



**YOGA RESEARCH SOCIETY**

6th Annual Conference  
October 25 & 26, 1980

**Yoga, Mantra  
&  
Meditation**

Sponsored by YRS in association with SKY Foundation at the  
Old Pine Community Center, 4th & Lombard Sts., Phila., PA

**YOGA, MANTRA & MEDITATION**  
**The 6th Annual Conference of the Yoga Research Society**

Saturday & Sunday  
 October 25 & 26, 1980

Old Pine Community Center  
 4th & Lombard Streets  
 Philadelphia, PA

The Yoga Research Society provides 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 Srimat Swami Kuvalayanandaji, 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.

This year's Conference will focus on self exploration through techniques both traditional and modern.

Emphasis will be on practical and experiential workshops with active participation by attendees.

**Program Leaders Will Include:**

SHRI OM PRAKASH TIWARI, M.A., D.Y.P.  
 Secretary General of Kaivalyadhama Institute  
 Lonavla, India

PATRICIA CARRINGTON, Ph.D.  
 Department of Psychology,  
 Princeton University

SHYAM BHATNAGAR  
 Founder of the system of *Inner Tuning*  
 Director of SRI Centres International

VIJAYENDRA PRATAP, Ph.D, D.Y.P.  
 Founder of YRS and SKY Foundation

STEPHEN DUBIN, V.M.D.  
 University Veterinarian  
 Drexel University

WADE BERRETTINI, M.D., Ph.D.  
 Dept. of Health, Education & Welfare  
 Public Health Service  
 National Institute of Health

**SCHEDULE OF EVENTS**

**Saturday, October 25, 1980**

Morning Session:

9:00 to 10:00  
 Registration  
 Welcome: Margaret S. James

10:00 to 11:30  
 KEYNOTE  
 "Yoga, Mantra & Meditation"  
 Shri O.P. Tiwari, M.A., D.Y.P.

11:30 to 1:00  
 RESEARCH REVIEW  
 "Survey of Scientific  
 Studies on Meditation"  
 Wade Berrettini, M.D., Ph.D.

Afternoon Session:

3:30 to 5:00  
 WORKSHOP  
 "Modern Forms of  
 Meditation"  
 Patricia Carrington, Ph.D.

5:00 to 6:30  
 PANEL DISCUSSION  
 "Traditional and Modern  
 Approaches to Self-  
 Exploration"  
 Shri Tiwari and Drs. Dubin,  
 Berrettini, Carrington, and  
 Pratap

7:00 to 8:30  
 HATHA YOGA PRACTICAL  
 Postures, breathing, kriyas,  
 relaxation, questions &  
 answers  
 Vijayendra Pratap, Ph.D., D.Y.P.

8:30 to 9:00  
 Close

**Sunday, October 26, 1980**

Afternoon Session:

2:00 to 3:00  
 RESEARCH REPORT  
 "Nostril Breathing—  
 How to Measure"  
 Stephen Dubin, V.M.D.

3:00 to 5:00  
 WORKSHOP  
 "Inner Tuning: Introduction  
 to the Sound of the Chakras"  
 Shyam Bhatnagar

5:00 to 6:00  
 WORKSHOP  
 "Pranayama"  
 Vijayendra Pratap/Shri Tiwari

6:00 to 7:00  
 Conclusion

**REGISTRATION:**

Registration for the entire Conference is \$35 per person if received before October 1st.

After October 1st, registration is \$50 if space is available.

Registration for one day or for a single program is \$35 if space is available.

Because your place will be reserved, no refunds are possible after October 15, 1980.

Please make checks payable to: Yoga Research Society, 251 S. 12th St., Phila., PA 19107

If you have questions regarding lodging, transportation or the program, call (215) 923-5946.

## SPEAKERS' LECTURES

### **Yoga, Mantra & Meditation**

October 25 & 26, 1980  
Old Pine Community Center

Margaret Smith James	“Welcome”
Shri O.P. Tiwari	“Yoga, Mantra & Meditation”
Dr. Wade Berrettini	“Survey of Scientific Studies on Meditation”
Dr. Patricia Carrington	“Modern Forms of Meditation”
Dr. Stephen Dubin	“How to Measure Nostril Breathing”
Shri Shyam Bhatnagar	“Inner Tuning: Introduction to the Sound of the Chakras”
Dr. Vijayendra Pratap	“Pranayama”

# Yoga, Sports & Medicine

October 17 & 18, 1981



## YOGA RESEARCH SOCIETY 7th Annual Conference

Sponsored by YRS in association with SKY Foundation  
and Garland of Letters Bookstore  
(215) 923-5946

### YOGA, SPORTS & MEDICINE

The 7th Annual Conference of the Yoga Research Society

Saturday & Sunday  
October 17 & 18, 1981

Old Pine Community Center 4th & Lombard Streets Philadelphia, Pennsylvania	Garland of Letters Bookstore 527 South Street Philadelphia, Pennsylvania
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The Yoga Research Society provides a neutral platform where students of the science of Yoga, along with others, may explore the potentials of human development with a wide range of teachers, researchers, physicians and therapists.

This year's Conference will focus on Sports as a way towards self-fulfillment.

Emphasis will be on practical and experiential workshops with active participation by attendees.

### PROGRAM LEADERS

**PAT WILLIAMS**  
Philadelphia 76ers/General Manager

Mr. Williams has served as General Manager of the National Basketball Association's Philadelphia 76ers since 1974. An active participant in the Fellowship of Christian Athletes, his interest in sports goes beyond its competitive and business aspects to the athlete's personal integration of mind, body and spirit.

**GUS HOEFLING**  
Philadelphia Phillies/Strength & Flexibility Teacher

Mr. Hoefling brings a martial arts background in Chinese and Japanese styles of karate to the process of conditioning professional athletes. His highly-touted conditioning program has been used by the Dallas Cowboys, the Phoenix Suns, the Philadelphia Eagles and many colleges throughout the World.

**DAVE MICAHNIK**  
University of Pennsylvania/Fencing Coach

Head Coach of Pennsylvania's men fencers since 1974, and of the women since 1976, Mr. Micahnik led his teams to the NCAA Men's Championship in 1981, and to third place in the women's national tournament. His men's team has won six consecutive Ivy League championships and five of six Eastern championships. This summer he coached the United States team at the World Championships in France.

**JOSEPH GRIEPP**  
Drexel University/Rowing Coach

A gold medal winner in the 1955 Pan American Games at Mexico City, Mr. Griep has been Head Coach of Rowing at Drexel University for 12 years. For the past five years he has been teaching a credit course in Hatha Yoga at Drexel, which has been increasingly well attended by athletes from many sports.

**JOAN WHITE**  
University of Pennsylvania/Department of Athletics & Recreation

Ms. White has been a student of B.K.S. Iyengar since 1973, and has been on the staff of the University since 1975. She developed Yogic training programs for the school's men's and women's crews, as well as the volleyball, squash, softball and women's basketball teams. Last year, she taught a year-long Yoga course to the men's and women's crews of Wolfson College, Oxford University.

**BRUCE HAYNE, L.P.T.**  
Philadelphia Fever/Team Trainer

Bruce "Bear" Hayne is a Physical Therapist and Trainer for Philadelphia's Indoor Soccer Club. He is also a prominent educator in Physical Therapy, and affiliated with East Stroudsburg State College, University of Pennsylvania, and Hahnemann Medical School.

**RALPH PERNER, D.P.M.**  
Philadelphia Fever/Team Podiatrist

Dr. Perner is a Diplomate, American Board of Podiatric Surgery and a Fellow, American College of Foot Surgeons. In addition to his work with "The Fever", he gives soccer clinics throughout the Delaware Valley with Bruce Hayne.

**EDWARD FLEISCHMAN, D.O.**  
John F. Kennedy Hospital

Dr. Fleischman is an innovating practitioner in the health field. He has made presentations at several YRS Conferences, and is a member of the Yoga Research Society Advisory Board. This year he will focus on physical and mental techniques used in healing.

**ARTHUR BROWNSTEIN, M.D.**  
Tulane University

A member of the Yoga Research Society, Dr. Brownstein is a Resident in Preventive Medicine at the Tulane School of Public Health and Tropical Medicine, New Orleans, LA. He will discuss the use of plants in modern medicine.

**FRED BIRNBAUM, D.P.M.**  
Rolling Hill Hospital/Frankford Hospital

Dr. Birnbaum recently entered private practice after serving for three years as a Captain in the United States Army at the Eisenhower Army Medical Center. He has been a staff member of both YRS and SKY Foundation for several years and has delivered papers at previous YRS Conferences. "A Look at Popular Exercise Systems" will be Dr. Birnbaum's paper for this Conference.

**STEPHEN DUBIN, V.M.D.**  
Drexel University

Dr. Dubin holds degrees in Pharmacy (Temple University), Veterinary Medicine (University of Pennsylvania) and Biomedical Engineering (Drexel University). A member of YRS, he has been a popular speaker at past Conferences and will share with us this year the secrets of his famous "Computer Bread."

**VIJAYENDRA PRATAP, Ph.D., D.Y.P.**  
SKY Foundation & Yoga Research Society  
Founder/Director

Dr. Pratap continues the work of his teacher, Swami Kavalayanandaji—a pioneering exponent of the modern scientific approach to Yogic theory and practice. It is his inspiration that provides these Conferences with their life-breath.

## SPEAKERS' LECTURES

### **Yoga, Sports & Medicine**

October 17 & 18, 1981

Old Pine Community Center

Margaret Smith James	“Welcome”
Gus Hoefling	“Stretch for It” Practical
Joan White	“Yoga, Iyengar Style” Practical
Pat Williams	“Who’s Really Keeping Score?”
Dave Micahnik	“Touché!”
Bruce Hayne	“Getting Your Kicks” Practical
Dr. Ralph Perner	“Putting Your Best Foot Forward”
Dr. Stephen Dubin	“Computer Bread”

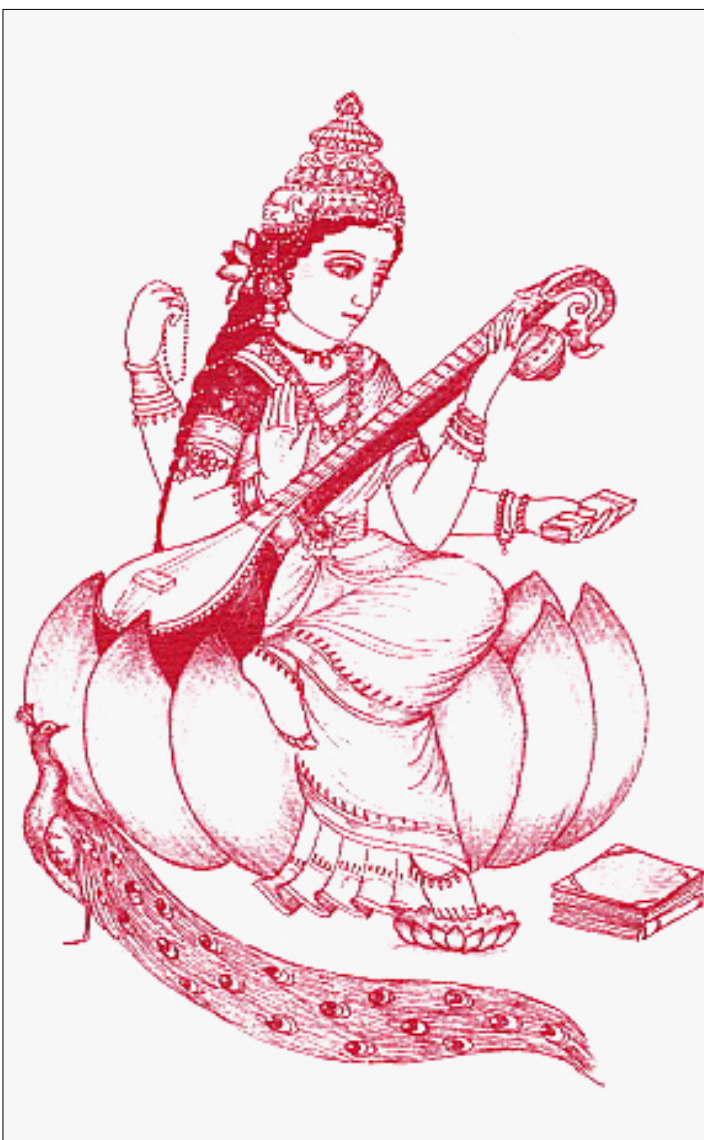
## SPEAKERS' LECTURES

**Yoga, Sports & Medicine, *contd***

October 17 &amp; 18, 1981

Old Pine Community Center

Dr. Arthur Brownstein	“Grow Your Own! (Medicinal Plants)”
Joseph F. Griep	“Row, Row, Row Your Boat...”
Dr. Edward Fleischman	“Mind Your Own Body” Demonstration
Dr. Fred Birnbaum	“Exercising Your Perogatives”
Dr. Vijayendra Pratap	“Yoga, Sports & Medicine” Practical



# Yoga, Art & Science

Yoga Research Society  
8th Annual Conference

SATURDAY & SUNDAY  
OCTOBER 23 & 24, 1982

OLD PINE COMMUNITY CENTER  
4TH & LOMBARD STREETS  
PHILADELPHIA, PENNSYLVANIA

GARLAND OF LETTERS BOOKSTORE  
527 SOUTH STREET  
PHILADELPHIA, PENNSYLVANIA

Each year, the Yoga Research Society Conference brings together students, teachers and researchers in an environment of exploration and growth. Emphasis is on active participation in developmental workshops.

This year's Conference features the Arts as process towards self knowledge.

Sponsored by YRS in association with Sky Foundation  
and Garland of Letters Bookstore

(215) 923-5946





## PROGRAM LEADERS



## JIM PRICHARD TURNER

Jim Turner makes music on unusual instruments — glasses, saws and wrenches. He has appeared as a soloist with the Philadelphia Orchestra and the Denver Symphony Orchestra, and has played his glass harp at the Smithsonian Institution and at the Franklin Institute. A clarinetist by training, Mr. Turner performs extensively for schools and private organizations, using all of his instruments and a considerable sprinkling of humour and wit.

He has taught courses in future history, American history and creativity at the University of Colorado, and currently, he and his wife, Mary, are working towards doctorates in Creative Arts Education at Rutgers University.

His concert/workshop will be directed towards finding the uncommon in the common, from symphony halls to hardware stores.



## MAGGIE NEWMAN

Maggie Newman has an extensive background in dance, both as a teacher and performer. Since 1962, she has been involved in kabuki, the Japanese classical dance and theater. Her professional dance name is Fujimo Kingo and she became a natori in kabuki from Fujima Kanjuro VII, who was designated a National Human Treasure of Japan. In t'ai chi ch'uan, Ms. Newman has been a disciple and teaching assistant of Grand Master Cheng Man-ch'ing since 1964. She has established t'ai chi ch'uan schools in Philadelphia, Rochester and New York City.

Her workshop will be an introduction to t'ai chi ch'uan.

## JOHN DAVID MANN

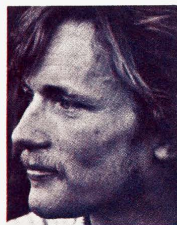
John Mann is a classical 'cellist and composer, as well as a teacher of holistic health and macrobiotics. He currently serves as Instructor of Oriental Diagnosis at the Kushi Institute in Brookline, Massachusetts; as editor of the "Order of the Universe Review"; and as founder/director of Golden Bell Music, an educational center for music, art & holistic healing.

His workshop will provide guidelines for healing with music and art, developing abilities in art forms, and using principles of art to enhance your daily life.

## SATURDAY EVENING CONCERT

## Daniel Hecht

Windham Hill Recording Artist  
Lute and Guitar



Daniel Hecht has recorded three albums, *Guitar* in 1973, *Fireheart/Fireriver* in 1977, and *Willow* in 1981.

Reviewers have praised him as being:... "Among the finest steel-string guitarists recording today."... "Hot, clean and sophisticated"... "deeply contemplative"... "complex, compelling and seductive"... "meditative, relaxed and very human"

HIS IMMERSION IN THE NATURAL AND SUPERNATURAL IS EVIDENT... THIS GENTLE MUSIC CLINGS TO THE LAST SWIRLING LEAVES OF AUTUMN, DRIFTS THROUGH THE FINAL COLD RAIN BEFORE SPRING, IN A MESH OF FOLK AND CLASSICAL MOTIFS PERFORMED WITH SUPERB SKILL AND A CLEAN, BEAUTIFUL, HAUNTING TECHNIQUE.

—Isthmus Arts Magazine

Mr. Hecht recently completed a 24-concert tour of Germany, Italy and France and he has performed two sold-out concerts at Carnegie Recital Hall in New York. He has been co-billed with John Prine, John Fahey, Will Ackerman, Cam Newton, George Winston and Alex De Grassi.

Daniel Hecht is also a musical instrument builder, award-winning wood sculptor, a published author of fiction and poetry, and a music educator, having taught with the Vermont State College System, Norwich University and Goddard College. In 1978, he was honored as artist-in-residence at the Metropolitan Conservatory in Madison, Wisconsin.

NOTE — All those who pre-register for the Conference by October 1st will receive a complimentary ticket to this concert and to a "meet-the-artist" reception. Tickets will also be sold to the public for \$7.50 at Garland of Letters Bookstore, 527 South Street, Philadelphia, PA 19147 (215) 923-5946.

## GERALD EVANS

Shotokan Karate is a Japanese martial art form. Its ultimate aim lies not in victory or defeat but in the perfection of the character of its participants.

Gerald Evans holds a 4th Degree Black Belt and is a 3-time National Champion: 1972, Amateur Athletic Union; 1973, All America Karate Federation; 1976, International Shotokan Karate Federation. He is a member of the East Coast Karate Association, the International Shotokan Karate Federation, and the Japan Karate Association, International.

His workshop will be a practical introduction to the art of Shotokan Karate.



## VIJAYENDRA PRATAP, PH.D., D.Y.P.



Dr. Pratap is the president of the Yoga Research Society and founder/director of Sky Foundation. He was trained in yoga by Swami Kunalayanandaji, a pioneering exponent of the modern, scientific approach to yoga theory and practice. He earned his Ph.D. from the department of Applied Psychology, University of Bombay, and has served as Assistant Director of Research and Lecturer at the Kaivalyadhama Institute. He is currently on the board of editors of *Yoga Mimamsa*, the international quarterly journal of yogic research.

His program will explore yoga as an art and science.

THE 1982 CONFERENCE WILL ALSO FEATURE ADDITIONAL SPEAKERS, PROGRAMS AND PANELS OF DISTINGUISHED ARTISTS AND SCIENTISTS. A COMPLETE SCHEDULE OF EVENTS WILL BE AVAILABLE SEPTEMBER 20TH.

## SPEAKERS' LECTURES

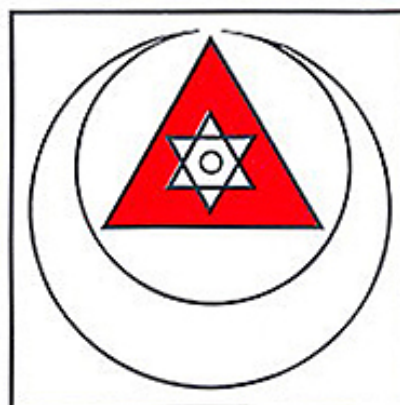
### **Yoga, Art & Science**

October 23 & 24, 1982

Old Pine Community Center

- |                                      |   |
|--------------------------------------|---|
| Margaret Smith James                 | “Welcome”   |
| Jim Turner                           | “The Uncommon in the Common”  |
| Dr. Vijayendra Pratap<br>& SKY Staff | “Yoga Asanas,” “Breathing and Relaxation” and “Sound Yoga”          |
| Dr. Stephen Glick                    | “The Guru-Disciple Relationship”                                    |
| Gerald Evans                         | “Shotokan Karate”   |
| Dr. Wade Berrettini                  | “Brain Waves and The Sound”<br>A paper by V. Pratap & W. Berrettini |
| Daniel Hecht                         | “Lute & Guitar” Concert   |
| John David Mann                      | “Music and Healing” Workshop  |
| Ladli Prasad Bhargava                | “Yantra – The Spiritual Art”  |
| Maggi Newman                         | “Introduction to Tai Chi Ch’uan” Workshop                           |

**YOGA,  
DIET  
&  
PREVENTIVE  
MEDICINE**



Yoga Research Society  
9th Annual Conference  
Philadelphia  
Saturday & Sunday  
October 22 & 23, 1983  
(215) 923-5946



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## Yoga, Diet & Preventive Medicine

Old Pine Community Center  
4th & Lombard Streets  
Philadelphia, Pennsylvania

Society Hill Club  
250 South 5th Street  
Philadelphia, Pennsylvania

Each year, the Yoga Research Society Conference brings together students, teachers and researchers in an environment of exploration and growth.

This year's Conference focuses on methods for achieving a life free from disease.

*Sponsored by YRS in association with  
SKY Foundation and Garland of Letters Bookstore.*

### Saturday Night At The Society Hill Club

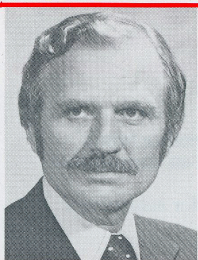
As a special feature of this year's conference, arrangements have been made for exclusive use of Philadelphia's Society Hill Club from 9:00 p.m. to 12 midnight, Saturday, October 22nd.

The club's facilities include an Olympic size, heated indoor/outdoor pool, weight training room, Nautilus equipment, saunas, hot tubs, locker rooms, showers & lounges. The Conference staff will also provide a light, vegetarian snack.

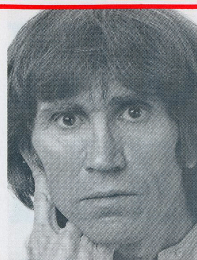
Cost is included in conference registration. Attendees may bring one guest to the club only for an additional \$10. Nautilus demonstrations by Stephen Maxwell will be part of the evening's program.



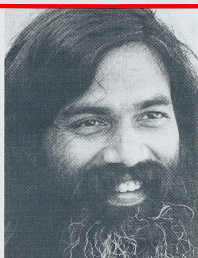
## PROGRAM LEADERS

**James E. Banta, M.D., M.P.H.**

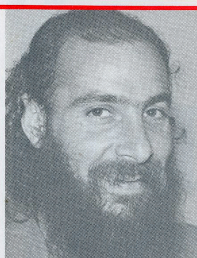
Dr. Banta is Dean and Professor of Tulane University's School of Public Health and Tropical Medicine. In a distinguished career spanning 30 years, he has served as Director of the Medical Programs Division of the Peace Corps, Director of the U.S. Surgeon General's Office of International Health, and Medical Officer of the World Health Organization. He is licensed to practice medicine in four states and has visited, consulted and worked in more than 50 countries.

**Viktoras Kulvinskis, M.S., Ph.D. (Hon.), D.D.**

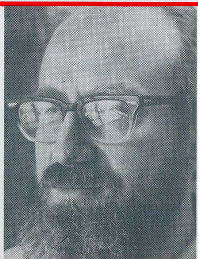
As an author and lecturer, Viktoras Kulvinskis has demonstrated how live food therapy can help conquer disease. His six books, including *Survival into the 21st Century* and *Life in the 21st Century*, have sold over half a million copies, and have been translated into German and French. He is founder/director of Survival Foundation, Inc., a non-profit organization involved in research on vegetarian protein resources, longevity, cancer and menstruation. He is also editor/publisher of *21st Century Journey*, a quarterly tabloid for the live foodist vegetarian movement.

**Vijayendra Pratap, Ph.D., D.Y.P.**

Dr. Pratap is the president of the Yoga Research Society and founder/director of SKY Foundation. He was trained in yoga by Swami Kvalayanandaji, a pioneering exponent of the modern, scientific approach to yoga theory and practice. He earned his Ph.D. from the Department of Applied Psychology, University of Bombay, and has served as Assistant Director of Research and Lecturer at the Kaivalyadhama Institute. He is currently on the board of editors of *Yoga Mimamsa*, the international quarterly journal of yogic research.

**Arthur Brownstein, M.D., M.P.H., D.Y. Ed.**

After receiving his M.D. degree from the Jefferson Medical College and his Masters in Public Health from Tulane University, Dr. Brownstein spent this past year at the Kaivalyadhama in India studying Yoga and Ayurvedic Medicine. He is about to enter the United States Air Force where he will serve as a medical officer stationed in the Philippines.

**Stephen Dubin, V.M.D.**

Dr. Dubin holds degrees in Pharmacy (Temple University), Veterinary Medicine (University of Pennsylvania) and Biomedical Engineering (Drexel University); as well as diplomas from Gratz College, and Machon L'Madrichai Hutz L'Aretz (Jerusalem).

He is presently University Veterinarian and Adjunct Associate Professor at the Biomedical Engineering and Science Institute of Drexel University.

His research areas are instrumentation and mathematical methods for investigation of the respiratory and cardiovascular systems.

**Bob Chapra**

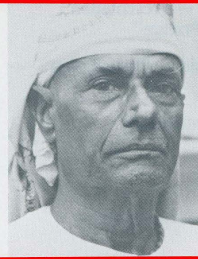
Dr. Moshe Feldenkrais developed a system of movement experiences, called lessons, which apply physics to the human structure. Bob Chapra is an advanced trained Feldenkrais practitioner. He has taught group and individual Feldenkrais workshops at many growth and medical centers in the Philadelphia area.

**Irene Clarke, B. Mus.**

Ms. Clarke is a ballet teacher, choreographer and dancer. She has been training professionally since the age of 9, and in addition to extensive work in this country, she studied at the Kirov in Leningrad, U.S.S.R. She has taught at the Philadelphia Dance Academy, the College of Performing Arts, the Settlement Music School and the Clarke Dance Academy.

**Jeannine Vannais**

Ms. Vannais has been studying and working with herbs for 8 years, both as a gatherer/gardener and as the former manager of Scarborough Fair, a retail herb store. She has taught, written and lectured extensively on medicinal and historical herbology, and currently works for the Pennsylvania Horticultural Society.

**Lambika Yogi Ramananda**

Shri Yogi Ramananda has been a practicing Yogi for more than 50 years. He has toured India and the United States demonstrating great feats of strength and endurance. He has been buried in an underground pit for 24 hours, had a 1½ ton road roller pass over his body, and an oxcart pass over his neck.

He regularly breaks an iron elephant chain of 3/8" gauge, cuts a wire cable with his abdomen, and slices leaves and paper, using his fingers like a scissors.

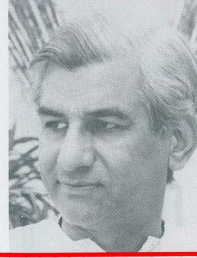
He has been featured in a National Geographic film and has been written about by Arthur Koestler (*Yoga Unexpurgated*, 1960).

**Grant H. Parnagian, D.C.**

Dr. Parnagian received his Doctorate of Chiropractic from Logan College of Chiropractic in St. Louis, Missouri. He has been in practice in Moorestown, New Jersey for six years specializing in Applied Kinesiology, a holistic approach to health. He is a member of The American Chiropractic Association, and The American Chiropractic Council on clinical nutrition, radiology, and orthopedics. He is a treating physician for the Mount Laurel Regional Ballet Company of New Jersey and the Zero Dance Company of Philadelphia, PA.

**Stephen A. Maxwell, B.S., M.E.**

Stephen Maxwell is a professional trainer specializing in Nautilus Negative Only Workouts, Aerobic Conditioning, running programs, Swedish massage and Shiatzu. He holds a Masters degree in Physical Education from West Chester State College, where he was the M.A.C. Wrestling Champion in 1974. He has been head wrestling coach at Sharon Hill High School and strength/conditioning coach at Widener College. He attended the U.S. Army Airborne Ranger Commando School, and was the All-Army Wrestler 1978 USEUR Champion. He has over 12 years experience with Nautilus Equipment and took the Nautilus Certification program in 1975.

**Shri Om Prakash Tiwari, M.A., D.Y.P.**

Shri Tiwari is Secretary General of the Kaivalyadhama Institute, Lonavla, India and a professor of Hatha Yoga texts in the G.S. College of Yoga and Cultural Synthesis. He also serves on the editorial and managerial boards of the Quarterly Journal, *Yoga Mimamsa*.

He has served the Government of India through its Ministry of Health as a member of the Council of Research in Yoga and Naturopathy, and through the Ministry of Education as a member of its Sports and Physical Education Committee. In his visits to the United States, he has conducted workshops, retreats and taught classes to hundreds of Yoga students and teachers.

## SPEAKERS' LECTURES

**Yoga, Diet & Preventative Medicine**

October 22 &amp; 23, 1983

Old Pine Community Center

Margaret Smith James	“Welcome”
Dr. James E. Banta	“Preventive Medicine”
Dr. Vijayendra Pratap	“Yoga Asanas” Practical
Dr. Stephen Dubin	“Homeopathy”
Irene Clarke	“Ballet” Workshop
Yogi Ramananda	“Power of Prana” Demonstration
Stephen A. Maxwell	“Nautilus” Workshop
Viktoras Kulvinskas	“Live Food Theory & Practice”
Dr. Arthur Brownstein	“Ayurvedic Medicine”

## SPEAKERS' LECTURES

### **Yoga, Diet & Preventative Medicine**

October 22 & 23, 1983

Old Pine Community Center

Bob Chapra	“Feldenkrais” Demonstration
Jeanine Vannais	“Herbology” Demonstration
Dr. Grant Parnagian	“Applied Kinesiology & Chiropractic Theory” Demonstration
Shri O.P. Tiwari	“Breathing & Relaxation” Practical



**YOGA & WORLD  
PEACE**

1 9 8 4



## Yoga & World Peace, 1984 October 19, 20, 21 in Philadelphia

### 10th Annual Conference

Sponsored by the Yoga Research Society  
with SKY Foundation and  
Garland of Letters Bookstore

Yoga and World Peace, 1984 is the Tenth Annual Conference of the Yoga Research Society.

Each year, we provide a neutral platform for outstanding researchers, teachers, writers, philosophers and artists to share their experience and discoveries in the field of human potential.

On October 19, 20, and 21, in Philadelphia, we will meet to celebrate peace. Our focus is not political action, but rather personal achievement. The weekend's concerts and workshops are designed to help each participant find within himself or herself the peace, calm and well-being that is our true nature.

The weekend starts Friday evening with a concert at the University of Pennsylvania Museum by Andreas Vollenweider, the Swiss musician/composer whose music has become the anthem for the European peace movement.

Saturday features the keynote address by Robert Muller, assistant secretary-general of the United Nations; a Yoga practical with Dr. Vijayendra Pratap; and a balancing workshop with Dr. Patch Adams, physician, juggler, and tightrope walker.

Saturday evening, Dr. Timothy Leary will speak, followed by the Stars of Faith Gospel Singers in concert.

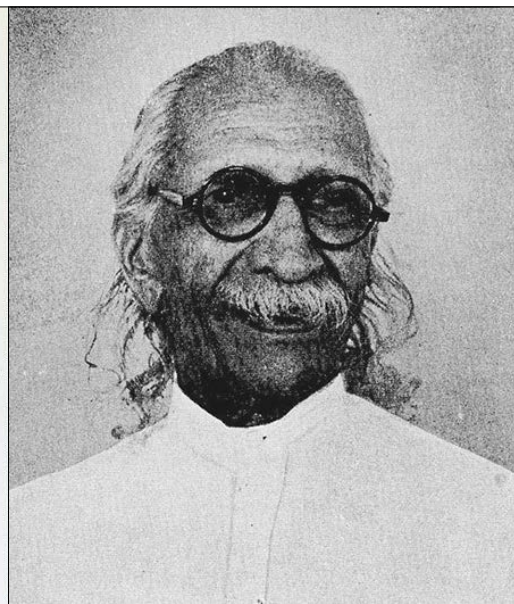
Sunday workshops include Rabbi Zalman Schachter-Shalomi, author and hasidic rebbe; Alan Cohen, author of *The Dragon Doesn't Live Here Anymore*; Danaan Parry, a "peaceful warrior" recently returned from the Soviet Union; a Yoga practical with Dr. Pratap; and a distinguished panel discussing Yoga and Peace from a scientific perspective.

We close the Conference Sunday evening with a George Winston piano concert at the Academy of Music.

Space will limit participation in this weekend to 300, and we expect those places to be filled early. Please take time now to read through this material and to use the registration form on the inside back cover to reserve your place.

**For additional information  
Call (215) 923-5946**

**Garland of Letters Bookstore  
527 South Street  
Philadelphia, PA 19147**



**Śrīmat Swami Kuvalayananda**  
**1883–1966**

Swami Kuvalayananda pioneered a rational, scientific approach to the understanding of Yoga. His work, and the continuing work of the Kaivalyadhama institutions he founded, has helped to make Yoga accessible to sincere students throughout the world.

In the Centenary year of his birth, we dedicate this Conference to his memory and to his ideals.

*“Yoga has a complete message  
for humanity.  
It has a message for the  
human body.  
It has a message for the  
human mind.  
And it has also a message  
for the human soul.”*

Swami Kuvalayananda

## Friday Evening Concert with Andreas Vollenweider

Friday Evening  
October 19, 1984  
7:30 to 9:30 PM  
Harrison Hall, The University of  
Pennsylvania Museum

*"Andreas is a masterful musician, truly  
an inspiration."*

— George Winston



We are pleased to be able to start this year's Conference with a rare and special musical event.

Andreas Vollenweider, one of Europe's most popular young composer/instrumentalists will include our Yoga & World Peace, 1984 Conference as part of his first American tour.

A talent of unusually broad appeal, Vollenweider has sold close to one million records, with his last two albums "Behind the Gardens..." and "Caverna Magica," both on the CBS label, going gold. Indeed, "Caverna Magica" a best-selling record in much of Europe, was selected Best Pop Album of the Year by *Audio Magazine*, Germany's most respected and most widely read high-fidelity periodical, out-

distancing both Billy Joel's "An Innocent Man" and Michael Jackson's "Thriller."

His concerts in Europe are routinely sold out weeks in advance and leaders of the European peace movement chose Vollenweider's music to serve as a movement anthem and rallying-call.

For Vollenweider, a concert is not something that musicians handout from onstage, but an event in which every person in the theater participates in a fundamental way. The Swiss-born musician has, in effect, created a new instrument — the electroacoustic harp, and with this instrument along with woodwinds, saxophone, vocals, synthesizers and percussion, he creates music that is instantly appealing and hauntingly unforgettable.

"I don't see myself as a musician," says Andreas, "but rather as a storyteller. The theme of my stories has been and will continue to be Peace, Light and Warmth." He claims to experience silence through his music and hopes to use it to lead people back to a lost calm. "For me," he says, "the harp is incapable of violence and darkness. It is an instrument of brightness and light, and therefore fits my need to counteract some of the world's negative forces."

## Robert Muller, D.L. Assistant Secretary-General of the United Nations

Saturday Morning  
October 20, 1984  
11:00 to 12:00 Noon  
Ida Rolf Auditorium  
Wellness Plaza

*"Humanity must now transcend itself into  
the moral and spiritual spheres."*



Since the Second World War, Robert Muller has served on the front lines in the international struggle for peace. Born in Belgium and raised in Alsace-Lorraine, he was subjected to the Nazi occupation, joined the French Resistance, was captured, imprisoned and escaped.

He holds a doctorate in law and economics from the University of Strasbourg and degrees in Economics from Heidelberg and Columbia Universities. He is a Doctor *Honoris Causa* in Humane Letters of the University of Bridgeport.

In his foreword to *Most of All, They Taught Me Happiness*, Norman Cousins wrote the following about his good friend:

"I first met Robert Muller a decade ago, through Secretary General U Thant, and quickly recognized Robert Muller as a magnificent anomaly. He obviously did not fit the ultracool or tough school of diplomacy — nor did his conversations bear any resemblance to the somber talk often heard in the corridors of the United Nations. In a place where the ways of nations readily breed cynicism and distrust, Robert Muller was immediately recognizable as a dedicated and confident internationalist — open intellectually and spiritually to any ideas connected to the making of a better world."

Dr. Muller has served the United Nations since 1948. He is currently in charge of planning for the Commemoration of the organization's 40th Anniversary in 1985. We are fortunate to have a man of his stature, experience and wisdom as our Keynote speaker.

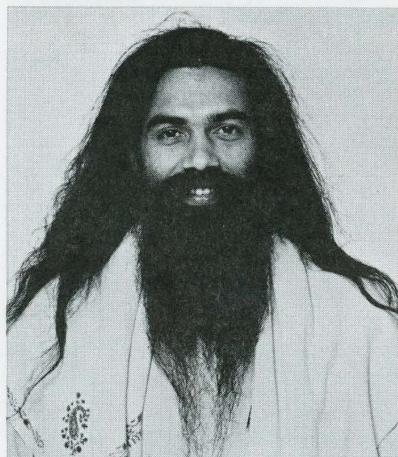
Books include:

*Most of All, They Taught Me Happiness*  
*New Genesis*

**Vijayendra Pratap, Ph.D., D.Y.P.**  
Yoga teacher, researcher

Saturday, October 20, 1984  
12 Noon to 1:30 PM  
Sunday, October 21, 1984  
11:00 to 12:30 PM  
Roosevelt Hall, Wellness Plaza

*"May the Lord give us strength enough to carry on His work."*



For the thousands who have learned the basics of classical Yoga at India's Kaivalyadhama or through this country's SKY Foundation, Dr. Pratap needs no introduction.

It was his teacher, Swami Kuvalayananda, who in 1924 began the systematic, scientific study of Yogic teachings that helped bring this ancient system to a new level of acceptance throughout the world.

It is rare today to find any effective therapeutic system that has not borrowed freely from the deep reservoir of Yogic mind/body techniques. And it is rarer still to find any religious scriptures or revealed truths that are not in harmony with Yoga's spiritual experience.

Dr. Pratap continues his teacher's work "to bring about the coordination of the Western thought which is in essence the result of modern science, and the Eastern thought mainly based on the spiritual experience of the mystics, with a hope that their assimilation will lead to a new philosophy which would bring satisfaction to the greater part of humanity."

This year's Conference is dedicated to that goal, as was each of the nine preceding Yoga Research Society Conferences. This year, we also commemorate Swami Kuvalayananda in his Birth Centenary Year and honor the contributions to humanity that he and the institutions that he founded have made.

Dr. Pratap will conduct Yoga practical sessions along with discussions of Yogic philosophy, each day of the Conference. They will be suitable for beginners as well as more advanced students and teachers. Postures, breath control, relaxation and sense withdrawal techniques will be covered. To fully participate we suggest that you wear loose, comfortable clothing and bring a mat or towel to lie on.

**Hunter "Patch" Adams, M.D.**  
Physician, juggler, tightrope walker

Saturday Afternoon  
October 20, 1984  
3:00 to 4:00 PM  
Ida Rolf Auditorium and Roosevelt Hall  
Wellness Plaza

*"Get a haircut, tuck in your shirt, why don't you charge?"*

— Patch's Mother



"A paper parasol above his head and black ballet slippers on his feet, Dr. Hunter Adams scampers nimbly, back and forth across a tightrope in the front yard of his Arlington, Virginia, home.

"'Health, like life, is a matter of balance,' he asserts, pausing to catch his own. 'Exercise, diet, family, friendships, a sense of purpose — they're all important. It's easy to get the hang of it with a little practice. But if you stop paying attention, you'll fall flat on your face.' ""\*

Patch Adams is an unusual doctor. He doesn't charge for his services. He won't accept third-party payments (Medicaid, Blue Shield and the like). And he doesn't

carry malpractice insurance. "Healing should be a loving exchange, not a business transaction" is the philosophy of the Gesundheit Institute, a non-profit organization he founded and directs, which has provided free medical treatment for some 15,000 patients.

The son of an artillery officer, Patch grew up on Army bases in Germany and Japan, and served himself as a C.O. in the Vietnam War. His first-hand experience with war has made him a peace activist.

He brings to the Conference not only a refreshing philosophy and a practical approach to well-being, but also a theatrical bent and a very "well-balanced" presentation.

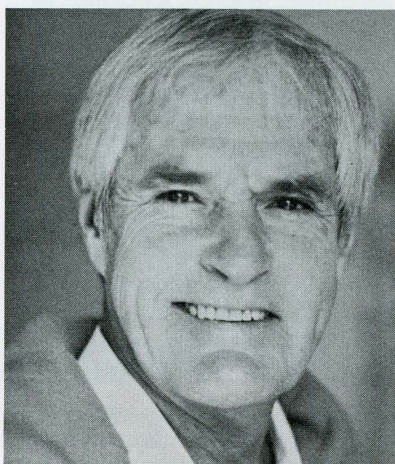
\*Quoted from The Washington Post, July 19, 1983

### Timothy Leary, Ph.D. Scientist, author, lecturer

Saturday Evening  
October 20, 1984  
7:30 to 9:00 PM  
Ida Rolf Auditorium  
Wellness Plaza

*"Never do anything like anyone else, boy. . . find your own way. Be the only one of a kind."*

— Grandfather's advice to 10-year-old Timothy



Dr. Leary brings to the Conference a special perspective on Yoga, the world peace movement, and a search for self-discovery that has made him one of the most controversial figures of his generation.

He was a West Point dropout and a Berkeley Phi Beta Kappa, a Harvard professor and a political exile, a prison rehabilitation therapist and a solitary confinement convict. He ran for Governor of California and he ran from G. Gordon Liddy and federal agents. He studied with mystics in India and he played with celebrities in Hollywood. His lifestyle and

his notoriety brought him into close personal contact with Jack Kerouac and Arthur Koestler, John Lennon and Yoko Ono, the Kennedy's, Eldridge Cleaver, Charles Manson, Allen Ginsberg, Richard Alpert, William Burroughs, Marshall McLuhan, Aldous Huxley, Marilyn Monroe, Cary Grant, and hundreds of the rich, the powerful, the famous (and infamous), and the influential.

Through it all, Dr. Leary has remained a scientist and an impassioned proponent of world peace. We welcome him to the Conference and look forward to a lively and challenging evening of exploration.

Books include:

*Interpersonal Diagnosis of Personality*  
*Psychedelic Prayers*  
*High Priest*  
*Politics of Ecstasy*  
*Confessions of a Hope Fiend*  
*Exo-Psychology*  
*Neuropolitics*  
*What Does WoMan Want?*  
*The Intelligence Agents*  
*Flashbacks*

### Saturday Evening Concert with The Stars of Faith Gospel Singers

Saturday Evening  
October 20, 1984  
9:00 to 10:00 PM  
Ida Rolf Auditorium  
Wellness Plaza

*"Their excitement is infectious and their religious exhortations were delivered with enough conviction to provoke several cries of 'hallelujah' from members of the audience."*

— The Times, London



For those who enjoy Gospel music, and for those who have yet to experience it, The Stars of Faith promise an evening of joyful spirituality.

True international stars, this group has been touring the world since 1958. They've performed for President John F. Kennedy, for the Royal Family in Copenhagen, and for Pope Paul VI in the Vatican. They appeared with Martin Luther King in Berlin and the Alvin Ailey Dance Theater in Paris. They made a film, "L'Aventure du Jazz" with Louis Armstrong and Duke Ellington, and have appeared on television in Germany and on the BBC in England.

In reviewing their performance, the New York Times wrote:

"Variety was another welcome keynote, with each lead singer in turn contributing a special flavor to the blend: a smoky tone and subtle warmth of expression from Frances Steadman. . . to the energy and sweet intensity from Sadie Keys. . ."

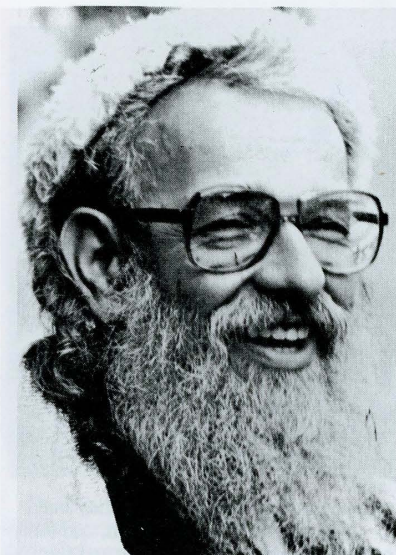
Most recently, the group returned from a tour of Spain, Switzerland, Germany, France and Belgium. The highlight of the tour was a Benefit for Africans in Europe sponsored by the United Nations in Geneva, Switzerland.

Philadelphia is home for The Stars of Faith, and we look forward to presenting them in concert for their many friends in the City of Brotherly Love.

**Rabbi Zalman Schachter-Shalomi, D. Let.  
Scholar, author, Rebbe of B'nai Or**

Sunday Morning  
October 21, 1984  
10:00 to 11:00 AM  
Ida Rolf Auditorium  
Wellness Plaza

*"We are all on our way to the messianic finale, when the total consciousness of all the inhabitants of this planet is moved to one great at-one-ment."*



Through prayer and meditation, movement and song, story-telling and philosophical discourse, Reb Zalman presents the central teachings of hasidism and kabbalah in a loving and joyful way.

Born in Poland in 1924, and raised in Vienna, Austria, he was imprisoned in a camp by the Vichy-French government. In 1941, he came to the United States, and entered the Lubavitch Yeshiva where he was ordained in 1947. He received a

Master of Arts in Psychology of Religion from Boston University in 1956, and a Doctor of Letters from Hebrew Union College in 1968.

His interest in the universality of spiritual truths has led Reb Zalman to study with Sufi masters, Buddhist teachers, Native American elders, Catholic monks and humanistic and transpersonal psychologists. He has served his community as a congregational rabbi, a Hebrew school principal, a Hillel Foundation director, and a university professor. His insights into the treasures of Jewish traditional sources and his first-hand experience of other disciplines make his teachings of special value to both Jews and non-Jews alike.

Rabbi Schachter will be returning from Israel for this Conference and will be bringing with him the fervent prayer for a world at peace.

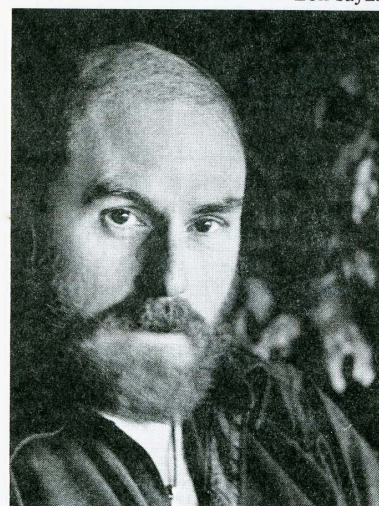
Books include:  
*Fragments of a Future Scroll*  
*The First Step, A Guide for the New Jewish Spirit*  
*Sparks of Light: Counseling in the Hasidic Tradition*

**Danaan Parry, M.A., M.S.  
Peace maker**

Sunday Afternoon  
October 20, 1984  
2:00 to 3:00 PM  
Ida Rolf Auditorium  
Wellness Plaza

*"Before enlightenment,  
chopping wood and carrying water.  
After enlightenment,  
chopping wood and carrying water."*

— Zen saying



In 1971 Danaan walked away from his prestigious position with the Atomic Energy Commission. In 1974 he was a clinical psychologist, and in 1976 a near-death experience on a deserted Kauai beach led him to a year of isolation.

He emerged from this to form a simple-living spiritual community in the redwoods of northern California.

After meeting Mother Teresa in Bombay, his need to bring spirituality "down off the mountain" resulted in the creation of Holyearth Foundation in 1980. Through

this foundation, Danaan practices conflict-resolution work around the world.

His work with the Moslems and Christians in Pakistan, his Belfast IRA work, and his "just people" and sister-cities programs with the Soviet Union have given him international recognition. The foundation's Earthstewards Network serves as a connector of people who share a commitment to positive change.

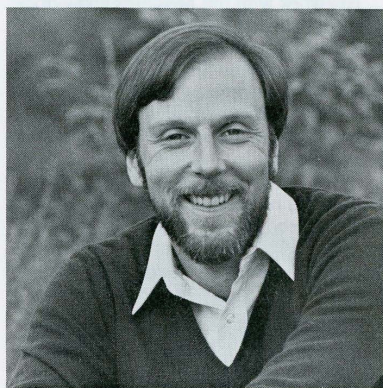
In his Conference program, Danaan will discuss his recent trip to the Soviet Union, and may lead some simple "circle dances of universal peace." He stresses the concept of the "spiritual warrior" whose unfailing integrity and purpose provides direction in these chaotic times.

Books include:  
*The Essene Book of Days*  
*The Earthstewards Handbook*

**Alan Cohen, M.A.**  
**Author, teacher, guide**

Sunday Afternoon  
 October 21, 1984  
 3:00 to 4:00 PM  
 Ida Rolf Auditorium  
 Wellness Plaza

*"The power of God is far greater than nuclear power."*



Alan Cohen believes in miracles. They are part of his daily experience, and he has been able, through his books and workshops, to share that experience with others.

Alan Cohen also believes in the possibility of peace — *complete* peace on earth. He shares the vision that President Eisenhower had, "One day the people of the world will want peace so much that the governments are going to have to get out of their way and give it to them."

He teaches that we can create global harmony by initiating interpersonal harmony. Peace in the physical world can be built only upon the cornerstone of peace in each of our hearts, and as we heal our sense of interpersonal separation, peace on earth is sure to follow.

The most significant contribution you and I can make toward world peace, according to Alan Cohen, is to be peaceful ourselves and give peacefulness to those whose lives we touch daily.

Alan Cohen is an inspiring speaker and a wonderful guide to the power we all have within us. His workshop will allow us each to take a practical step towards a more peaceful world.

Books include:

*The Dragon Doesn't Live Here Anymore*  
*Rising in Love*  
*Have You Hugged a Monster Today?*

**Panel Discussion**  
**Yoga & Peace, A Scientific Perspective**

Sunday Afternoon, October 21, 1984  
 4:00 to 5:00 PM  
 Ida Rolf Auditorium, Wellness Plaza

**Participants:**

**Jeffrey Cohen, Ph.D.**

Professor Cohen is a University of Pennsylvania theoretical physicist, who recently solved a complex physics problem raised by Albert Einstein in his theory of relativity. The solution, arrived at after more than 20 years of work, not only helps confirm the accuracy of Einstein's theory, but also has applications for the study of such little-understood astrophysical oddities as rapidly rotating stars, called pulsars, and black holes.

**Wade Berrettini, M.D., Ph.D.**

Dr. Berrettini is Staff Psychiatrist in the Clinical Neurogenetics Branch of the National Institute of Mental Health. He is vice president of the Yoga Research Society and has delivered papers at several of our previous conferences.

**Fred Birnbaum, D.P.M.**

Dr. Birnbaum entered private practice after serving three years as a Captain in the United States Army on staff at the Eisenhower Medical Center. He is now affiliated with the Frankford Hospital and the Rolling Hill Hospital and has been a staff member of the Yoga Research Society for a number of years.

**Arthur Brownstein, M.D., M.P.H., D.Y.Ed.**

After receiving his M.D. degree from the Jefferson Medical College and his Masters in Public Health from Tulane University, Dr. Brownstein spent a year at the Kaivalyadhama in India studying Yoga and Ayurvedic Medicine. He is currently in the United States Air Force serving as a medical officer in the Philippines.

**Stephen Dubin, V.M.D.**

Dr. Dubin holds degrees in Pharmacy (Temple University), Veterinary Medicine (University of Pennsylvania) and Biomedical Engineering (Drexel University); as well as diplomas from Gratz College, and Machon L'Madrichai Hutz L'Aretz (Jerusalem). He is presently University Veterinarian and Adjunct Associate Professor at the Biomedical Engineering and Science Institute of Drexel University.

**Steven Guth, Ph.D.**

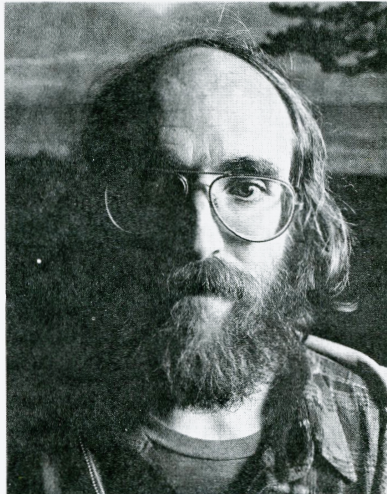
Dr. Guth is currently a Research Associate in the Department of Otolaryngology (head and neck surgery) at the Tulane Medical Center. He has been a member of the Yoga Research Society for a number of years, and has participated in several of our previous Conferences.

## Sunday Evening Concert with George Winston

Sunday Evening  
October 21, 1984  
8:30 to 10:30 PM  
The Academy of Music

"More than simply a piano player, George Winston is a phenomenon in contemporary American music."

—Keyboard Magazine



George Winston may well be the most popular of the "new age" musicians.

His three Windham Hill albums, based on the cycle of seasons—*Autumn*, *Winter Into Spring*, and *December*—have combined sales of nearly a million copies, and all three remain consistently near the top of Billboard's jazz charts.

Keyboard Magazine calls Winston "a unique and refreshing force in the piano world." They go on to write:

"Winston's concerts are warm, intimate events. Whether appearing on col-

lege campuses or in Carnegie Hall, he approaches each performance with a disarming informality. He prefers playing barefoot and dressing in what might be called whole earth/casual fashion.

"During the first half of the program he plays various songs, some of them unreleased or borrowed from other artists; his rendition of Vince Guaraldi's "Linus and Lucy Theme" is a regular highlight. There are blues pieces, stride pieces, even an occasional solo harmonica workout. After the intermission, he turns to his albums on the cycle of seasons, playing work to match the time of year.

"Throughout the entire recital, he speaks to his listeners, treating them to a taste of his gentle humor, often extolling the many musicians whose contributions he gratefully acknowledges."

Winston believes that music can help people experience something spiritual in the material world. That experience is sure to be enhanced in the near-perfect acoustical setting of Philadelphia's renowned Academy of Music.

We are happy that he is dedicating this concert to Yoga & World Peace, 1984, and we are certain that it will be a fitting conclusion to our weekend Conference.

ॐ सर्वे भवन्तु सुखिनः,  
सर्वे सन्तु निरामयाः।  
सर्वे भद्राणि पश्यन्तु,  
मा कश्चित् दुःखभाक् भवेत् ॥  
ॐ शान्तिः शान्तिः शान्तिः

Om Sarve bhavantu sukhinah,  
Sarve santu niramāyāḥ.  
Sarve bhādrāṇi paśyantu,  
Ma kaścid duḥkhabhāḥ bhavet.  
OM Sāntiḥ Sāntiḥ Sāntiḥ . . .

Oh God, May all be happy,  
May all be healthy.  
May all see what is auspicious,  
May no one suffer from pain.  
OM Peace Peace Peace . . .

## Presenters at previous Yoga Research Society Conferences:

Swami Ajaya  
Dr. Paula Bram Amar  
Dorothy Ashman  
Dr. Rudolph M. Ballentine  
Dr. James E. Banta  
Dr. Wade Berrettini  
Siri Singh Sahib Yogi Bhajan  
Agenananda Bharati  
Ladli Prasad Bhargava  
Shyam Bhatnagar  
Dr. Fred Birnbaum  
Dr. Arthur Brownstein  
Rabbi Ivan Caine  
Dr. Patricia Carrington  
Bob Chapra  
Munishree Chitrabhanu  
Irene Clarke  
Lloyd Collins  
Michael DeMaria  
Yogi Armit Desai  
Shanti Yogi Desai  
Dr. Hari Dickman  
Amira Divorah  
Dr. Stephen Dubin  
Marvin Elias  
Gerald Evans  
Diana Felber  
Dr. Edward Fleischman  
Dr. Ashok K. Gangadean

Dr. M.L. Gharote  
Dr. Stephen Glick  
Marc E. Goldberg  
Joy Gorin  
Joseph F. Greipp  
Dr. Ellery B. Haskell  
Diane Hatfield  
Bruce Hayne  
Daniel Hecht  
Gus Hoefling  
Margaret M. Huddleston  
Jinendra K. Jain  
Katherine DaSilva Jain  
Margaret Smith James  
Susan Johnson  
Dr. Gurushabd Singh Josephs  
Gloria Meltzer Kaye  
Maureen C. Keen  
Joan E. Krejcar  
Viktoras Kulvinskas  
HH Shri Muni Sushil Kumar  
Barbara Levitt  
Gershon S. Levitt  
HH Shri Chandra Swamiji Maharaj  
Ronald V. Mangravite  
John David Mann  
Stephen A. Maxwell  
Dr. Mael Melvin

Dave Micahnik  
Dr. A.J. Mottlal  
James Mundy  
Maggie Newman  
Shanti Parakh  
Dr. Grant H. Parnagian  
Dr. Ralph Perner  
Dr. Vijayendra Pratap  
HH Swami Rama  
Lambika Yogi Ramananda  
Margaret Read  
HH Swami Satchidananda  
Dr. Gary Seier  
Sherwin Seligsohn  
Dr. Prem Shankar  
Dr. Ishwar Sharma  
Dean Sluyter  
Candace L. Smith  
Dr. David A. Soskis  
Dr. Tribhuvan N. Srivastava  
Dr. Donald K. Swearer  
Shri Om Prakash Tiwari  
Jim Prichard Turner  
Jeannine Vannais  
Joan White  
Pat Williams  
Dr. Olga Worrall



## SPEAKERS' LECTURES

**Yoga & World Peace**

October 19, 20 &amp; 21, 1984

Friends Select School

- |                                |   |
|--------------------------------|---|
| Andreas Vollenweider & Friends | Concert at University of Pennsylvania Museum  |
| Margaret Smith James           | Welcome   |
| Dr. Robert Muller              | Keynote   |
| Dr. Vijayendra Pratap          | Yoga Practical & Discussion   |
| Dr. Patch Adams                | Presentation  |
| Dr. Timothy Leary              | Presentation<br><b>Books:</b> <i>Interpersonal Diagnosis of Personality;</i><br><i>Psychedelic Prayers; High Priest; Politics of Ecstasy;</i><br><i>Confessions of a Hope Fiend; ExoPsychology;</i><br><i>Neuropolitics; What Does WoMan Want?;</i><br><i>The Intelligence Agents; Flashbacks</i> |
| Stars of Faith Gospel Singers  | Concert   |
| Rabbi Zalman Schachter-Shalomi | Presentation<br><b>Books:</b> <i>Fragments of a Future Scroll; The First Step,</i><br><i>A Guide for the New Jewish Spirit, Spark of Light:</i><br><i>Conseling in the Hasidic Tradition</i>  |

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Panel: Yoga &amp; Peace, A Scientific Perspective

Dr. Jeffrey Cohen

Dr. Wade Berrettini

Dr. Fred Birnbaum

Dr. Stephen Dubin

Dr. Steven Guth

George Winston

Concert dedicated to Yoga & World Peace  
at the Academy of Music