

# YOGA RESEARCH SOCIETY



CONFERENCES

1975-2019

**We Invite You  
To Attend  
The October  
Conference  
Of The  
Yoga Research  
Society**

The International House  
on the University of Pennsylvania Campus  
Philadelphia, Pennsylvania  
U.S.A.

**October 18-19, 1975**

Theme  
YOGA: An interchange of  
experience and experiment

**THE OCTOBER CONFERENCE  
OF THE  
YOGA RESEARCH SOCIETY 1975**

**Saturday, October 18th, 9 am to 6 pm  
Sunday, October 19th, 9 am to 6 pm**

**Theme  
YOGA: An interchange of  
experience and experiment**

Co-sponsored by:  
The Swami Kuvalayananda Yoga Foundation (SKY)  
The Yoga Research Society  
Yoga Organization of Research and Education  
The Yoga Academy  
Kripalu Yoga Society of Omaha

**PURPOSE**

Today, the paths of science and yoga converge with increasing frequency—in laboratories and ashrams, on campuses and retreats, at hospitals and community centers.

Language and terms may differ and confuse, but the fact is that thousands of experimental and clinical scientists are now working in fields closely related to traditional yogic disciplines. Biofeedback, autogenic training, psychosynthesis, progressive relaxation, sensory awareness, rolfing, bio-energetics and many others are all directly or indirectly influenced by yoga. At the same time; the study of yoga itself, has been influenced—especially over the past 50 years—through the application of modern scientific method and technology.

The Yoga Research Society's October Conference is designed to provide a neutral platform where scientists and yoga students may share ideas born of both experience and experiment.

It is hoped that this interchange will stimulate the scientific mind towards new inquiries, as it provides the yoga aspirant with a clearer understanding of yoga's philosophical foundation and its effect on his psychophysiological mechanism.

**FORMAT**

Each day of the conference will be divided into sessions focused on:

- Demonstrations of yogic practices
- Presentation of scientific papers
- Experiential programs
- Discussion forums
- Films

Space, especially in the experiential sessions, is limited. Applications will be processed in the order received, so please register early.

**SCHEDULE**

Upon registration, a more detailed schedule and program description will be sent.

**SATURDAY, October 18th**

- 9 - 10:30 . . . . . Registration
- 10:30 - 11 . . . . . Opening Session/Welcome
- 11 - 12 . . . . . Experiential Practicum\*
- 12 - 2 . . . . . Lunch Break
- 2 - 3 . . . . . Address by H.H. Swami Rama
- 3 - 5 . . . . . Presentations
- 5 - 6 . . . . . Experiential Practicum\*

**SUNDAY, October 19th**

- 9 - 10 . . . . . Experiential Practicum\*
- 10 - 12 . . . . . Presentations
- 12 - 2 . . . . . Lunch Break
- 2 - 4 . . . . . Presentations
- 4 - 5 . . . . . Experiential Practicum\*
- 5 - 6 . . . . . Closing Discussion and Remarks

\*These sessions will give the participant first-hand introduction to a variety of yoga techniques and disciplines.

**PLACE**

International House is a private, non-profit organization that serves as a residence and program center for foreign and American students in the Philadelphia area. This new \$8 million, air-conditioned facility is located at 3701 Chestnut Street in the heart of Philadelphia's University City, adjacent to both the University of Pennsylvania and Drexel University.

**BACKGROUND**

Since 1924, when Swami Kuvalayanandaji, the pioneering exponent of scientific yoga, succeeded in bringing yoga into the laboratory, two things have been made clear.

First, our understanding of yoga's ancient teachings increases as we put those teachings to the test of controlled experimentation.

Second, as we "re-search" the knowledge passed down from early sages (today, we would call them scientists), we often find workable answers to current problems. The learning is, in fact, refreshed and evolved through translation into the modern idiom.

The Yoga Research Society starts with a tradition of half a century of important work carried out at the Kaivalyadhama, India's renowned institute for yogic studies, and other like-minded institutions.

Our research work, under the direction of Vijayendra Pratap, Ph.D., D.Y.P., a student of Swami Kuvalayananda, benefits from our close association with the SKY Foundation. We work with an experienced, professional staff and a sizable group of well-trained, willing participants. Our Narco Bio-Systems projector-type Physiograph (PMP-4B) and several instruments of our own design facilitate an accurate collection and measurement of data. Some results of our studies will be shared at our October Conference, along with papers from scientists around the world. A special Conference issue of SKYLIGHT, our journal of yogic research, will also publish these studies.

While yoga serves as our inspiration and fountainhead, nonetheless, we approach our study with a spirit of scientific neutrality and open-minded skepticism.

We are well aware of our limitations, but we hope that the effort to bring scientists and yogis closer together—with mutual understanding—will help make all of our flights easier.



The SKY Foundation  
220 Locust Street #22B  
Philadelphia, Pa. 19106  
(215) WALnut 5-8038

SKYwriting  
October 1975

THE YOGA RESEARCH SOCIETY OCTOBER CONFERENCE WILL BRING  
YOGIS AND SCIENTISTS TOGETHER IN PHILADELPHIA

On October 18th and 19th, at the International House adjacent to the University of Pennsylvania and Drexel University, the Yoga Research Society will sponsor its October Conference with this year's theme:

YOGA: An Interchange of 'Experience and Experiment

The two-day program, co-sponsored by the SKY Foundation, Y.O.R.E., The Yoga Academy and the Kripalu Yoga Society of Omaha, will feature presentations and seminars by:

H.H. Swami Rama, founder of the Himalayan International Institute of Yoga Science and Philosophy.  
Sri O.P. Tiwari, secretary of India's Kaivalyadhama  
Yogi Amrit Desai, founder of the Kripalu Yoga Ashram  
Dr. Vijayendra Pratap, founder of the SKY Foundation

In addition, there will be presentations of Hatha Yoga based on the teachings of Swami Kuvalayananda, Mantra Yoga as taught by Swami Muktananda, Transcendental Meditation as taught by Maharishi Mahesh Yogi, Yogic Philosophy as taught by Dr. Ramamurti S. Mishra, Integral Yoga as taught by Swami Satchidananda, Kundalini Yoga as taught by Yogi Bhajan, Silva Mind Control as taught by Jose Silva, and others.

With thousands of experimental and clinical scientists now working in fields closely related to traditional yogic disciplines, the Conference is designed to provide a neutral platform where scientists and yoga students may share ideas born of both experience and experiment.

Biofeedback, autogenic training, psychosynthesis, progressive relaxation, sensory awareness, rolfing, bio-energetics, and many other western therapies are directly or indirectly influenced by yoga.

Each day of the Conference will be divided into sessions focused on:

Demonstrations of yogic practices  
Presentation of scientific papers  
Experiential programs  
Discussion forums  
Films

Under the guidance of expert teachers, participants will be able to experience first-hand several of the different disciplines.

Registration for all programs, both days of the Conference, from 9 am to 6 pm, is \$15. (\$10 for Y.R.S. Members)

Here is the schedule for the two-day Y.R.S. Conference:

SATURDAY, October 18th -- Morning Session:

9:00 to 10:00.....Registration

10:00 to 10:30.....Welcome

Introduction by Dr. Edward Fleischman, Charter Member  
of the Y.R.S. Advisory Board.

10:30 to 11:00.....Scientific Studies of Yoga: A Review.

(Includes some work done at Kaivalyadhama and elsewhere)  
Presented by Vijayendra Pratap, Ph.D., D.Y.P., founder/  
director of the SKY Foundation and director of Y.R.S.

11:00 to 12:00.....Experiential Practicum\*

Yogi Amrit Desai will conduct a one-hour participation program,  
introducing yoga as taught and practiced at the Kripalu Yoga  
Ashram where he is founder/director.

\*NOTE Those planning to participate in the Conference's practical sessions  
should wear loose, comfortable clothing and must bring a large towel  
or mat suitable for lying or sitting. This is especially important as  
all programs will take place on a hardwood floor.

12:00 to 1:00.....Lunch Break and Films

If you like, you may bring a simple vegetarian lunch to eat at  
the Conference. Films will be shown during the Break.  
Inner Spaces -- Captain Edgar D. Mitchell, Apollo 14 Astronaut,  
conducted telepathy experiments from outer space and is now  
exploring the "Inner Spaces" of the mind. Flowing With The Tao--  
Alan Watts explores the nature of reality as illustrated in the  
flowing forms of water.

Afternoon Session:

1:00 to 2:00.....Demonstration -- Jim Mundy, representative of Narco Bio-  
Systems will demonstrate a projector-type Physiograph (PMP-4B)  
as it is used on yoga experiments at the SKY and Y.R.S.  
laboratories.

2:00 to 4:00.....Presentations

The True Meaning of Drinking Soma Juice -- An original  
interpretation by Swami Digambarji of the Kaivalyadhama, read by  
Sri O.P. Tiwari, secretary of the Kaivalyadhama and board member  
of the SKY Foundation.

Some Applications of Yoga to the Treatment of Drug Addicts  
By Gloria Meltzer, therapist and counselor.

Right and Left Hemisphere Difference in Mantra Meditation:  
A Case Study -- By Dr. Pratap and Wade Berrettini of Jefferson  
Medical College.

The Development of Personality Through Yoga -- By Shreelekha  
D. Paranjpe, Ph.D., Kaivalyadhama. Read by Marc Goldberg, board  
member of the SKY Foundation.

4:00 to 5:00.....Address by H.H. Swami Rama

YOGA: An Interchange of Experience and Experiment  
Swami Rama, founder of the Himalayan International Institute of  
Yoga Science and Philosophy, is an internationally recognized  
master of yoga and meditation. His work with the Menninger  
Foundation and others has been widely reported.

5:00 to 5:45.....Experiential Practicum

Silva Mind Control, conducted by Margaret Merwin Huddleston,  
Area Coordinator and teacher of these techniques in Paris and  
Tehran.

5:45 to 6:00.....Close of first day's program -- Margaret Smith,  
Program Coordinator.

SUNDAY, October 19th -- Morning Session:9:00 to 10:00.....Experiential Practicum

"Yoga in the SKY" -- Hatha Yoga as taught at the Swami Kuvalayananda Yoga Foundation, conducted by Gary Levitt and Candace Smith, staff members.

10:00 to 12:00.....Presentations

Asanas (Yogic Postures): Their Methodology, Physiology, and Biomechanics. A Preliminary Study -- By Fred Birnbaum of the Pennsylvania College of Podiatric Medicine.

A Theoretical Treatise on a Multidimensional Comparison Between the Therapeutic Aims of Yoga, Psychoanalysis, and Client Centered Therapy -- By Dr. Gary Seiler, Assistant Professor, Counselor Education Department, University of Florida.

Yoga Demographics, A Sampling -- by Barbara Levitt, SKY Staff Member and Robert Spena, University of Pennsylvania.

Natha Yoga -- by Dr. Hari Dickman, advisor to Y.O.R.E. and the SKY Foundation.

12:00 to 1:00.....Lunch Break and Films -- Hinduism and the Song of God -- the physical beauty of India is the background for the Hindu concepts of self-realization as expressed in the Bhagavad Gita!

Afternoon Session:1:00 to 2:00.....Experiential Practicum

Mantra Yoga and Chanting conducted by Jinendra K. Jain and Katherine DaSilva Jain. Professor Jain was initiated into Siddha Yoga by Swami Muktananda and Katherine is founder and president of the Yoga Organization for Research and Education.

2:00 to 4:00.....Presentations

Vyasa's Psychology -- an exploration by Dr. Mahajot Sahai, Ph.D., joint director of the Institute of Indology, Delhi. Presented by Dr. Pratap.

Know, See, Enter -- The essence of yoga philosophy and practice as taught by Dr. Ramamurti S. Mishra, presented by Shanti Devi of the Ananda Ashram.

Transcendental Meditation -- An introduction by Dean Sluyter of the Maharishi International University.

Synthesis of Ayurveda and Yoga -- By Professor Dr. Ram D. Vasisht, M.S.A.M. Presented by Sri O.P. Tiwari

The Ejection of Energy From the Chakra of Yoga and Meridian Points of Acupuncture -- By Dr. Hiroshi Motoyama, Ph.D., director of the Institute for Religious Psychology, Tokyo. Read in absentia.

4:00 to 5:00.....Experiential Practicum

Dr. Gurushabd Singh Josephs, Ed.D. presents Kundalini Yoga as taught by Yogi Bhajan and the 3HO Ashrams

5:00 to 6:00.....Discussion and Presidential remarks.

NOTE: Additional papers from Dr. M.L. Gharote of Kaivalyadhama, Swami Satchidananda, Swami Kriyananda, Swami Sivananda-Radha of British Columbia, Dr. Vethasirromani Hubert Dhanaraj of the University of Alberta, Dr. Gurushabd Singh Josephs, Renuka D. Mandan of South Africa, Katherine DaSilva Jain, Dr. Pratap and others may be presented, time permitting.

All papers received up to Conference time will be included in the proceedings. Those papers submitted to the Conference will be published in a forthcoming Y.R.S. edition of SKYLIGHT, our Journal of Yoga. You may reserve your copy by writing to Y.R.S., 251 South 12th Street, Philadelphia. Y.R.S. Members will automatically receive a copy.

IF YOU PLAN TO ATTEND THE CONFERENCE, REMEMBER:

PLACE -- The International House is at 3701 Chestnut Street, Philadelphia. From Center City, take Market Street west to 37th, then left to Chestnut. From the Schuylkill Expressway, take the 30th Street Exit, then west on Market Street to 37th, left to Chestnut.

This program center for foreign and American students is a new \$8-million, air-conditioned facility in the heart of Philadelphia's University City. The Conference will occupy Hopkinson Hall on the main floor.

OVERNIGHT ACCOMODATIONS -- The International House has limited facilities at reasonable rates when available. Call (215) EV 7-5125 on or after Monday, October 13th and tell them you are attending our Conference.

The nearest commercial facility is the University City Holiday Inn at 36th and Chestnut. A double room for two days and one night is \$33. Single accomodations, \$26. Call (215) EV 7-8000.

There is also a Hilton Inn nearby at Civic Center Blvd. and 34th Street. A double there is \$36, single is \$26. Call (215) EV 7-8333.

Wear loose comfortable clothing and bring a mat if you are planning to take part in the experiential programs,

Bring a simple vegetarian lunch, if you like. There are several good restaurants in the area, including the Maharajah, specializing in Indian food and Pagano's, a well-known Italian restaurant.

Registration is \$15 for all programs, one or both days of the Conference from 9 am to 6 pm each day. \$10 for Y.R.S. Members.

Pre-registration by mailing your check to the Yoga Research Society, 251 South 12th Street, Philadelphia 19107 or the SKY Foundation, 220 Locust Street, Philadelphia 19106.

Call (215) WA 3-5946 or WA 5-8038 if you need additional information.

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YOGA FOR EVERYONE RETREAT with Sri O.P. Tiwari

Sunday, October 12th, 11 am to 3 pm  
Alverthorpe Manor, 515 Meetinghouse Road  
Jenkintown, Pennsylvania

This one-day retreat is designed for both beginning and advanced students. Sri O.P. Tiwari brings with him from India a deep understanding and sure knowledge of the yogic way of life. This will be his last program in this country before returning to India on October 22nd.

Fee: \$15 (SKY Sustaining Members, \$10) Call SKY at WA 5-8038 for details.

SKY FOUNDATION DAY

Friday Evening, October 17th, 7 pm to 10 pm  
SKY Foundation, 220 Locust Street, Philadelphia

All Sustaining Members and their families are invited to bring and share a vegetarian meal to celebrate our 3rd anniversary. A film may be shown.

NEW CLASSES START NOVEMBER 3RD!

## SPEAKERS' LECTURES

### **Yoga: An Interchange of Experience and Experiment**

October 18 & 19, 1975

International House, University of Pennsylvania Campus

Margaret Smith James	“Welcome”
Dr. Edward Fleischman	“Introduction”
Dr. Vijayendra Pratap	“Scientific Studies of Yoga: A Review”
Yogi Amrit Desai	“Experiential Practicum”
Jim Mundy	“Physiograph Demonstration”
Sri Om Prakash Tiwari	“The True Meaning of Drinking Soma Juice” interpretation by Swami Digambarji, and “Synthesis of Ayurveda and Yoga” by Dr. Ram Vasisht, both read by Sri Tiwari
Gloria Meltzer	“Some Applications of Yoga to the Treatment of Drug Addicts”
Dr. Wade Berrettini	“Right and Left Hemisphere Difference in Mantra Meditation – A Case Study” (research by Dr. Pratap and Dr. Berrettini)



## SPEAKERS' LECTURES

**Yoga: An Interchange of Experience and Experiment, *contd***

October 18 &amp; 19, 1975

International House, University of Pennsylvania Campus

Marc Goldberg	“The Development of Personality Through Yoga” by Shreelekha Paranjpe, read by Marc Goldberg
H.H. Swami Rama	Yoga: An Interchange of Experience and Experiment”
Margaret M. Huddleston	“Silva Mind Control” Experiential Practicum
Gary Levitt & Candace Smith	“Yoga in the SKY” Experiential Practicum
Dr. Fred Birnbaum	Asanas: Their Methodology, Physiology and Biomechanics – A Preliminary Study”
Dr. Gary Seiler	“A Theoretical Treatise on a Multidimensional Comparison Between the Therapeutic Aims of Yoga, Psychoanalysis and Client Centered Therapy”
Barbara Levitt	“Yoga Demographics, A Sampling”
Dr. Hari Dickman	“Natha Yoga”

## SPEAKERS' LECTURES

### **Yoga: An Interchange of Experience and Experiment, *contd***

October 18 & 19, 1975

International House, University of Pennsylvania Campus

Jinendra Jain &  
Katherine DaSilva Jain

“Mantra Yoga and Chanting” Experiential  
Practicum

Dr. Mahajot Sahai

“Vyasa’s Psychology”

Shanti Devi

“Know, See, Enter - Essence of Yoga Philosophy  
and Practice as taught by Dr. Ramurti Mishra”

Dean Sluyter

“Transcendental Meditation”

Dr. Hiroshi Motoyama

“The Ejection of Energy from the Chakra of  
Yoga and Meridian Points of Acupuncture”

Dr. Gurushabd Singh Josephs

“Kundalini Yoga as taught by Yogi Bhajan”

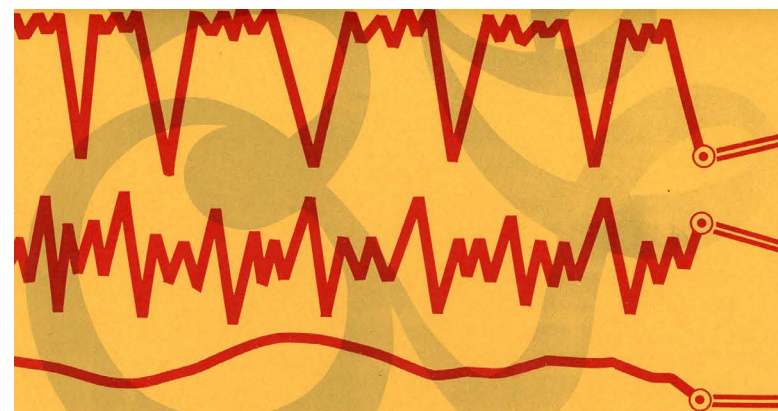
# YRS OCTOBER CONFERENCE

SCIENTIFIC YOGA:  
AN OPEN SECRET



Oct. 16-17, 1976  
The International House  
Philadelphia, Pennsylvania

SPONSORED BY THE SKY FOUNDATION  
AND ITS MANY WELL-WISHERS



On October 16th & 17th join  
Swami Satchidananda & Swami Rama  
at the 1976 October Conference of the Yoga Research Society

## SCIENTIFIC YOGA: AN OPEN SECRET

In Philadelphia, Pennsylvania  
THE INTERNATIONAL HOUSE • 3701 Chestnut Street  
on the University of Pennsylvania Campus

PARTICIPATE IN TWO FULL DAYS OF DEMONSTRATIONS AND SEMINARS BY:

- **Yogiraj Sri Swami Satchidananda** of the Integral Yoga Institutes
- **Swami Bua** Indo-American Vedanta Society
- **Shanti D. Parakh** Canada's Shanti Yoga Center
- **Dr. I.C. Sharma** Old Dominion University
- **David A. Soskis, M.D.** Temple University
- **Ashok Kumar Gangadean, Ph.D.** Haverford College
- **Wade Berrettini** Thomas Jefferson Medical College
- **Sue Johnson** Yoga Organization for Research & Education
- **H.H. Swami Rama** of the Himalayan Institute
- **Yogi Ramanandaji** India's Kaivalyadhama Ashrama
- **Gurushabd Singh Josephs** 3 HO Foundation
- **Shanti Yogi Desai** Shanti Yogi Institute
- **Dr. Edward Fleischman** Yoga Research Society
- **Dr. A.J. Motilal** Vivekananda Yoga Center
- **Fred Birnbaum** Pa. College of Podiatric Medicine
- **Vijayendra Pratap, Ph.D., D.Y.P.** Kaivalyadhama & The SKY Foundation

WITH ADDITIONAL PRESENTATIONS AND FILMS  
BY SOME OF THE COUNTRY'S LEADING PRACTITIONERS AND RESEARCHERS

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THE SKY FOUNDATION  
251 South 12th Street  
Philadelphia, Pa. 19107



## JOIN THE YOGA RESEARCH SOCIETY

AND ATTEND THE YRS OCTOBER CONFERENCE  
WITH SWAMI RAMA AND SWAMI SATCHIDANANDA

Today, the paths of modern science  
and Yoga converge with increasing frequency.

Language and terms may differ and confuse, but thousands of experimental and clinical scientists are now working in fields closely related to traditional yogic disciplines.

Biofeedback, autogenic training, psychosynthesis, progressive relaxation, sensory awareness, rolling, bioenergetics and many other human potential schools are indirectly or directly influenced by yoga.

At the same time, the study of yoga itself, has been influenced—especially during the past 50 years by the application of modern scientific method and technology.

As sophisticated electronics enable us to measure and explore ever subtler regions of human response, the line between the "mystical" and the "scientific" grows finer and less inhibiting.

The Yoga Research Society's purpose is to provide a neutral platform where scientists and yoga students from many different traditions may share ideas born of both experience and experiment.

We hope that this interchange will stimulate the scientific mind towards new inquiries, as it provides the yoga aspirant with a clearer understanding of the

psychophysiological effects of his practices. If this leads, even in a small way, to the further unfolding of human potential, our work will have been successful.

The Yoga Research Society starts with a tradition of half a century of important work carried out at the Kaivalyadhama, India's respected institute for yogic studies, and at other like-minded institutions.

Since 1924, when Swami Kavalayananda, the pioneering exponent of scientific yoga, first succeeded in bringing the light of controlled scientific study to bear on many yogic practices, our understanding of these ancient teachings has increased, and yoga's relevance to a western - oriented scientific community has been established.

While yoga serves as our inspiration and fountain-head, nonetheless, we approach our study with a spirit of scientific neutrality and open-minded skepticism.

We are well aware of our limitations. Indeed, the task set before us is so great that even a small beginning seems formidable. But we sincerely hope that our effort with your support, to bring scientists and yogis closer together with mutual respect and understanding will help to make all of our flights easier.

## WHEN YOU JOIN YRS

you help to...

### 1 Continue an ongoing program of systematic research.

We work with an experienced, professional staff under the direction of Vijayendra Pratap, Ph. D., D. Y. P. Our Narco Bio-Systems projector-type Physiograph (PMP-4B), Alpha Medical Spirometer Recorder (AR 600), and several instruments of our own design facilitate an accurate collection and measurement of data. We approach our work with intensity, patience and respect, and we welcome all who can make a contribution.

### 2 Sponsor seminars and conferences to promote the interchange of ideas.

In October 1975, our 2-day Conference attracted over 200 participants. Yogis and scientists from the United States, India, Japan and Europe contributed papers and conducted experiential programs. Our second October Conference will be held in Philadelphia, October 16th and 17th of this year, addressed to the theme: SCIENTIFIC YOGA: AN OPEN SECRET. We are also planning a series of smaller scientific seminars.

### 3 Publish a research Journal.

To continue in the tradition established by Yoga Mimamsa, the international yogic quarterly, we are preparing the first serious yogic journal to be published in the West. Our first issue is now at press and will shed new light on subjects of interest to all scientists now working in yoga and related fields.

Among the articles:

**The True Meaning of Drinking Soma Juice** an original interpretation by Swami Digambarji of the Kaivalyadhama.

**A Theoretical Treatise on a Multidimensional Comparison Between the Therapeutic Aims of Yoga, Psychoanalysis, and Client Centered Therapy**—by Dr. Gary Seiler, University of Florida.

**Vyasa's Psychology**— an exploration by Dr. Mahajot Sahai, the Institute of Indology Delhi, India.

**Right and Left Hemisphere Difference in Mantra Meditation: A Case Study**— by Dr. V. Pratap and Wade Berrettini of YRS.

we help you to...

### 1 Keep abreast of the many developments in the field of Yoga research.

Our close association with centers of scientific inquiry in both the East and the West provides our members with an invaluable line of communication across many disciplines, languages and cultures. We are now trying to update and maintain a bibliography of scientific research in yoga for our Members' use.

### 2 Meet and exchange ideas with outstanding researchers and practitioners.

At the coming YRS October Conference, for example, you will have the opportunity to explore the field with people like:

- Yogiraj Sri Swami Satchidananda of the Integral Yoga Institutes
- H. H. Swami Rama of the Himalyan Institute

- Swami Bua of the Indo-American Vedanta Society
- Yogi Ramananda of India's Kaivalyadhama
- Shanti Yogi Desai of the Shanti Yogi Institute
- Gurushabd Singh Josephs of 3HO
- David A. Soskis, M.D. of Temple University
- Ashok Kumar Gangadean, Ph.D. of Haverford College
- Wade Berrettini of Thomas Jefferson Medical College
- Fred Birnbaum of Pennsylvania College of Podiatric Medicine
- Sue Johnson of the Yoga Organization for Research & Education
- Vijayendra Pratap, Ph.D., D.Y.P. of The Sky Foundation along with many others.

### 3

This May, several YRS members studied in India at the Kaivalyadhama as part of a month-long certificate program. Additional trips are planned for 1976 and 77.

what your \$15<sup>annual dues</sup> gets you...

— Join the Yoga Research Society and we'll reserve a copy of the first YRS Journal for you. Cover price of this Journal will be \$5, but we will mail it free to YRS Members.

You will receive preferential placement and rates in all programs relating to our October 1976 Philadelphia Conference— SCIENTIFIC YOGA: AN OPEN SECRET.

Our literary research staff will be available to you in helping to locate and procure hard-to-find books and periodicals—especially Indian titles.

The YRS newsletter will serve as a useful source as to upcoming programs and events of interest.

All YRS programs are limited to Members only and invited guests.



YOGA RESEARCH SOCIETY - OCTOBER CONFERENCE/1976

*SCIENTIFIC YOGA: An Open Secret*

Saturday, October 16th

Morning Session:

- |                |   |  |  |
|----------------|---|--|--|
| 9:00 to 10:00  | - | Registration   | Hopkinson Hall<br>International House<br>3701 Chestnut Street<br>Philadelphia, Pa.       |
| 10:00 to 10:30 | - | Welcome  | Gary S. Levitt<br><i>A Founder/Director &amp;<br/>V.P. of SKY Foundatio</i>              |
| 10:30 to 11:00 | - | " <u>Arterial Blood Gases<br/>In Pranayama</u> "<br><i>A report of joint research by<br/>Drs. Berrettini &amp; Pratap</i>  | Dr. Vijayendra Pratap<br><i>Pres., YRS</i>   |
| 11:00 to 11:30 | - | " <u>Yoga As A Means of<br/>Rehabilitating Probationers</u> "  | Dr. Wade Berrettini<br><i>Jefferson Medical Col<br/>Thomas Jefferson Univ</i>            |
| 11:30 to 12:00 | - | " <u>Yoga &amp; Vegetarianism</u> "  | Gloria Meltzer<br><i>Counselor/Therapist</i>   |
| 12:00 to 1:00  | - | Luncheon Break<br><i>If you like, you may bring a simple vegetarian<br/>lunch to eat at the Conference. A list of<br/>restaurants in the area will be available.</i> | Susan Johnson, <i>Pres.</i><br><i>Yoga Organization for<br/>Research &amp; Education</i> |

Afternoon Session:

- |              |   |   |  |
|--------------|---|---|--|
| 1:00 to 1:15 | - | " <u>A Psychophysiological Study<br/>Of Yoga</u> " <i>Read by Ann Craig</i> | Dr. Hiroshi Motoyama<br><i>Pres., Intl. Assn. fo<br/>Religion &amp; Parapsych.</i> |
| 1:15 to 1:30 | - | " <u>Meditation In Jainism</u> "<br><i>Read by Stephen Guth</i>             | Gurudev Chitrabhanu<br><i>A Jain Master</i>  |
| 1:30 to 2:00 | - | " <u>Man In Search Of Man</u> "   | <i>A Film Presentator</i>  |
| 2:00 to 2:30 | - | " <u>Yoga For Modern Man</u> "  | Dr. Ishwar Sharma<br><i>Prof. of Philosoph<br/>Old Dominion Univ</i>               |

- 2:30 to 3:00 - Narco Biosystems Equipment Demonstration James Mundy
- 3:00 to 3:30 - Afternoon Break
- 3:30 to 4:30 - Address by Yogiraj Sri Swami Satchidananda  
*Founder of the Integral Yoga Institutes, he has received the Martin Buber Award for Outstanding Service to Humanity. He travels throughout the world teaching the principles of Integral Yoga, the harmonious development of physical, mental and spiritual peace.*
- 4:30 to 5:00 - "Reality -- A View From Trance State" Dr. Edward Fleischman  
*A practicing physician & Charter Member of YRS Advisory Board*
- 5:00 to 6:00 - Hatha Yoga Class Gary Levitt & Candace Smith  
*NOTE: Those planning to participate in the Conference's practical sessions should wear loose, comfortable clothing and must bring a large towel or mat suitable for lying or sitting. All programs will take place on a hardwood floor.*
- 6:00 to 7:30 - Dinner Break
- Evening Session:
- 7:30 to 8:00 - Chanting Demonstration Shanti Yogi Desai, Director  
*Shanti Yogi Institute*
- 8:00 to 8:30 - "This Is India" Marc Goldberg, a  
*A Slide Presentation Swarthmore College graduate & SKY Foundation teacher has just returned from 4 months in India, where he completed the Kaivalyadhama Summer Camp Certificate Course*
- 8:30 to 9:15 - Advanced Yoga Demonstration by H.H. Swami Bua Ji Maharaj  
*Founder of the Indo-American Yoga/Vedanta Society in New York City, he travels throughout the world lecturing and demonstrating the art of Hatha Yoga.*
- 9:15 to 9:30 - Close of Session

Sunday, October 17th

## Morning Session:

- 9:00 to 10:00 - "Pranayama Theory & Practice"  
(See NOTE for 5:00 program, Saturday)
- 10:00 to 10:30 - "Yoga In Clinical Psychiatry"
- 10:30 to 11:00 - "Center Of Gravity And Its Displacement In Some Yogic Poses"  
A report of joint research by Mr. Birnbaum, Mr. Jau Din Ling and Dr. Pratap.
- 11:00 to 11:30 - "Yoga and Parapsychology"
- 11:30 to 12:00 - "A Proposed Mechanism For Pyramid-Human Interaction"  
Read by William Mandell
- 12:00 to 1:00 - Luncheon Break

## Afternoon Session:

- 1:00 to 1:15 - "Emotion And Heart Rhythms Of Those Trained In Dynamic Relaxation" Read by Walter Kaufman
- 1:15 to 1:30 - "Report Of Study Of Yogic Training On Minimum Muscular Fitness Of School Children"  
Read by Barbara Levitt
- 1:30 to 2:00 - "Self-Realization Through Vedanta And Yoga"

Dr. Vijayendra Pratap  
Founder/Director of  
SKY Foundation; Found  
& President of Yoga  
Research Society; Ass  
Director of Research  
Kaivalyadhama, India

Dr. David A. Soskis  
Asst. Professor of  
Psychiatry, Temple  
University School of  
Medicine

Fred Birnbaum  
3rd yr. student of  
podiatric medicine  
at Pennsylvania Colle  
of Podiatry

Ronald V. Mangravite  
Pres., The Jersey  
Society of Parapsych-  
ology, Inc. Writer,  
lecturer & teacher of  
techniques of psychic  
expansion and healing

Dr. Franklin Merrell-  
Wolff

Dr. Pedro De Vicente  
Monjo  
Cardiologist living i  
Algeciras, Spain

A. M. Moorthy  
Research Assistant  
Kaivalyadhama

Dr. A. J. Motilal  
Founder/Director of  
Swami Vivekananda  
Yoga Center

- 2:00 to 2:45 - "Exploring Kundalini Yoga" Dr. Gurushabd Singh  
Josephs, Dir.,  
Kundalini Research  
Institute of Boston
- 2:45 to 3:00 - Break.
- 3:00 to 3:30 - "Yoga And Vedanta" Dr. Ashok K. Gangadea  
Prof. of Philosophy  
Haverford College
- 3:30 to 4:45 - Address by H. H. Sri Swami Rama  
*Spiritual head and Founder of the Himalayan  
Institute, with branches worldwide; a renowned  
teacher and lecturer, he as been influential in  
helping the West understand Yoga in a scientific  
context.*
- Demonstration by Lambika Yogi Ramananda  
*He has achieved great strength and endurance  
by practicing Yoga for 40 years, enabling him to  
accomplish astounding feats of muscle and breath  
control. He is also master of the difficult art  
of Khechari Mudra. His control over physiological  
processes has been studied by many scientists.*
- 4:45 to 5:15 - "Advanced Hatha Yoga Flow" Shanti Parakh  
*A demonstration*  
Shanti Yoga Center  
Fort Erie, Ontario
- 5:15 - Closing Remarks Dr. Vijayendra Pratař
- Mrs. Margaret Smith  
James,  
Program Coordinator



## SPEAKERS' LECTURES

**Scientific Yoga: An Open Secret**

October 16 &amp; 17, 1976

International House, University of Pennsylvania Campus

Margaret Smith James	“Welcome”
Dr. Wade Berrettini	“Arterial Blood Gases in Pranayama” (research by Dr. Pratap and Dr. Berrettini)
Gloria Meltzer	“Yoga as a Means of Rehabilitating Probationers”
Susan Johnson	“Yoga and Vegetarianism”
Anne Craig	“A Psychophysiological Study of Yoga by Dr. Hiroshi Motoyama” read by Ms. Craig
Stephen Guth	“Meditation in Jainism by Gurudev Chitrabhanu” read by Stephen Guth
Dr. Ishwar Sharma	“Yoga for Modern Man”
Swami Satchidananda	“Address”
Dr. Edward Fleischman	“Reality – A View from Trance State”

## SPEAKERS' LECTURES

### **Scientific Yoga: An Open Secret, *contd***

October 16 & 17, 1976

International House, University of Pennsylvania Campus

Gary Levitt &  
Candace Smith

“Hatha Yoga Class”

Shanti Yogi Desai

“Chanting Demonstration”

Marc Goldberg

“This is India” Slide Presentation

H.H. Swami Bua Ji Maharaj

“Advanced Yoga Demonstration”

Dr. Vijayendra Pratap

“Pranayama Theory and Practice”

Dr. David A. Soskis

“Yoga in Clinical Psychiatry”

Dr. Fred Birnbaum

“Center of Gravity and Its Displacement in Some  
Yogic Poses” (research by Dr. Pratap, Dr. Birnbaum  
and Mr. Jau Din Ling)

Ronald V. Mangravite

“Yoga and Parapsychology”

William Mandell

“A Proposed Mechanism for Pyramid-Human Interaction”  
by Dr. Franklin Merrell-Wolff (read by William Mandell)

## SPEAKERS' LECTURES

### **Scientific Yoga: An Open Secret, *contd***

October 16 & 17, 1976

International House, University of Pennsylvania Campus

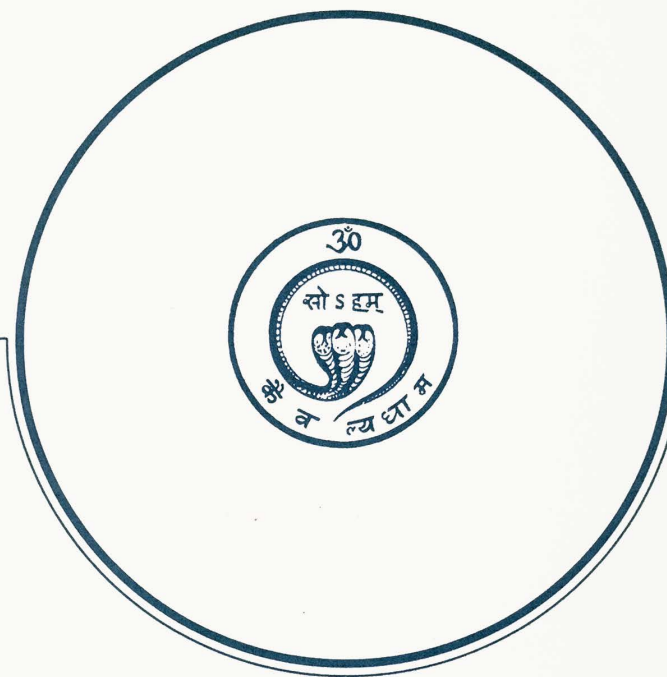
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|-----------------------------|---|
| Walter Kaufman              | “Emotion and Heart Rhythms of Those Trained in Dynamic Relaxation” by Dr. Pedro DeVincente Monjo (read by Walter Kaufman)   |
| Barbara Levitt              | “Report of Study of Yogic Training on Minimum Muscular Fitness of School Children” by A.M. Moorthy (read by Barbara Levitt) |
| Dr. A.J. Motilal            | “Self-Realization Through Vedanta and Yoga”   |
| Dr. Gurushabd Singh Josephs | “Exploring Kundalini Yoga”  |
| Dr. Ashok K. Gangadean      | “Yoga and Vedanta”  |
| H.H. Sri Swami Rama         | “Address”   |
| Lambika Yogi Ramananda      | “Demonstration”   |
| Shanti Parakh               | “Advanced Hatha Yoga Flow”  |



**YOGA RESEARCH SOCIETY**  
3rd Annual Conference

"Yoga: Mental Health & Beyond"

Saturday/Sunday, October 8 & 9, 1977 • Jefferson Medical College of Thomas Jefferson University • Philadelphia, Penna.  
Sponsored by the Yoga Research Society in association with the Swami Kavalayananda Yoga (SKY) Foundation.



**Join us in the work of the  
YOGA RESEARCH SOCIETY.**

The Yoga Research Society's purpose is to provide a neutral platform where students of the science of yoga may explore the potentials of human development with a wide range of teachers, researchers, physicians and therapists.

Inspired by the teachings of Srīmat Swami Kavalayanandaji, a pioneering exponent of scientific yoga research, we continue in the tradition of a half century's work to bring western science and eastern science together with the mutual respect and understanding that will help to make all of our flights easier.

Speaker: Mmishree Chitrabhanu  
 Topic: "Ahimsa as a Secret of Happiness"  
 Day: Saturday, October 8th

Biographical Data:

Mmishree Chitrabhanu was a Jain Monk for 29 years. He has travelled extensively throughout Europe and East Africa to acquaint people with principles of non-violence and the belief that the unfolding of spiritual consciousness is the birth-right of every individual.

Mmishree Chitrabhanu first arrived in the United States as a representative of Indian spiritual culture at the Third Spiritual Summit Conference held at Harvard Divinity School and Princeton University. He has lectured throughout the USA and was the keynote speaker at the Quaker Conference on World Peace at Ithaca College in June 1974.

He is the Founder/President and Director of the Divine Knowledge Society, Bombay. The World Fellowship of Religions and the Meditation International Center in New York are organizations with which he maintains close ties.

He is the author of many books, including Jain Master Speaks to One World and Ten Days Journey into the Self.



Speaker: H.H. Muniiji Sushil Kumar  
 Topic: "Yoga and Healing"  
 Day: Sunday, October 9th

Biographical Data:

H.H. Muniiji Sushil Kumar was born June 15, 1926 in Haryana, India. When 7 years old, he left his parents' home to live with his guru, Shri Chhotey Lalji Maharaj. On April 20, 1942 he entered the Sacred Order of Jain Munis. On that day he received from his guru two symbols of nonviolence reaching far back into antiquity: the Mukh-patti and the Augha. The Mukh-Patti is a white mask which he wears except when sleeping, eating, or speaking to audiences. Its purpose is to keep the Jain holy man from accidentally swallowing an insect, thereby killing another living soul. The Augha, a soft hand-knotted duster, is used to gently brush off surfaces before sitting lest a creature be harmed.

A practitioner of yoga since early childhood, and deeply versed in the religious scriptures of both East and West, Muniiji founded the World Fellowship of Religions in 1954 in Bombay, India. Its many branches throughout Asia, Europe, Canada and the U.S. are dedicated to "creating harmony among the major world faiths in the spirit of non violence." Under his leadership, the World Fellowship of Religions has sponsored five international conferences and is planning a sixth for 1977.

In 1970, Muniiji founded the International Mahavir Mission dedicated to the peaceful Jain tenets of pure vegetarianism, Ahimsa (non-violence -- every living being is a temple of God), and Anekantavada (truth has many facets, no one side tells all the truth.)



Speaker: H.H. SWAMI RAMA  
 Topic: "Meditation in Reality"  
 Day: Sunday, October 9th

Biographical Data:

Spiritual head and founder of the Himalayan Institute, Swami Rama was born in 1925 in a small town in the Indian state of Uttar Pradesh to a learned Brahmin family. Raised from childhood in the Himalayas by a great Yogi and Saint of Bengal, he was ordained a monk in his early teens. He practiced the various aspects of yoga science and philosophy in traditional cave monasteries of the Himalayas and studied closely with Mahatma Gandhi. From the age of thirteen, he was granted authority to teach Hindu and Buddhist scriptures in several monasteries. He received his higher education in Prayaga and Varanasi and at Oxford, England.

Swami Rama subsequently lived in Germany, Holland, England and other parts of Europe for three years while he studied western psychology and philosophy, before coming to the United States in 1969 on the instruction of his master, to present yoga and meditation to the West.

Introduced in 1970 to researchers at the Menninger Clinic, he participated in experiments which revolutionized medical theories of the relationship between body and mind. As he was monitored on a battery of laboratory instruments, Swami Rama demonstrated the ability to stop his heart from pumping blood for seventeen seconds, voluntarily maintained his production of various brain waves, and demonstrated other "feats" of yogic control.

In 1971, Swami Rama founded the Himalayan Institute of Yoga Science and Philosophy outside Chicago, Illinois, and he continues to direct that Institute's expanding educational and therapeutic work. He is the author of several books including Yoga and Psychotherapy. In January, 1977 he received the Martin Buber Award for Service to Humanity.

Swami Rama was the Keynote speaker at the first October Conference of the Yoga Research Society in 1975. He has since been the guiding force for two International Congresses on Meditation and Related Therapies in Chicago.



Speaker: Olga Worrall, Ph.D, L.H.D.

Topic: "The Scientific Approach to  
Unconventional Healing"

Day: Saturday, October 8th

Biographical Data:

Dr. Worrall, an internationally respected spiritual healer and clairvoyant, has demonstrated the power to alter the growth rate of plants, to affect instruments in a cloud chamber from a distance of 500 miles, and to heal illness. She has participated in numerous scientific studies testing her psychic abilities in various laboratories in the United States, England, France, Canada and Japan. U.C.L.A., Johns Hopkins Hospital, Kent State University, McGill University, and the Maryland Psychiatric Institute are among the laboratories in which Dr. Worrall has been tested, and she recently completed an experiment with Dr. Norman Shealy and Dr. Elmer Green that was taped for a documentary film.

Medical Economics Magazine, in September, 1973, published a feature article on Dr. Worrall titled "Even M.D.s have faith in this faith healer."

Dr. Worrall is co-author of The Gift of Healing, Explore the Psychic World, and Your Power to Heal. She is co-founder and associate director of the New Life Clinic, Methodist Church since 1950.

Dr. Worrall recently returned from France where she has been studying the curative powers of the famous Lourdes water.

She accepts no money for her healing services. During the faith-healing services she conducts weekly at the Mount Washington Methodist Church in Baltimore, no collection plate is passed and gifts are refused. Facilities are donated by the church trustees, and Dr. Worrall's assistants work without pay.



Speaker: Yogi Amrit Desai

Topic: "Therapeutic Effect of Mantra Yoga"  
(Philosophy and Practice)

Day: Sunday, October 9th

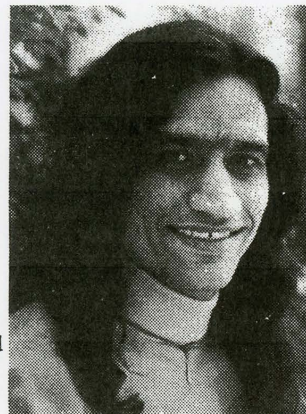
Biographical Data:

Yogi Amrit Desai is the Founder/Director of the Kripalu Ashram and Retreat. During his 28 years of study and 16 years of practice, he has been successful in establishing a harmony between the Eastern teachings of yoga and Western way of life.

In recognition of his work, he was awarded the honorary degree of Doctor of Yoga by H.H. Jagadguru Shankaracharya, prelate of the Hindu Religion, as well as the rare title of Acharya Pravaraha (Supreme Spiritual Teacher) by Swami Shri Vedavyasanandaji, noted Indian spiritual leader.

Yogi Desai is a devoted follower of H.H. Swami Shri Kripalvanandji.

He has conducted workshops and seminars throughout the United States, Canada, Europe and India, and has authored a comprehensive book (soon to be published) on Kripalu Yoga. Yogi Desai led a workshop on Hatha Yoga at the first October Conference of the Yoga Research Society.



Speaker: Vijayendra Pratap, Ph.D., D.Y.P.  
 Topic: "Yoga: Mental Health & Beyond"  
 Day: Saturday/Sunday, October 8th & 9th

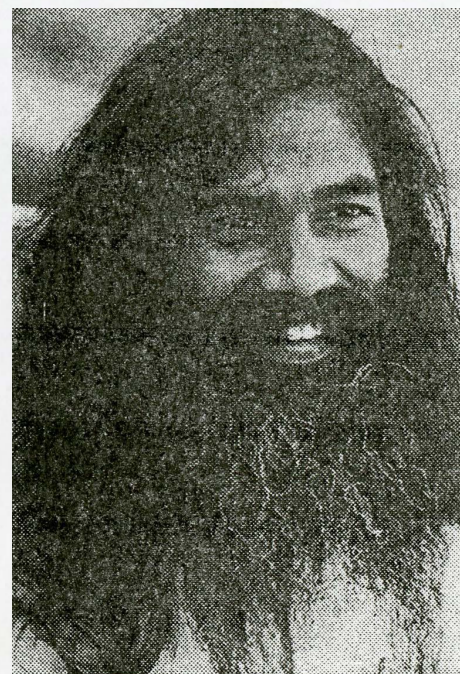
Biographical Data:

In 1967, Dr. Pratap earned his Ph.D. from the Department of Applied Psychology, University of Bombay. In addition to founding and directing the Yoga Research Society and the SKY (Swami Kuvalayananda Yoga) Foundation, Dr. Pratap has served as Assistant Director of Yoga Research and Lecturer at Kaivalyadhama, India's renowned institute for yogic studies.

He is currently on the board of editors of Yoga Mimamsa, the international quarterly of yogic research and has served as that publication's Secretary and Managing Editor. Dr. Pratap is a founder/trustee and advisor to the Yoga Organization for Research and Education (YORE) and has served as the yoga consultant to the Institute for Living, and a consultant to the Community Mental Health Center and Psychosomatic Clinic of the Thomas Jefferson University.

He has presented papers to the World Conference of Scientific Yoga, New Delhi, 1970; the XXth International Congress of Psychology, Tokyo, 1972; the Biofeedback Research Society Conference, Colorado Springs, 1974; the International Yoga and Meditation Congresses, Chicago, 1976 and 1977; and the Yoga Research Society Conferences, Philadelphia, 1975 and 1976.

Among the many workshops, seminars and retreats he has conducted are the following: Institute of Religious Psychology, Tokyo, 1972; Association for Humanistic Psychology, Eastern Regional Conference, Philadelphia, 1974 and Atlantic City, 1975; University of Nebraska Medical Center, 1974; Esalen, Big Sur, California, 1974 and 1975; Tulsa Psychiatric Center, Tulsa, 1974; University of New Mexico School of Medicine, 1975; the Association for Transpersonal Psychology Conference, Stanford University, 1975; and the Spring Yoga Festival, Ananda Ashram, New York, 1977.





Margaret Smith James  
Conference Coordinator



Maggi James has served as presiding officer of all three YRS Conferences. Her background includes 14 years as executive assistant to the president of Auerbach Corporation for Science and Technology; assistant city manager of a South Florida municipality; assistant manager of a grand oper company; teacher and editorial writer for the Washington Post. She is currently administrative secretary of the library at California State Polytechnic University, Pomona.

Patricia Carrington, Ph.D.  
"Meditation as an  
Adjunct to Psychotherapy"



Dr. Carrington is a clinical psychologist and lecturer in the department of psychology at Princeton University. She has long been involved in meditation both personally as a regular practitioner and professionally in the treatment of her patients. The method of Clinically Standardized Meditation she developed is a simple westernized technique used successfully in a number of organization. Dr. Carrington is the author of Freedom in Meditation, a new book dealing with the use of meditation in psychotherapy.

Fred Birnbaum  
"Center of Gravity and  
Mental Health"



Fred Birnbaum is completing his studies at the Pennsylvania College of Podiatric Medicine. He is a lecturer on anatomy at SKY Foundation's Fairhill Teacher's Program, and he delivered a paper at last year's YRS Conference

Paula Bram Amar, Ph.D.  
"Biofeedback & Self Control:  
Electronically-Enhanced Yoga"

Dr. Amar has been involved in bio-feedback research for a number of years and has been a leader in recognizing the inter-relationship of bio-feedback methods and yogic practices. She is the program administrator of the Jefferson Community Mental Health Center/Northern Division.

Margaret Merwin Huddleston  
"Silva Mind Control"

Peggy Huddleston, Philadelphia coordinator of Silva Mind Control, has taught more than 4,000 people the technique in Philadelphia, Paris, London, Amsterdam and Tehran. She has been a guest lecturer at Oxford University, University of Toronto, Wharton Graduate School and others. Peggy has appeared on many national television shows including NBC News and the Mike Douglas Show.

Maureen C. Keen  
"est"



Maureen Keen completed her est training in August of 1976 in Washington, D.C. and later took part in the Guest Seminars Leaders Program in New York. She has owned and operated art galleries and is now owner of the Tri-County Motorcycle Mall, Mt. Holly, N.J. She is currently collaborating with Herbert Greenhouse on a book about out-of-body experiences.

David Soskis, M.D.  
"New Approaches to Health"



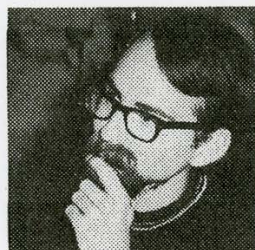
Dr. Soskis is a professor of Psychiatry at Temple University School of Medicine. He delivered a paper at last year's YRS Conference on "Yoga in Clinical Psychiatry" and has been actively involved in bringing together open-minded scientists of both eastern and western disciplines.

Candace Smith  
Hatha Yoga Practical



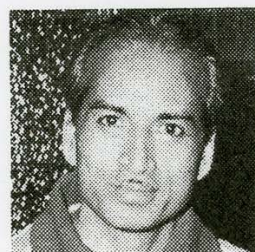
Candy Smith has been studying yoga with Dr. Pratap at the SKY Foundation for six years. She is secretary of the Yoga Research Society and manager of the Garland of Letters Bookstore. Candy has taught yoga classes at Esalen in Big Sur, and is on the faculty of a number of adult education programs throughout this area.

Wade Berrettini, M.D.  
"Kapalebhati: A Case Study"



Dr. Berrettini is the vice president of the Yoga Research Society and a lecturer on physiology at the SKY Foundation's Fairhill Teacher's Program. He is currently on the staff of the Department of Psychiatry of the Thomas Jefferson Medical College. Dr. Berrettini has delivered papers at each of the preceding YRS Conferences.

M.L. Gharote, Ph.D., D.Y.P.  
"Effect of Yoga Practices  
on Physical Fitness"



Dr. Gharote is the deputy director of research and principal of the G.S. College of Yoga and Cultural Synthesis, Kaivalyadhama, Lonavla, India. He has been working as a researcher in the field of Yoga since 1954 and has conducted training programs for teachers of physical education in India, Brazil and Argentina. He has participated in many international conferences and is an author and contributor to numerous publications in the fields of yoga and physical fitness.

Barbara Levitt  
"True Meaning of the Idea  
of Beyond" by Dr. H. Dickman



Barbara Levitt is the secretary of the Swami Kunalayananda Yoga (SKY) Foundation. She did graduate work at the Bryn Mawr School of Social Work and was a family therapist at the Jefferson Community Mental Health Center. Barbara has taught yoga at a number of community centers and adult education programs, as well as programs at the Esalen Institute and at the Stowe Center for the Performing Arts.

William Mandell  
"Proposed Applications of  
Integral Yoga to Therapy"  
by Prem Shanker, Ph.D.



Bill Mandell is resident director of SKYfarm, SKY foundation's 160 acre retreat in Unityville, Pa. At last year's Conference, Bill delivered a paper by Dr. Franklin Merrell-Wolff, and he has since studied with Dr. Wolff.

Ashok Kumar Gangadean, Ph.D.  
"Yoga of Wisdom"



Dr. Gangadean is an associate professor in the Department of Philosophy, Haverford College. He has participated in a number of international conferences, including last year's YRS Conference, and he has served as president of the Fullerton Philosophy Club. Dr. Gangadean is currently the convener of the Gest Center for Cross-Cultural Study for World Religions. He is now completing for publication a new book, Predication and Existence.

Joy Gorin  
"Yoga: A Practical Guide  
for the West"



Joy Gorin is the founder/director of the Yoga Academy of Elkins Park. She's been teaching yoga at adult education programs, Y's, community centers, drug rehabilitation centers and colleges throughout the area since 1968, and is a charter member of the SKY Foundation.

Dorothy Neva Mandell, M.A.  
"Basic Vegetarian Nutrition"



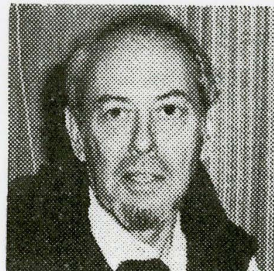
Dorothy Mandell earned her masters degree from Bucknell University in general experimental psychology and is currently studying as an intern at the Bloomsburg Family Counseling and Mental Health Clinic. She has taught courses on vegetarian cooking at adult education programs and at the Williamsport Area Community College.

Marc Goldberg  
SKY Slides



Marc Goldberg is a charter member of the SKY Foundation. He's taught yoga at adult education programs throughout the area, at the Stowe Center for the Performing Arts, and he is a lecturer at the Fairhill Teacher's Program. Marc toured India last year and completed the Kaivalyadhama Summer Camp Certificate Course. He has managed the Garland of Letters Bookstore and is a professional photographer.

Mael A. Melvin, Ph.D.  
"Yoga, Astronomy and Mental Health"



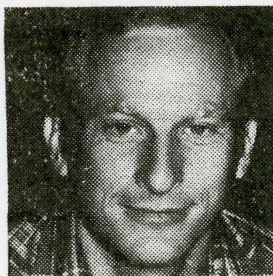
Dr. Melvin is a professor of physics at Temple University. he has been active in scientific education and research for 40 years. He's twice received Guggenheim Fellowships and has taught in Sweden and Argentina as well as the United States. Dr. Melvin has a long standing interest in the study of consciousness and is currently editing an unpublished work of Dr. Franklin Merrell-Wolff in a treatise titled Introceptionalism.

Edward Fleischman, D.O.  
"Faith and Mental Health"



Dr. Fleischman is a member of the Yoga Research Society advisory board. He has delivered papers at each of the preceding YRS Conferences, and is an innovating practitioner in the health field.

Gary Levitt  
"Yoga: A Common Ground"



Gary Levitt is a director and vice president of the SKY Foundation. He has studied with Dr. Pratap for six years and taught at the Stowe Center for the Performing Arts, Esalen Institute and at community programs throughout the area. Gary is currently on the faculty of the Charles Morris Price School of Advertising, a director of the Society Hill Synagogue, and executive vice-president of SonderLevitt Advertising, Inc.

Linda Gross  
Co-Program Coordinator



Linda is on the Yoga Research Society staff and is a SKY teacher at adult education programs and community centers in the Philadelphia area.

## SPEAKERS' LECTURES

**Yoga: Mental Health & Beyond**

October 8 &amp; 9, 1977

Jefferson Medical College of Thomas Jefferson University

Margaret Smith James	“Welcome”
Dr. Vijayendra Pratap	“Yoga: Mental Health and Beyond”
Dr. Patricia Carrington	“Meditation as an Adjunct to Psychotherapy” <b>Book:</b> <i>Freedom in Meditation</i>
Dr. Fred Birnbaum	“Center of Gravity and Mental Health, A Pilot Study”
Munishree Chitrabhanu	“Ahimsa as a Secret of Happiness” <b>Books:</b> <i>Jain Master Speaks to the World,</i> <i>Ten Days Journey into the Self</i>
Dr. Paula Bram Amar	“Biofeedback & Self Control: Electronically- Enhanced Yoga”
Margarete Merwin Huddleston	“Silva Mind Control”
Maureen C. Keen	“EST”

## SPEAKERS' LECTURES

**Yoga: Mental Health & Beyond, *contd***

October 8 &amp; 9, 1977

Jefferson Medical College of Thomas Jefferson University

Dr. Olga Worrall	“The Scientific Approach to Unconventional Healing”
Dr. Wade Berrettini	“Kapalabhati: A Case Study”
Dr. M.L. Gharote	“Effect of Yoga Practices on Physical Fitness”
Yogi Amrit Desai	“Therapeutic Effect of Mantra Yoga” <b>Book:</b> <i>Kripulu Yoga: Meditation in Motion</i>
Barbara Levitt	“True Meaning of the Idea of Beyond” by H. Dickman (read by Barbara Levitt)
William Mandell	“Proposed Applications of Integral Yoga Therapy” by Dr. Prem Shanker (read by William Mandell)
Dr. Ashok Kumar Gangadean	“Yoga of Wisdom” <b>Book:</b> <i>Predication and Existence</i>
Joy Gorin	“Yoga: A Practical Guide for the West”

## SPEAKERS' LECTURES

### **Yoga: Mental Health & Beyond, *contd***

October 8 & 9, 1977

Jefferson Medical College of Thomas Jefferson University

Dorothy Neva Mandell	“Basic Vegetarian Nutrition”
Marc Goldberg/Gary Levitt	SKY Slides
H.H. Shri Muniji Sushil Kumar	“Yoga and Healing”
Dr. Mael A. Melvin	“Yoga, Astronomy and Mental Health”
Dr. Edward Fleischman	“Faith and Mental Health”
H.H. Shri Swami Rama	“Meditation in Reality”
Shri H. V. Kamath	Address



## SPEAKERS' SIGNATURES

Dr. M.L. Gharote	10/8/77	Felt at home.
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*Felt at home.*

Dr. M.L. Gharote



**YOGA RESEARCH SOCIETY**  
4th Annual Conference

**Yoga: A Common Ground**

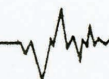
Saturday/Sunday, October 21 & 22, 1978—Old Pine Community Center—Philadelphia PA  
Sponsored by the Yoga Research Society in association with the Swami Kavalayananda Yoga (SKY) Foundation.



**YOGA RESEARCH SOCIETY**

"YOGA: A COMMON GROUND"

Old Pine Community Center  
4th and Lombard Sts./Philadelphia



4TH ANNUAL CONFERENCE/1978

YOGA RESEARCH SOCIETY  
4th Annual Conference

YOGA: A COMMON GROUND

Saturday/Sunday, October 21 and 22, 1978  
Old Pine Community Center  
4th and Lombard Streets, Philadelphia, Pa.

Sponsored by the Yoga Research Society  
in association with  
the Swami Kavalayananda Yoga (SKY) Foundation

PRE-REGISTER TODAY FOR THE  
4th ANNUAL YRS CONFERENCE

Space is limited to the first 200 registrants.

This year's conference will feature both practical  
and theoretical programs conducted by:

SHRI YOGI BHAJAN  
Founder of the  
3HO Foundation

H.H. MUNI SUSHIL KUMARJI  
Founder of the World  
Fellowship of Religions

RABBI IVAN CAINE  
Society Hill Synagogue and  
Reconstructionist Rabbinical  
College

SHRI O.P. TIWARI  
Secretary of  
the Kaivalyadhama Institute

As well as Dr. Vijayendra Pratap, Founder of YRS and SKY Foundation  
and other distinguished teachers, researchers, physicians,  
therapists and clergy.

There is the possibility that H.H. SHRI CHANDRA SWAMIJI MAHARAJ  
will appear at the conference, his schedule permitting.

Inspired by the teachings of Srimat Swami Kavalayanandaji, a  
pioneering exponent of scientific yoga research, we continue  
in the tradition of a half century's work to bring western  
science and eastern science together with the mutual respect  
and understanding that will help make all of our flights easier.

Speaker: Yogi Bhajan ✓  
 Topic: "Common Ground: Man/Woman"  
 Day: Sunday, October 22, 1978

Biographical Data:

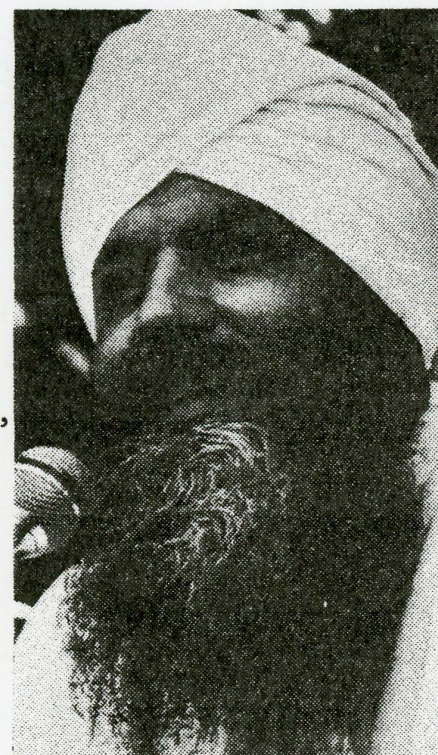
Siri Singh Sahib Harbhajan Singh Khalsa Yogiji (Yogi Bhajan) has been teaching the science of Kundalini Yoga in the United States since 1969.

He has served as a Program Director at the University of California at Los Angeles, and is the Director of Spiritual Education of the 3HO (Healthy, Happy, Holy Organization) Foundation, which operates over one hundred teaching centers in the U.S., Canada, Europe and Asia.

The Siri Singh Sahib has become well known as a world religious leader. As a member of the Southern California Inter-Religious Council, the World Affairs Council, and the Los Angeles-Bombay Sister City Committee, he has been a leader in inter-cultural and inter-religious understanding. He has served as Co-President and President of the World Conference on the Unity of Man, and serves as Co-Director of the World Fellowship of Religions.

Yogi Bhajan, through his teachings, has helped many young Americans to overcome drug-related problems. And he has lectured extensively on improving male/female relationships.

His first book, The Teachings of Yogi Bhajan, was published by Hawthorn Press in April, 1977 and is presently in its third printing.



Speaker: H. H. Muniji Sushil Kumar  
 Topic: "Common Ground: Harmony/Non-harm"  
 Day: Sunday, October 22, 1978

Biographical Data:

H. H. Muniji Sushil Kumar was born June 15, 1926, in Haryana, India. When 7 years old, he left his parents' home to live with his guru, Shri Chhotey Lalji Maharaj. On April 20, 1942, he entered the Sacred Order of Jain Munis. On that day he received from his guru two symbols of nonviolence reaching far back into antiquity: the Mukh-patti and the Augha. The Mukh-patti is a white mask which he wears except when sleeping, eating, or speaking to audiences. Its purpose is to keep the Jain holy man from accidentally swallowing an insect, thereby killing another living soul. The Augha, a soft hand-knotted duster, is used to gently brush off surfaces before sitting lest a creature be harmed.

With 45 years of experience in spiritual practice and study, Muniji is both Saint and Scholar. As a professor of literature and philosophy, he is founder of several colleges in India. He also has several publications in print (in India). Dedicated to the goals of harmony among religions and the perfection of the self through spiritual practice, he is the Founder/Chairman of the World Fellowship of Religions, the International Mahavir Mission and the Kundalini Science Center.

In 1977 Muniji established Muni Sushil Yogville, under the auspices of the International Mahavir Mission, in Burlington Flats, N.Y. This is his first United States ashram; four others have been recently inaugurated in England and Canada.



Speaker: Shri O.P. Tiwari  
 Topic: "Yoga: A Practical Experience"  
 Day: Saturday, October 21, 1978

Biographical Data:

Om Prakash Tiwari was born near Agra in India. He received his B.A. and his Masters in Economics from Allahabad University, as well as a Masters in Hindi from Poona University. He obtained the Diploma of Yoga Pravishta (D.Y.P.) from the Kaivalyadhama and is completing his Ph.D.

At present, he is the General Secretary of Kaivalyadhama, S.M.Y.M. Samiti in Lonavla and serves as yoga instructor in the Yogic Hospital.

He is also professor of Hatha Yoga in the G.S. College of Yoga and Cultural Synthesis. Shri Tiwari has conducted workshops and retreats throughout the United States in two previous visits sponsored by the SKY Foundation.



Speaker: Rabbi Ivan Caine  
 Topic: "Common Ground: Judaism - A Practical Approach"  
 Day: Saturday, October 21, 1978

Biographical Data:

Rabbi Caine was ordained by the Rabbinical School of the Jewish Theological Seminary in 1957 and has done post-graduate work at the Hebrew University of Jerusalem and the University of Pennsylvania.

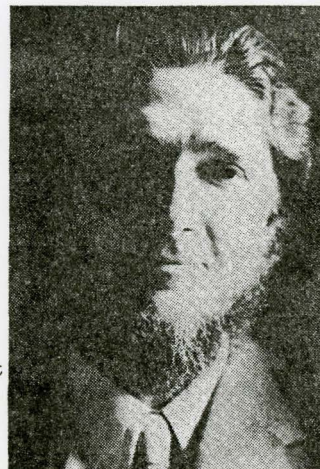
He was a U.S. Army Chaplain, assistant to the Editor of the Christian News from Israel, and a visiting lecturer in Hebrew Scriptures at Swarthmore College.

He is currently Rabbi of the Society Hill Synagogue and Director of Biblical Studies for the Reconstructionist Rabbinical College.

Over the years, Rabbi Caine has published a number of articles and delivered papers exploring the correlation of Hebrew tradition and Christian writings.

Both his work with the Reconstructionist Rabbinical College and his leadership of the Society Hill congregation reflect his willingness to re-examine doctrine and tradition in current light.

He is Rabbi to a growing congregation that includes a nobel prize winner, (Dr. Baruch Blumberg), the state Secretary of Health, (Dr. Leonard Bachman), and a number of distinguished Philadelphians.



Speaker: Dr. Donald K. Swearer  
 Topic: "Common Ground: Universal Practice and Theravada Buddhism"  
 Day: Saturday, October 21, 1978

Biographical Data:

Dr. Swearer earned his Ph.D. from Princeton University and his S.T.M. from the Yale University Divinity School. He is currently a professor at Swarthmore College, a member of the advisory board of the Margaret Gest Center for the Cross-Cultural Study of Religion, Haverford College, and treasurer for the Foundation for Interreligious Dialogue.

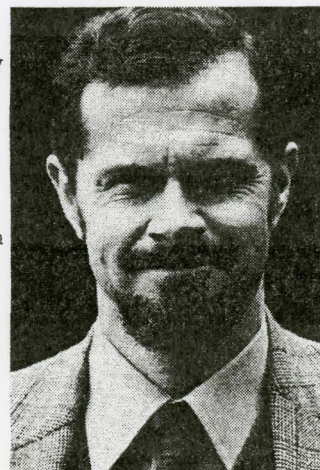
With Fellowships from the Society for Religion in Higher Education, the National Endowment for the Humanities, the Ford Foundation and the Social Science Research Council, he has spent a number of years in Sri Lanka, Thailand and Japan studying and writing about Buddhism.

He is on the board of directors of the Association for Asian Studies, and is assistant editor of the Journal of Asian Studies and associate editor of the Journal of Religious Ethics.

Dr. Swearer has published eight books, including Secrets of the Lotus, Studies in Buddhist Meditation and Dialogue, The Key to Understanding Other Religion.

His articles on Buddhism and other religions have been widely published and he's delivered papers at conferences in this country and in Thailand.

He's been a consultant to the American Broadcasting Company and to the British Broadcasting Company for films on Buddhism and on Thai art and culture.



Speaker: Swami Ajaya  
 Topic: "Common Ground: Eastern Masters/Western Seekers"  
 Day: Saturday, October 21, 1978

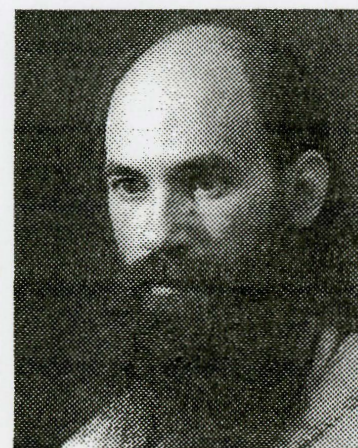
Biographical Data:

Swami Ajaya was born in Philadelphia in 1940 and educated at Wesleyan University and the University of California at Berkeley. He was a post-doctoral fellow at the University of Wisconsin Medical School in Madison. For the past eight years he has practiced clinical psychology and has acted as a consultant to several mental health centers.

He has traveled widely, studying with various sages of India. He was ordained a monk by H.H. Sri Swami Rama in the Swami order of Shankaracharya.

Swami Ajaya is author of Yoga Psychology and co-author of Emotion to Enlightenment and Yoga and Psychotherapy. He has also edited several books, including Living with the Himalayan Masters, Spiritual Experiences of Swami Rama.

He currently directs the Yoga Meditation Society of Madison, Wisconsin, an affiliate of the Himalayan Institute.



Speaker: Dr. Ellery B. Haskell  
 Topic: "Common Ground: Christianity - Prayer and Meditation"  
 Day: Saturday, October 21, 1978

Biographical Data:

Dr. Haskell is Professor Emeritus of Philosophy at Albright College. He earned his Ph.D. from the University of Chicago Divinity School and has been a faculty member of Albright since 1946, having taught European History, American History, History of Religions, History of Philosophy, Philosophy of History and other courses.

He has served as President of the Reading World Federalists and is presently a member of the United States and World Federalists.

Dr. Haskell is an ordained minister of the American Baptist Churches, has served two churches from 1937 to 1945 and has served as deacon and moderator of the First Baptist Church, Reading and is currently the General Superintendent of its church school.

He is active on the Christian Social Concern Committee of the First Baptist Church and has been a coordinator of the church's sponsorship of refugees from Vietnam and Laos. He is on the Board of Directors of the Greater Reading Council of Churches and is its first vice president.



Speaker: Dr. Rudolph M. Ballentine, Jr.  
 Topic: "Common Ground: Diet and Spirituality"  
 Day: Saturday, October 21, 1978

Biographical Data:

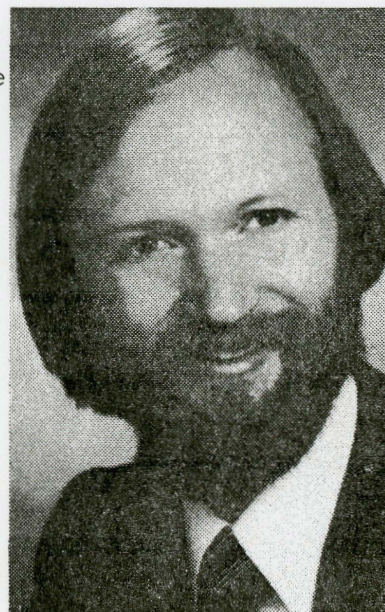
A physician and psychiatrist, Dr. Ballentine studied psychology in the United States and France before receiving his M.D. degree from Duke University.

After broad clinical experience, he was appointed Assistant Professor of Psychiatry at Louisiana State University Medical School.

He then traveled widely in India learning yoga and studying Ayurvedic medicine and homeopathy.

A private practitioner of general and psychosomatic medicine, he is the director of the Bio-Feedback-Meditation and Combined Therapy Programs at the Himalayan Institute.

Dr. Ballentine lectures extensively around the country and has written Diet and Nutrition and co-authored Yoga and Psychotherapy and Science of Breath.



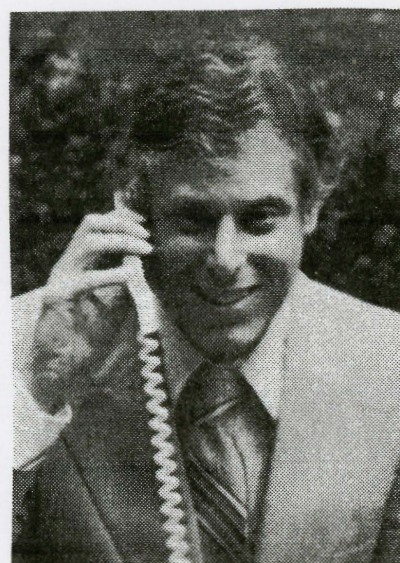
Speaker: Sherwin Seligsohn  
 Topic: "Common Ground: Science and Spirituality"  
 Day: Saturday, October 21, 1978

Biographical Data:

Mr. Seligsohn is an independent inventor and author, active in the telecommunication sciences.

As a technological entrepreneur, he has been instrumental in the development of the Ultra-Phone, a breakthrough design in personal, portable communications.

He is a long-time student of spiritual philosophy specializing in its application to science and technology.





Speaker: Vijayendra Pratap, Ph.D., D.Y.P.  
 Topic: "Yoga: On The Common Ground"  
 Day: Saturday/Sunday, October 21 & 22

Biographical Data:

In 1967, Dr. Pratap earned his Ph.D. from the Department of Applied Psychology, University of Bombay. In addition to founding and directing the Yoga Research Society and the SKY (Swami Kavalayananda Yoga) Foundation, Dr. Pratap has served as Assistant Director of Yoga Research and Lecturer at Kaivalyadhama, India's renowned institute for yogic studies.

He is currently on the board of editors of Yoga Mimamsa, the international quarterly of yogic research and has served as that publication's Secretary and Managing Editor. Dr. Pratap is a founder/trustee and advisor to the Yoga Organization for Research and Education (YORE) and has served as the yoga consultant to the Institute for Living, and a consultant to the Community Mental Health Center and Psychosomatic Clinic of the Thomas Jefferson University.

He has presented papers to the World Conference of Scientific Yoga, New Delhi, 1970; the XXth International Congress of Psychology, Tokyo, 1972; the Biofeedback Research Society Conference, Colorado Springs, 1974; the International Yoga and Meditation Congresses, Chicago, 1976, 1977 and 1978; and the Yoga Research Society Conferences, Philadelphia, 1975, 1976 and 1977.

Among the many workshops, seminars and retreats he has conducted are the following: Institute of Religious Psychology, Tokyo, 1972; Association for Humanistic Psychology, Eastern Regional Conference, Philadelphia, 1974 and Atlantic City, 1975; University of Nebraska Medical Center, 1974; Esalen, Big Sur, California, 1974 and 1975; Tulsa Psychiatric Center, Tulsa, 1974; University of New Mexico School of Medicine, 1975; the Association for Transpersonal Psychology Conference, Stanford University, 1975; and the Spring Yoga Festival, Ananda Ashram, New York, 1977.

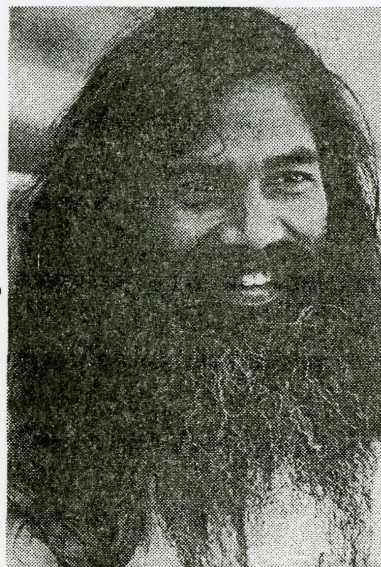
Speaker: Marvin Elias  
 Topic: "Common Ground: SKY/Horizon"  
 Date: Saturday, October 21, 1978

Biographical Data:

In his capacity with Horizon House, Inc. of Philadelphia, Mr. Elias has assisted in the resocialization of adults in post-psychiatric rehabilitation.

An integral part of this resocialization has been an ongoing SKY Yoga program.

Mr. Elias will report on the history of this program and its effect on members of the Yoga group.



Margaret S. James  
Conference Coordinator



Maggi James has served as presiding officer of all four YRS Conferences. Her background includes 14 years as executive assistant to the president of Auerbach Corporation for Science and Technology; assistant city manager of a South Florida municipality; assistant manager of a grand opera company; teacher; and editorial writer for the Washington Post. She is currently administrative secretary of the library at California State Polytechnic University, Pomona.

Wade Berrettini, M. D.  
"Jalandhara-Bandha (chin lock)  
and Blood Pressure"



Dr. Berrettini is the vice president of the Yoga Research Society and a lecturer on physiology at the SKY Foundation's Fairhill Teacher's Program. He is currently on the staff of the Department of Psychiatry of the Thomas Jefferson Medical College. Dr. Berrettini has delivered papers at each of the preceding YRS Conferences.

Fred Birnbaum, D. P. M.  
"Transcendental Judaism"



Dr. Birnbaum is currently serving as a Captain in the United States Army stationed in Augusta, Georgia. He has been a Staff Member of both YRS and SKY Foundation for a number of years; lectured on anatomy in the SKY Foundation's Fairhill Teacher's Program 1977/78; and has delivered papers at previous YRS Conferences.

## SPEAKERS' LECTURES

### **Yoga: A Common Ground**

October 21 & 22, 1978

Old Pine Community Center

Margaret Smith James      “Welcome”

#### COMMON GROUND: Science/Spirituality

Dr. Rudolf Ballentine      “Diet and Spirituality”  
 Books: *Diet and Nutrition*, co-author of  
*Yoga and Psychotherapy*

Dr. Wade Berrettini      “Jalandhara-Bandha (Chin Lock) and Blood Pressure”

Sherwin Seligsohn      “Science and Spirituality”

Dr. Mael Melvin      Panel Moderator

#### COMMON GROUND: Religious Practices/Practical Religion

Rabbi Ivan Caine      “Judaism – A Practical Approach”

## SPEAKERS' LECTURES

**Yoga: A Common Ground, *contd***

October 21 &amp; 22, 1978

Old Pine Community Center

- |   |   |
|---|---|
| Dr. Donald K. Swearer                     | “Universal Practice and Theravada Buddhism”<br><b>Books:</b> <i>Secrets of the Lotus, Studies in Buddhist Meditation and Dialogue, The Key to Understanding Other Religions</i> |
| Dr. Ellery B. Haskell                     | “Christianity – Prayer and Meditation”  |
| Dr. Fred Birnbaum                         | “Transcendental Judaism”  |
| Dr. Vijayendra Pratap<br>Shri O.P. Tiwari | “SKY Yoga” Discussion and Practical   |
| Swami Ajaya                               | “Eastern Masters/Western Seekers”<br><b>Books:</b> <i>Yoga Psychology</i> , co-author of <i>Emotion to Enlightenment, Yoga and Psychotherapy</i>                                |
| H.H. Muniji Sushil Kumar                  | “Non-Harm/Harmony”  |
| Shri Yogi Bhajan                          | “Man/Woman” Discussion and Practical<br><b>Book:</b> <i>The Teachings of Yogi Bajan</i>   |
| Marvin Elias                              | “SKY/Horizon”   |



YOGA RESEARCH SOCIETY




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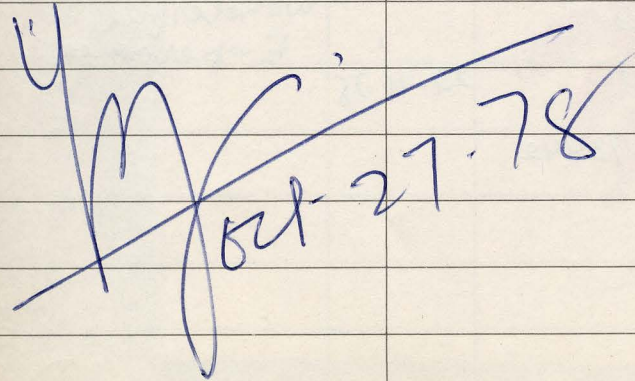
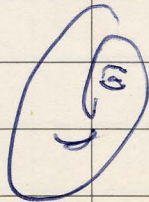
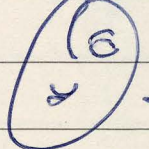
FAITH BASAGIC	MARILYN LATYAK
ARTHUR BROWNSTEIN	ROBERT LATYAK
LAURI CAHN	BARBARA LEVITT
FRAN CHAPMAN	B. J. LEVITT
LLOYD COLLINS	GARY LEVITT
ELSIE CRANOR	WILLIAM MANDELL
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STEVE GUTH	IRENE SILVERMAN
DIANE HATFIELD	CANDY SMITH
VICKIE LANGE	

251 South Twelfth Street, Philadelphia, PA 19107 ● (215)923-5946 or (215)242-4900 ● Vijayendra Pratap Ph.D., D.Y.P. – Founder/President

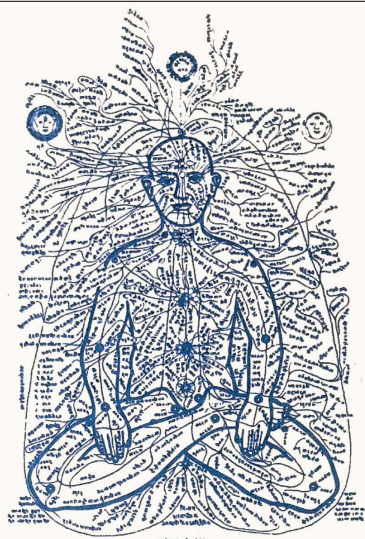
## SPEAKERS' SIGNATURES

Muni Sushil Kumar 10/22/78  Heart purification

*Heart Purification*  
H.H. Muni Sushil Kumar

 Oct-27-78 God is   D  
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*God is Good*  
Sri Singh Sahib Yogi Bhajan



# Yoga, Tantra & Healing

October 13 & 14, 1979

## A Weekend of Workshops

presented by

**The Yoga Research Society**

at the Old Pine Community Center

SATURDAY

### “Tantra: Philosophy & Practice”

Agehananda Bharati  
author of The Ochre Robe and  
The Tantric Tradition

### “Science of Breath”

Vijayendra Pratap, Ph.D., D.Y.P.  
a leading proponent of scientific  
Yoga research

SUNDAY

### “Explore Your Power of Healing”

Olga Worrall, Ph.D., L.H.D.  
an internationally acclaimed practitioner  
of unconventional healing since 1928

### “Medicinal Plants & Your Health”

Tribhuwan Srivastava, M.Sc., Ph.D.  
a botanist and researcher in  
Ayurvedic medicine

REGISTRATION – single workshop \$25, entire weekend \$45  
(\$75 after Sept. 30)

INFORMATION – Yoga Research Society, 251 South 12th St.

**(215) 923-5946**

## SPEAKERS' LECTURES

### **Yoga, Tantra & Healing**

October 13 & 14, 1979

Old Pine Community Center

Margaret Smith James      “Welcome”

Dr. Vijayendra Pratap      “Yoga Practical” also “Science of Breath”

“Yoga As I Understand It” Panel Discussion

Dr. David Soskis

Dr. Wade Berrettini

Shri O.P. Tiwari

Dr. Fred Birnbaum

Dr. Stephen Dubin

Diane Hatfield

Gary Levitt

Prof. Agehananda Bharati      “Tantra: Philosophy and Practice”

Dr. Olga Worrall      “Explore Your Power of Healing”