoga therapy and other applications of Yoga in the national & International research journals.
- c. Built a team of research scholars, assistants and guides.
- d. Trained nearly 10,000 yoga teachers; several MSc (Master of Science) and PhDs in Yoga.
- e. Our work has spread in 20 countries with collaborative research projects.
- f. Been organizing regular seminars & update symposia and international conferences.

Mr. Raghuram is a student of yoga for more than five decades. He has been trained in yoga and philosophy from several masters. He also worked as an engineer before joining VYASA. He has been instrumental in training the Indian astronaut, Rakesh Sharma. He has a great gift of counseling patients for psychological problems. He has published several research papers.

Self Management of Excessive Tension

JUNE 18, 2006

8:30 A.M - 5 P.M

VILLAGE OAKS CLUBHOUSE
22859 BROOKFOREST, NOVI, MI

- 8:30-9:00** **Registration (\$100 Course fee)**
- 9:00 -10:00** **Inauguration & introduction.
Stress and introduction to Yoga**
- 10:00-10:45** **Practice Session**
- 10:45-11:00** **Tea Break**
- 11:00- 12:00** **Theory II - Indian concept of
stress and stress disorders**
- 12:00-12:45** **Practice session II**
- 12:45 - 2:00** **Lunch Break**
- 2:00-2:30** **DRT session**
- 2:30-3:30** **Theory III Executive growth
and awareness**
- 3:30-4:00** **Tea break**
- 4:00 - 4:45** **Practice session**
- 5:00 - 5:30** **Q&A and closing session**

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