

**YOGA,
FITNESS &
STRESS MANAGEMENT**

THE 11TH ANNUAL YOGA RESEARCH SOCIETY CONFERENCE

Sponsored by The Yoga Research Society.
Supported by SKY Foundation,
Garland of Letters Bookstore and Friends.

Philadelphia, Pennsylvania
October 26 & 27, 1985



YOGA, FITNESS & STRESS MANAGEMENT

THE 11TH ANNUAL YOGA RESEARCH SOCIETY CONFERENCE
Philadelphia, Pennsylvania
Friends Select School, 17th & Benjamin Franklin Parkway

SATURDAY, OCTOBER 26TH

- 12 Noon to 1:00 PM **Registration & Welcome**
Margaret Smith James
- 1:00 to 3:00 PM **Stress Management through Yoga**
LECTURE AND PRACTICAL
Dr. Vijayendra Pratap
- 3:30 to 5:30 PM **Stress Management through Neuro-Linguistic Programming**
LECTURE AND WORKSHOP
Dr. Catherine Crews and Peggy Dean
- 6:00 to 8:30 PM **Candlelight Vegetarian Dinner**
with music by William Ghezzi & Ann Levinson
- 8:30 to Conclusion **Stress Management through Good Humour and Practical Psychology**
LECTURE AND DISCUSSION
Dr. Murray Banks

SUNDAY, OCTOBER 27TH

- 12 Noon to 2 PM **Stress Management through The Martial Arts**
LECTURE AND WORKSHOP
Professor Sebastian M. Rainone
- 2:30 to 4:30 PM **Stress Management through Diet**
LECTURE AND DISCUSSION
Dr. Lendon H. Smith
- 4:30 to 5:30 PM **Yoga Practical**
PRACTICAL AND DISCUSSION
Dr. Vijayendra Pratap
- 5:30 to 6:00 PM **Closing Remarks**

*Practice without theory is blind.
Theory without practice is lame.*

CATHERINE CREWS, Ph.D. and PEGGY DEAN, M.B.A.

Stress Management through Neuro-Linguistic Programming
Saturday, October 26, 3:30 to 5:30 PM



Catherine Crews, Ph.D.

Catherine Crews is a consulting and clinical psychologist who specializes in performance enhancement and behavior change. She has consulted with a number of organizations concerned with maximizing human potential in careers and personal development. In addition, Dr. Crews maintains a private practice for individuals and families seeking personal change.

Dr. Crews is a student of Yoga and has studied Yoga with Dr. Pratap for five years. Thus she brings to our Conference a unique blend of experience and knowledge: the stress management aspects of the ancient Eastern science of Yoga, and those of the modern Western technology of NLP.



Peggy Dean, M.B.A.

Peggy Dean is an experienced executive with an MBA in marketing. She has consulted with organizations such as American Express, Atlantic Richfield, SmithKline Beckman and Middle Eastern Governments. Her extensive experience ranges from operations management to public relations, organizational development and political campaign strategies.

Both Ms. Crews and Ms. Dean are Master Practitioners of NLP, certified by the Society of Neuro-Linguistic Programming.

SEBASTIAN M. RAINONE, Ph.D.

Stress Management through the Martial Arts
Sunday, October 27, 12 Noon to 2 PM



The ancient Martial Arts are a time proven method to allow an individual to reawaken his or her spirit, energy, confidence and purpose.

Sebastian Rainone is a martial arts instructor with over sixteen years of experience. He is a first degree black belt in Shotokan Karate. In addition he has studied Kung-fu, Tai Chi, Kick Boxing, Judo, Aikido, Stick Fighting and Savante.

His strictly no-contact workshop includes lecture, group exercise, demonstration, Chinese, Japanese and Korean systems.

Professor Rainone is a fully tenured Assistant Professor of Ethics and Business Law at Villanova University where he has received the Lindback Award for Excellence in teaching. He is also a practicing attorney.

As a wellness instructor, he has a varied background in fitness, personal safety, and health care. He is a Martial Arts Instructor, Stress Management Consultant, a practicing vegetarian, and has studied diet and nutrition, shiatsu, rational-emotive therapy, and alternative health treatments. He is presently working with the Pennsylvania Department of Health on a Worksite Health Risk Reduction Program.

NOTE: All programs have been confirmed as listed. Unforeseen circumstances, however, may cause schedule changes. Tape recording and photographing are prohibited throughout the Conference except with express written permission from the Yoga Research Society. Smoking is not permitted. Eating and drinking will be limited to Saturday evening's dinner. The Yoga Research Society provides a neutral platform for its speakers: the opinions they express are their own.

MURRAY BANKS, Ph.D.**Stress Management through Laughter and Practical Psychology**

Saturday, October 26, 8:30 PM to Conclusion



Perhaps mankind's oldest and most reliable antidote to stress is laughter.

Dr. Banks is an after-dinner speaker, *par excellence*. His blend of good humour with common-sense psychology is guaranteed to leave you laughing and feeling good about yourself.

Dr. Banks is Adjunct Professor of Psychology, Northwood Institute, Midland, Michigan. He was Professor of Psychology at Fairleigh Dickinson University, New Jersey, and a visiting Professor at Memphis State University and California State College. He has taught courses in psychology at New York Institute of Technology and Brooklyn College. He is a graduate of New York and Columbia Universities, and has done post-doctoral study in psychology at Harvard University and clinical psychopathology study at Bellevue Hospital.

His program, "What to do until the Psychiatrist Comes" has delighted audiences throughout the English-speaking world. He has published six books including *How to Live with Yourself*, *Things My Mother Never Told Me*, and *How to Overcome an Inferiority Complex*. His eight LP records include "Just in Case You Think You're Normal," "The Drama of Sex," and "How to Quit Smoking in Six Days or Drop Dead in Seven."

CANDLELIGHT VEGETARIAN DINNER*with Music by Ann Levinson and William Ghezzi*

Saturday, October 26, 6:00 to 8:30 PM

As an integral part of this year's conference, participants and program leaders will share a special dinner catered by Santoor, a Philadelphia restaurant specializing in Indian home-style cooking.

The healthy, delicious food and candlelit setting will be enhanced by a concert of classical music with Ann Levinson and William Ghezzi. Their repertoire spans four centuries—from Renaissance to early 20th century.

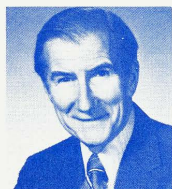
Ms. Levinson is a graduate of Philadelphia College of the Performing Arts and has performed with the Davids Bund Chamber Players.



Mr. Ghezzi is a classical guitarist who has appeared throughout the Mid-Atlantic States as soloist, with chamber ensembles, chamber orchestras, dance companies, in theater, opera, films and on radio. He teaches at Chestnut Hill College and Settlement Music School. He is past president and current vice-president of the Philadelphia Classical Guitar Society.

LENDON H. SMITH, M.D.**Stress Management through Diet**

Sunday, October 27, 2:30 to 4:30 PM



Dr. Lendon H. Smith has practiced pediatrics in Portland, Oregon for 35 years. His relaxed, reassuring manner took much of the trauma out of ordinary childhood ailments, while at the same time he alleviated parents' guilt and anxieties.

Dr. Smith's message that "junk food wrecks the brain" has important implications for both children and adults. His research shows that a wide variety of behavior problems—from colic to allergy to hyperactivity to schizophrenia to alcoholism—can be traced to food allergies and faulty nutrition. He is a lively, challenging speaker who will leave you with plenty of good food for thought.

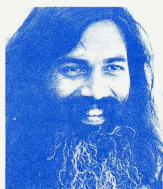
His books have become standards in the field of child care. They include:

The Children's Doctor, 1969
The Encyclopedia of Baby & Child Care, 1972
New Wives Tales, 1974
Improving Your Child's Behavior Chemistry, 1976
Feed Your Kids Right, 1979
Foods for Healthy Kids, 1981
Feed Yourself Right, 1984
Dr. Smith's Low Stress Diet, 1984

VIJAYENDRA PRATAP, Ph.D., D.Y.P.**Stress Management through Yoga**

Saturday, October 26, 1:00 to 3:00 PM

Sunday, October 27, 4:30 to 5:30 PM



Dr. Pratap is the founder/director of the Yoga Research Society, as well as SKY Foundation.

It was his teacher Swami Kavalayananda, 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 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.



SPEAKERS' LECTURES

Yoga, Fitness & Stress Management

October 26 & 27, 1985

Friends Select School

- | | |
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| Margaret Smith James | “Welcome” |
| Dr. Catherine Crews &
Peggy Dean | “Stress Management through Neuro-Linguistic Programming” |
| Dr. Murray Banks | “Stress Management through Laughter & Practical Psychology” |
| Ann Levinson &
William Ghezzi | “Chamber Music” during Candlelight Dinner |
| Dr. Sebastian M. Rainone | “Stress Management through the Martial Arts” |
| Dr. Lendon Smith | “Stress Management through Diet”
Books: <i>The Children's Doctor, The Encyclopedia of Baby & Child Care, New Wife Tales, Improving Your Child's Behavior Chemistry, Feed Your Kids Right, Foods for Healthy Kids, Feed Yourself Right, Dr Smith's Low Stress Diet</i> |
| Dr. Vijayendra Pratap | “Stress Management through Yoga” Practical & Discussion |

**YOGA
PSYCHOLOGY &
PARAPSYCHOLOGY**

**THE 12TH ANNUAL
YOGA RESEARCH SOCIETY
CONFERENCE**

Philadelphia, Pennsylvania • October 25 & 26, 1986

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YOGA, PSYCHOLOGY & PARAPSYCHOLOGY

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This year's Y.R.S. Conference will lead participants on an exploration of the boundaries of man's scientific knowledge and beyond.

The past decades have provided spectacular demonstrations of our technological skills as we've probed the universe and rethought physical laws. But it may be that even more spectacular adventures await us as we turn our scientific curiosity inwards. The science of Yoga has long focused on this inner journey:

*"Those who look inward, they get
permanent peace..." Swami Kuvalayananda*

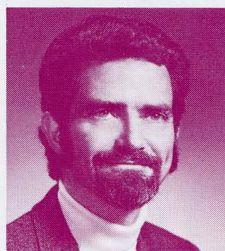
Today, many of our best and brightest western scientists are turning their research towards the mysteries of the psyche. Our 1986 Conference provides a neutral platform for a number of these outstanding researchers to share their experience and discoveries.

The emphasis is on workshops and interaction. The purpose is to help you look inward, to open the doors to your own permanent peace.

ADDITIONAL INFORMATION

Inside, you'll find information on the program leaders. For more details, call (215) 923-5946, Garland of Letters Bookstore, 527 South Street, Philadelphia, PA 19147

Space will limit participation in this year's conference. Please take time now to read through this material and to use the registration form to reserve your place.

**DANIEL J. BENOR, M.D.**

Healing: Parapsychological & Psychological

Saturday, October 25, 5:30-6:30 PM

In studies from around the world, psychic healing is being demonstrated to be effective in influencing microorganisms, plants, animals and man. Dr. Benor, a practicing holistic psychiatrist, has been involved since the 1960's in healing research both in this country and in Israel. After receiving his medical degree from UCLA, he served three years of psychiatric residency in Denver and two years in the U.S. Air Force Medical Corps. He then spent five years in Israel at the School Psychology Clinic and the Kibbutz Child and Family Clinic. In his private practice, he works with elements from behavioral, gestalt, Ericksonian, transactional analysis, and bioenergetics therapies, with a special focus on patients with cancer.

**VALERIE MORRISON**

Discovering & Developing Psychic Energy

An Evening with Valerie
Saturday, October 25, 8:00 to Conclusion

Valerie Morrison is an internationally known psychic. An "aura" and "photograph" reading psychic, she is one of a limited number of persons with the ability to give psychic consultations over the telephone on talk radio and television shows, and by receiving impressions from photographs. For seven years, she was the resident psychic with Sid Mark on WWDB talk-radio and afterward hosted her own show "Valerie Morrison Predicts" on WPEN radio. She has appeared on television shows throughout the country, appeared regularly on Evening Magazine, and is currently Resident Psychic on NBC Channel 3's "People are Talking."

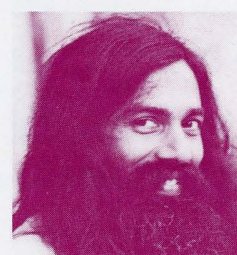
Valerie believes that her psychic energy is a gift from God to be shared freely with those who come with an open mind. She experiences clairvoyance, clairaudience, pre and retro-cognition, psychokinesis and telepathy, and has often been called upon by doctors, lawyers and police to help them in their work.

**POLLY YOUNG-EISENDRATH, M.A., M.S.W., Ph.D.**

A Practice of Heart: Individuation and Interdependence

Sunday, October 26, 4:00 to 5:00 PM

Dr. Young-Eisendrath is the author of "Hags and Heroes: A Feminist Approach to Jungian Psychotherapy with Couples." She is an Assistant Professor at the Bryn Mawr Graduate School of Social Work and Social Research, and has a private practice of psychotherapy, specializing in feminist therapy, Jungian psychotherapy and interpersonal psychotherapy. She is in the process of being certified (April, 1986) as a Jungian psychoanalyst by the Inter-Regional Society of Jungian Analysts. Her three books, and her many articles, presentations and lectures have helped to clarify and define the role of women in today's society.

**VIJAYENDRA PRATAP, Ph.D., D.Y.P.**

Yoga, Psychology & Parapsychology

Saturday, October 25, 12:30 to 2:30 PM
Sunday, October 26, 5:00 to 6:00 PM

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YOGA, PSYCHOLOGY & PARAPSYCHOLOGY

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Philadelphia, Pennsylvania, Friends Select School
17th & Benjamin Franklin Parkway

SATURDAY, OCTOBER 25, 1986

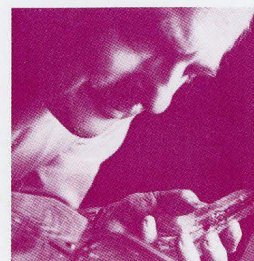
Welcome Margaret Smith James
Yoga, Psychology & Parapsychology Vijayendra Pratap
The Subtle Bodies of Man and their Balancing with Crystals and Breath Marcel Vogel
Healing: Parapsychological & Psychological Daniel Benor
Discovering & Developing Psychic Energy Valerie Morrison

* CANDLELIGHT VEGETARIAN DINNER—Saturday Evening

As an integral part of the conference, participants and speakers will share a special dinner of healthy, delicious food in a candlelit setting.

SUNDAY, OCTOBER 26, 1986

Truth and Illusion on the Spiritual Path Charles Tart
Spiritual Psychology—You Are More Than You Think You Are . . . Sandra Stevens
A Practice of Heart: Individuation and Interdependence Polly Young-Eisendrath
Yoga Practical, Discussion Vijayendra Pratap



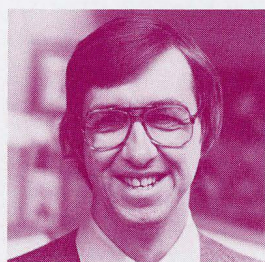
MARCEL VOGEL

The Subtle Bodies of Man and their Balancing with Crystals and Breath

Saturday, October 25, 3:00 to 5:00 PM

Marcel Vogel was a Senior Scientist with IBM for 27 years until his retirement in 1984. He holds over 100 patents including the magnetic coating that is used in all of IBM's rigid disk systems. After leaving IBM, he founded Psychic Research Incorporated, a new laboratory in San Jose, California devoted to the study of the subtle forces and energies that compose human beings and their environment.

With his extensive background in the study of energy conversion in crystalline solids, luminescence, and liquid crystals, he has become one of the world's leading researchers in the therapeutic use of quartz crystals. His work has attracted worldwide attention, but this will be his first crystal workshop in this area. The title of the workshop will be The Practical Application of the Teaching of Yoga Applied to the Crystal Technology.



CHARLES T. TART, M.A., Ph.D.

Truth and Illusion on the Spiritual Path

Sunday, October 26, 12 Noon to 2:00 PM

For the past 25 years, Dr. Tart has, through his books, articles, papers, and teaching, made significant contributions to our understanding of the human mind. Two of his books, "Altered States of Consciousness" and "Transpersonal Psychologies" have become modern classics in their field.

Through his research and his writing, he has helped organize the study of altered states (such as hypnosis, meditation, dreams, drug-induced effects, biofeedback, etc.) and he has worked toward bridging the unnecessary gap between science and religion. Dr. Tart is currently a full professor of Psychology at the University of California at Davis and a consultant to the Stanford Research Institute.



SANDRA STEVENS, M.A.

Spiritual Psychology—You Are More Than You Think You Are

Sunday, October 26, 2:30 to 4:00 PM

Sandra Stevens is author of "Being Alive is Being Psychic." She co-founded Mind Matters, a spiritual counseling service, with trance-channel, Sheila Reynolds in 1976; and has worked extensively in the psychic/spiritual field. She is trained in Ericksonian hypnosis and is a certified Master Practitioner of Neurolinguistic Programming.

Sandra is currently writing a new book about the impact of psychic influences on relationships, and also maintains a private counseling practice in Washington Crossing, Pennsylvania.

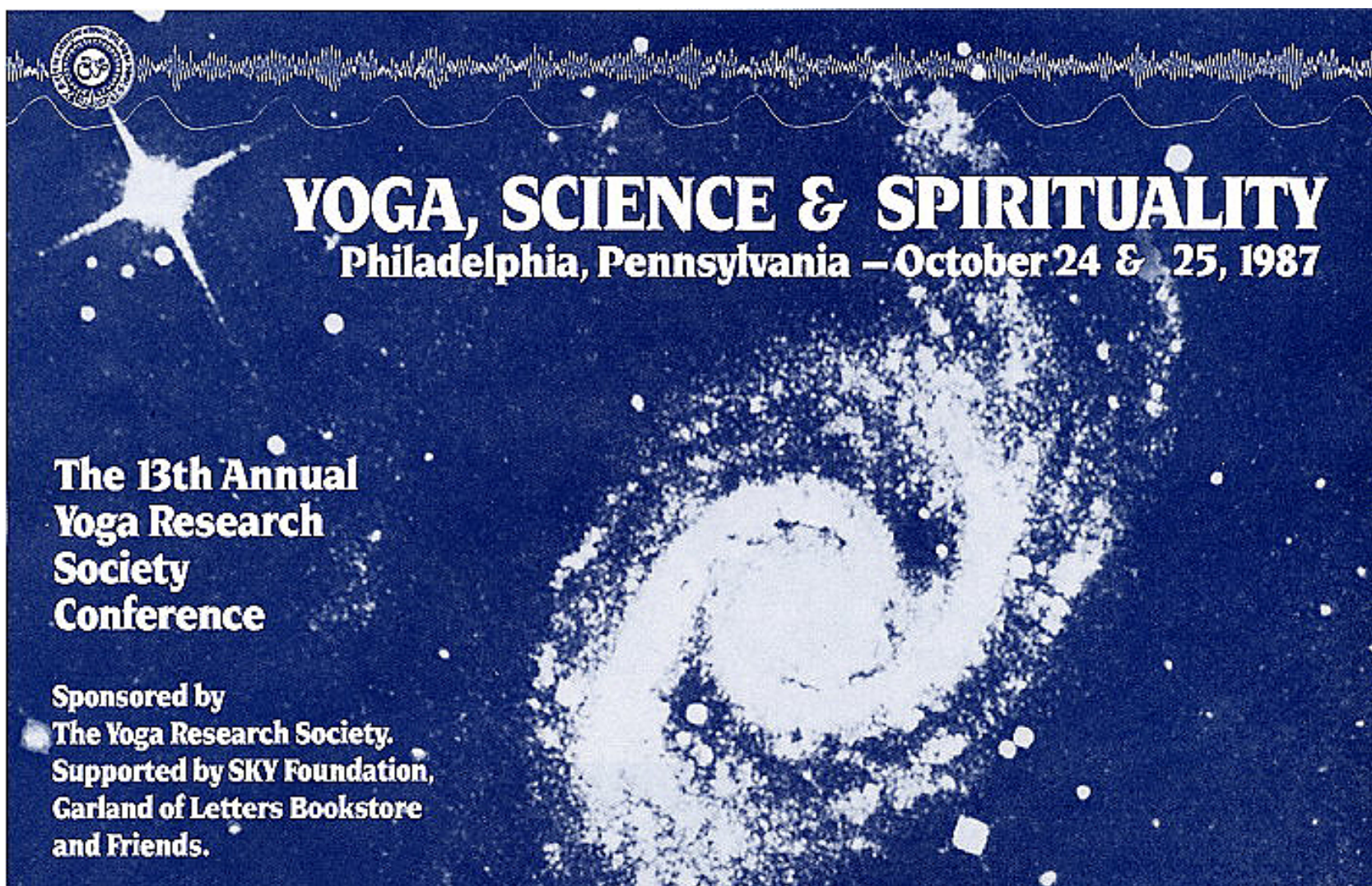
SPEAKERS' LECTURES

Yoga, Psychology & Parapsychology

October 25 & 26, 1986

Friends Select School

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|----------------------------|---|
| Margaret Smith James | “Welcome” |
| Dr. Vijayendra Pratap | “Yoga, Psychology & Parapsychology” Lecture & Practical |
| Marcel Vogel | “The Subtle Bodies of Man and their Balancing with Crystals and Breath” Lecture
‘The Practical Application of the Teaching of Yoga Applied to the Crystal Technology’ Workshop |
| Dr. Daniel J. Benor | “Healing: Parapsychological & Psychological” |
| Valerie Morrison | “Discovering & Developing Psychic Energy” Lecture |
| Dr. Charles T. Tart | “Truth & Illusion on the Spiritual Path” Lecture |
| Sandra Stevens | “Spiritual Psychology—You are More Than You Think You Are” Lecture & Workshop |
| Dr. Polly Young-Eisendrath | “A Practice of Heart: Individuation and Interdependence” Lecture
Book: <i>Hags and Hero's: A Feminist Approach to Jungian Psychotherapy with Couples</i> |



YOGA, SCIENCE & SPIRITUALITY
Philadelphia, Pennsylvania – October 24 & 25, 1987

**The 13th Annual
Yoga Research
Society
Conference**

**Sponsored by
The Yoga Research Society.
Supported by SKY Foundation,
Garland of Letters Bookstore
and Friends.**

Philadelphia, Pennsylvania

October 24 & 25, 1987

For each of the past 12 years, The Yoga Research Society has provided a neutral platform for outstanding researchers, teachers, writers, philosophers and artists to share their experience and discoveries.

This year's October conference brings together a particularly distinguished group of program leaders with backgrounds combining scientific inquiry and spiritual exploration.

For the scientist, spirituality can provide insight into the vital principle which animates all life. For the spiritualist, science provides a testing ground for subjective experience.

Our goal is to create an environment for personal growth so that we may learn from each other how to best achieve our ultimate human potential.

The two-day program is structured to allow practical participation as well as theoretical discussion.



YOGA, SCIENCE & SPIRITUALITY

The 13th Annual Yoga Research Society Conference

Philadelphia, Pennsylvania

Friends Select School – 17th & Benjamin Franklin Parkway

SATURDAY, OCTOBER 24, 1987

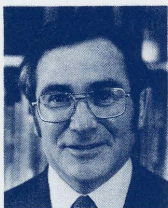
Welcome Margaret James
Yoga Practical and Discussion Vijayendra Pratap
Patanjali's Influence on Me John Lilly
Spiritual Implications of the Discoveries of Science .. Arthur Young
Yoga – The Science of Religion Sri Swami Satchidananda

Candlelight Vegetarian Dinner – Saturday Evening

As an integral part of the conference, participants and speakers will share a special dinner of healthy, delicious food in a candlelit setting. Seating will be limited to the *first 350 registrants*, given priority in this order: 1.) full-conference, 2.) Saturday-only, 3.) Saturday-evening-only. Use the registration form to express your preference for first or second seating.

SUNDAY, OCTOBER 25, 1987

Your Maximum Mind Herbert Benson
What is Self ? Bernadette Roberts
IRAS: A Glimpse of the Invisible Sky James Houck
Spiritual Masters Rediscovered Vijayendra Pratap



Herbert Benson, M.D.

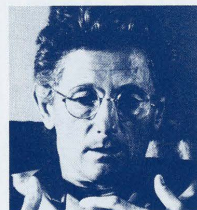
Your Maximum Mind

Sunday, Oct. 25, Noon to 1:30 pm

Dr. Benson is the author of *The Relaxation Response*, *The Mind/Body Effect*, and *Beyond the Relaxation Response*. He teaches medicine at Boston's Beth Israel Hospital and is director of the hospital's Division of Behavioral Medicine and Hypertension Section.

He earned his M.D. from Harvard Medical School in 1961, and has served on that school's faculty since 1969. His research into the effects of mantra chanting helped to introduce the western scientific community to this powerful psychological and physiological tool.

In his newest book, Dr. Benson says, "I've concluded after scientific observations conducted in the United States, the Indian Himalayas, and elsewhere that it's difficult to place definite limits on the physical and mental powers of those who hold profound beliefs."



John C. Lilly, M.D.

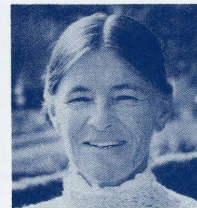
Patanjali's Influence on Me

Saturday, Oct. 24, 2:00 to 3:30 pm

Perhaps Dr. Lilly is best known for his breakthrough research with dolphins, isolation tanks, and his best selling books, *The Center of the Cyclone* and *The Deep Self*.

His credentials include training at Cal Tech (B. Sc. in Biology) and at the University of Pennsylvania School of Medicine (M.D.); research in medical physics and biophysics as an Associate Professor at the University of Pennsylvania; work in psychoanalysis at the Institute of the Philadelphia Association for Psychoanalysis and at the Washington-Baltimore Psychoanalytic Institute; and work at the National Institute of Mental Health and at the National Institute of Neurological Diseases and Blindness.

As the founder/director of the Communication Research Institute, Dr. Lilly has spent 25 years researching dolphin/human communication.



Bernadette Roberts, M.S.

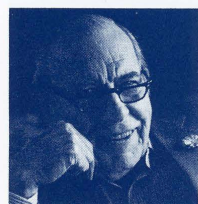
What is Self ?

Sunday, Oct. 25, 2:00 to 3:30 pm

Bernadette Roberts, a life-long Christian contemplative with a monastic background, is the author of *The Experience of No-Self*, *The Path to No-Self*, and a work in progress, *Self: A Passage Through Consciousness*.

A cloistered nun for nine years, she returned to the world after experiencing a "unitive state"—the state of oneness with God—in order to share what she had learned. In the years that followed, she completed a graduate degree in education, married, raised four children, taught school, and continued her contemplative practice. Then, quite unexpectedly, some 20 years after leaving the convent, she experienced the dropping away of the unitive state itself and came upon what she calls "the experience of no-self." It is this experience about which she writes and relates to the paths of Jesus and Buddha.

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Arthur M. Young

Spiritual Implications of the Discoveries of Science

Saturday, Oct. 24, 4:00 to 5:30 pm

Arthur Young, inventor of the Bell Helicopter, graduated in mathematics from Princeton in 1923 and then worked independently to create a functional model for a helicopter, a design which was to become the basis for the Bell Model 47, the world's first commercially licensed helicopter and for 30 years the most widely used rotary wing aircraft in the Western world.

With the dropping of the atomic bomb in 1945, he decided to devote his energies to the reintegration of science and human values. To this end he founded the Institute for the Study of Consciousness in Berkeley, California and authored several important books including, *The Reflexive Universe* and *The Geometry of Meaning*.



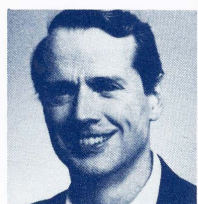
Reverend Sri Swami Satchidananda

Yoga: The Science of Religion

Saturday, Oct. 24, 7:30 to 9:00 pm

Sri Swami Satchidananda is a master of Yoga and world renowned spiritual teacher. He has associated with some of the great sages of the 20th century including Sri Ramana Maharshi and Sri Aurobindo. In 1949, he was ordained into the monastic life by Sri Swami Sivananda of the Himalayas.

He is the author of many books, including the best-selling *Beyond Words* illustrated by his student, Peter Max. Sri Swamiji is the founder/director of the worldwide Integral Yoga Institutes and advisor to the European and International Yoga Teachers Associations. Currently he guides the development of a large spiritual center, the Satchidananda Ashram – Yogaville in Virginia. His universal vision and interfaith programs have earned him many honors including the Martin Buber Award for Outstanding Service to Humanity.



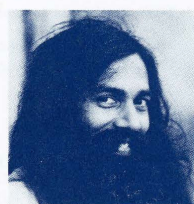
James R. Houck, Ph.D.

IRAS: A Glimpse at the Invisible Sky

Sunday, Oct. 25, 4:00 to 5:30 pm

Professor Houck has been a telescope maker and astronomer since his junior high school days. In 1967, he received his Ph.D. in solid state physics from Cornell University where he is currently professor of astronomy and director of the Hartung-Boothroyd Observatory.

He has studied the universe through telescopes mounted on sounding rockets, airplanes, and, most recently, through a satellite-mounted telescope, the Infrared Astronomical Satellite (IRAS). Among his many awards is the NASA medal for Exceptional Scientific Achievements.



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

Spiritual Masters Rediscovered

Saturday, October 24, 11:30 to 12:30 pm
Sunday, October 25, 5:30 to 7:00 pm

Dr. Pratap is the founder/director of the Yoga Research Society and of SKY Foundation. It was his teacher Swami Kavalayananda, 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 not in harmony with Yoga's spiritual experience. On Saturday, Dr. Pratap will conduct a Yoga practical along with a discussion of Yoga, Science and Spirituality. The practical will be suitable for beginners, 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.

ADDITIONAL INFORMATION: CALL (215) 923-1698

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Books: <i>The Center of the Cyclone, The Deep Self</i> |
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| Sri Swami Satchidananda | “Yoga – The Science of Religion” |
| Dr. Herbert Benson | “Your Maximum Mind”
Books: <i>The Relaxation Response, The Mind/Body Effect, Beyond the Relaxation Response</i> |
| Bernadette Roberts | “What is Self?”
Books: <i>The Experience of No-Self, The Path of No-Self, What Is Self?: A Study of the Spiritual Journey in Terms of Consciousness</i> |
| Dr. James Houck | “IRAS: A Glimpse of the Invisible Sky” |



Y R S ' 8 8 CONFERENCE

OCTOBER 22 & 23, 1988

*Yoga: Research,
Training & Treatment*

S P O N S O R E D B Y

The Yoga Research Society

PHILADELPHIA, PENNSYLVANIA, U.S.A.

...Our 14th Annual Conference
Supported by the Swami Kunalayananda
Yoga (SKY) Foundation,
Garland of Letters Bookstore and Friends



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OCTOBER 22 & 23, 1988

S P O N S O R E D B Y

The Yoga Research Society

Yoga: Research, Training & Treatment

As more and more men and women discover the life-enhancing benefits of yoga, interest in this ancient system continues to grow among researchers, scientists, and physicians.

This October's conference explores the application of yogic principles and techniques to achieve vigorous health and emotional well-being.

We present a weekend of rare opportunity for questioning, learning and growing.

Each speaker brings a wealth of experience and dedication. The Conference format provides open access for the sharing of information and ideas.

Yoga's role in training and treatment is a remarkable story. We invite you to participate in the ongoing process.

S U N D A Y



Noon - 1:30 pm

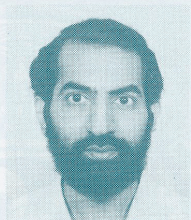
Ma Yoga Shakti, M.A.

How To Be Your Own Master

Ma Yoga Shakti proposes practical yoga for the common man and woman as a mental and physical discipline. Adept in all paths of yoga, Hatha Yoga, Raja Yoga, Karma Yoga and Bhakti Yoga, she believes that for each individual, spiritual salvation lies in following one or more of these paths.

While scientists try to improve the standards of living through technological innovations, Ma Yoga Shakti's aim is to bring happiness to society by improving the qualities of the self.

Mataji has opened ashrams in India and America, and has been instrumental in the spread of yoga to all, regardless of caste, color, religion or nationality. She has a M.A. in Political Science and was a founding principal of a women's college in Bahir, India.



2:00 - 3:30 pm

Shrikrishna, M.B.B.S.,
Ph.D.*Yogic Cleansing Techniques and their Effect on Health*

Currently chief medical officer, in charge of therapeutic work, at the I.C. Yogic Health Centre, Kaivalyadhama, Bombay, Dr. Shrikrishna is also a yoga teacher and author.

Since 1976, he has conducted yoga workshops, more recently emphasizing the experiential aspects of yoga through the practice of pranayama. He has also published two books through the Kaivalyadhama: *The Essence of Pranayama*, and *Notes on Structure and Function of Human Body and Effect of Yoga on It*.

Dr. Shrikrishna received his M.B.B.S. from Bombay University in 1976; conducted research in the Neurophysiological aspects of Pranayama with Prof. G.S. Chhina and received a Ph.D. from the All India Institute of Medical Sciences, Department of Physiology in 1981.



4:00 - 5:30 pm

Lorna Bell, R.N.

Gentle Yoga for Everybody

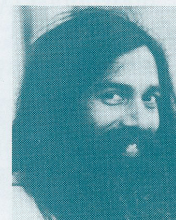
A student of yoga for 14 years, Lorna Bell is also a nurse and co-author of *Gentle Yoga*, which provides a gentle, practical how-to guide for improving health with easy yoga exercises. The book was developed for Ms. Bell's students with arthritis, stroke damage, multiple sclerosis, and those in wheelchairs.

Her presentation will include both experiential and demonstrations providing ideas and advice to bring yoga's special benefits to those who might have previously considered yoga class too vigorous.

Ms. Bell is currently a Fitness Consultant and works at the Veteran's Hospital in Iowa City as an orthopedic nurse and Wellness Program Coordinator.

YRS extends a special invitation... to the physically challenged, especially those in wheelchairs. Ms. Bell suggests you fully participate in this part of our program by getting on the floor for the exercises. If you want assistance to do so, please bring someone to help you *as our guest*. RSVP by calling (215) 592-YOGA.

and to YOGA TEACHERS. Call our office regarding scholarships for your physically challenged students.



6:30 - 7:00 pm

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

Dr. Pratap is the founder/director of the Yoga Research Society and of the Swami Kavalayananda Yoga (SKY) Foundation. It was his teacher, Swami Kavalayananda, 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.

A practical student of yoga, Dr. Pratap holds a Ph.D. in Applied Psychology from the University of Bombay, and a D.Y.P. in Yoga. He has served as Assistant Director of Scientific Research and Lecturer of Yoga and Mental Health at Kaivalyadhama. Dr. Pratap is the author of *A Teacher's Guide for Beginning Yoga*, and currently on the Board of Editors of *Yoga-Mimamsa*, a quarterly journal of yogic research.

ALSO SUNDAY

P A N E L
DISCUSSION

5:30 to 6:30 pm

Dr. Patel, Mr. Burroughs, Ma Yoga Shakti, Dr. Shrikrishna, Ms. Bell and Dr. Pratap will be ready to offer insight and answer questions from our audience and from each other.

Plan to enjoy this opportunity... bring your own questions and comments.

GENERAL INFORMATION

WEATHER. October temperatures in Philadelphia range from 49° to 66°. Pack a sweater or light jacket. Don't forget a yoga mat or rug for practical sessions.

PARKING. Street meter parking is available as are nearby lots. Friends School lot is reserved for working conference staff and speakers only.

CAR POOLING. Please indicate your needs on the registration form and we will try to connect you with others who want to car pool.

GARLAND OF LETTERS BOOKSTORE. A selection of books including works by Conference speakers will be available at our Garland of Letters Bookstore exhibit, as will yoga mats, crystals, etc.

EATING AND DRINKING is confined to the cafeteria. Saturday's dinner will be provided to full-conference and Saturday-only registrants. Fresh fruit will be provided at breaks. You may bring your own refreshments to the cafeteria.

PHOTOGRAPHS may be taken only by our official Y.R.S. photographer.

AUDIO AND VIDEO TAPING may be done only by official Y.R.S. staff.

SMOKING IS NOT PERMITTED ANYTIME.

TALKING. Usually discussion will be available following each presentation. However, silence should be observed during the presentations.

TO REGISTER

Space will limit participation in this year's conference. Please take time now to use the registration form to reserve your place. You may register:

- 1) **BY MAIL.** Completed registration forms should be mailed to the Yoga Research Society, 625 Christian St., Philadelphia, PA 19147-2994.
- 2) **BY PHONE.** Use your VISA, MasterCard, or American Express to register. It is best to call weekdays, from 9 am to 5 pm **(215) 592-YOGA.**
- 3) **IN PERSON,** at the Garland of Letters Bookstore, 527 South Street, Philadelphia, PA (Hours: 11 am to 10 pm, 7 days)
- 4) **AT THE DOOR,** if space permits, at the conference on Oct. 22 and 23. Those registrations made at the door will be subject to an additional \$5.00 charge...please register early!



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OCTOBER 22 & 23, 1988

Yoga: Research, Training & Treatment

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PHILADELPHIA, PENNSYLVANIA, U.S.A.

...Our 14th Annual Conference

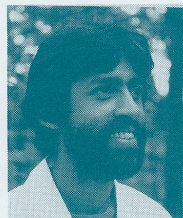
Supported by the Swami Kuvalayananda
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Philadelphia, Penna.
Friends Select School
17th & Benjamin Franklin Parkway

NOTE: All programs have been confirmed
as listed. Unforeseen circumstances,
however, may cause schedule changes.

The Yoga Research Society provides a
neutral platform for it's speakers: the
opinions they express are their own.

S A T U R D A Y



2:00 - 3:30 pm

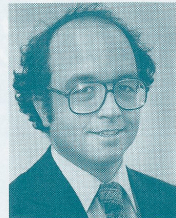
Manny Patel, Ph.D., D.O.,
M.G.O.N.

*Practical and Philosophical
Application of Yoga in
Stress Management and
Psychosomatic Illnesses*

Dr. Patel has done extensive research into the causes of cancer at the University College of North Wales, U.K. He is founder-director of the L.I.F.E. Foundation with five centers throughout Britain. He is also founder-chairman of L.I.F.E. Cancer Center where counselling, support services and advice on therapies to complement orthodox allopathic medicine (including therapeutic yoga) are offered to cancer patients and their families.

He is not only a scientist with a B.Sc. in Biochemistry: Physical and Molecular Science, and a Ph.D. in Cancer Research and Toxicology, but also a yoga teacher and a philosopher, specializing in Vedanta.

Currently, Dr. Patel is on the Nutritional Advisory Board of New Approaches to Cancer and is working with doctors from all over Britain and Europe to compile and elucidate guidelines for an optimum cancer diet.



4:00 - 5:30 pm

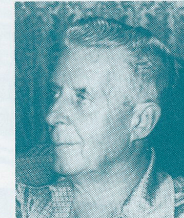
George C. Brainard, Ph.D.

*The Effect of Light on
Hormones, Brain and
Behavior*

Light, with all of its intricacies, and manifestations, has intrigued Dr. Brainard throughout his life. He has published articles and abstracts on his research, including some which examine light as treatment of Seasonally Acquired Depression (SAD). He has also received numerous awards, including the Lindback Foundation Award for Distinguished Teaching in 1986.

Dr. Brainard has been involved in several national committees including NASA-Ames where he designed the lighting of space vehicles and spacecraft, interiors for the shuttle, space station and lab.

He received his M.A. in Psychology from Goddard College and his Ph.D. in Anatomy from the University of Texas Health and Science Center. Currently he is director of the Neurosciences Course at Jefferson Medical College in Philadelphia.



7:30 - conclusion

Stanley Burroughs

*An Approach to the Finest
in the Healing Arts*

Mr. Burroughs, age 84, is a true pioneer in the development of natural methods in healing. He started his career as a contortionist but later, when he became acquainted with the teaching of Indra Devi, he discovered much of what he was doing was actually Hatha Yoga.

He is author of the books *Healing for the Age of Enlightenment* and *The Master Cleanser*, a work which debunks the germ theory of disease and its related errors.

The Vita Flex, which Mr. Burroughs believes was developed or learned in a past life and redeveloped in this life time, is his unique system and programming the body's biocomputer for self-healing and all physical adjustments and corrections.

ALSO SATURDAY



"Welcome..."

12:15 - 12:30 pm

Continuing a popular YRS tradition, established at our very first conference, Maggie James will again travel from California to offer our welcome and introduce each speaker. A past president of the Philadelphia Ethical Society, her background includes 14 years as executive assistant to the president of Auerbach Corporation for Science and Technology and management experience in a wide variety of other fields, i.e.: government, education, publishing and even grand opera!

Yoga Practical and Discussion

12:30 - 1:30 pm

Dr. Pratap will conduct a yoga practical along with a discussion to open our conference. The practical will be suitable for beginners, more advanced students and teachers. Postures, breath control, relaxation and sense withdrawal techniques will be covered.

To fully participate, we suggest that you

- arrive with a light stomach and wear or bring loose clothing. (It will be possible to change.)
- Remember to bring a mat or towel to lie on. (Yoga mats will be available for purchase at our Garland of Letters exhibit.)

Candlelight
Vegetarian Dinner

5:30 - 7:30 pm

SATURDAY EVENING

As an integral part of the conference, participants and speakers will share a special dinner of healthy, delicious food in a candlelit setting. Seating will be limited to the first 350 registrants, given priority in this order:

- 1) full-conference
- 2) Saturday-only
- 3) Saturday evening-only

SPEAKERS' LECTURES

Yoga: Research, Training & Treatment

October 22 & 23, 1988

Friends Select School

- Margaret Smith James “Welcome”
- Dr. Vijayendra Pratap “Yoga, Research, Training & Treatment” Practical & Discussion
- Dr. Manny Patel “The Practical and Philosophical Application of Yoga in Stress Management and Psychosomatic Illnesses”
- Dr. George Brainard “The Effect of Light on Hormones, Brain and Behavior”
- Stanley Burroughs “An Approach to the Finest in the Healing Arts”
Books: *Healing in the Age of Enlightenment, The Master Cleanse*
- Ma Yoga Shakti “How to be Your Own Master”
- Dr. Shrikrishna “Yogic Cleansing Techniques and their Effect on Health”
Books: *The Essence of Pranayama, Notes on Structure and Function of Human Body and Effect of Yoga on it*

SPEAKERS' SIGNATURES

NAME	DATE	REMARKS
Ma yoga shakti	* Oct 23, 1988	Human Trust is most precious. Trust, Love, Respect, Promote all living matters. We are all ONE in the Stream of cosmic consciousness. - Ma yoga shakti.
" " "	"	"
Stanley Burroughs	10/23/88	It was pure pleasure working with you all
Manny Patel	23/10/88	"That which you value the most, learn to share <u>"it"</u> unceasingly with others & LIFE will grant you the highest ॐ नमो भगवते वासुदेवाय
DR. SHRIKRISHNA	23/10/88	SINCERE BEST WISHES FOR THE CONTINUOUS PROGRESS OF SKY 4YRS.

Human trust is most precious. Trust, Love, Respect, Promote all living matters. We are all ONE in the stream of cosmic consciousness.

Ma Yoga Shakti

It was pure pleasure working with you -all-

Stanley Burroughs

That which you value the most, learn to share "it" unceasingly with others & LIFE will grant you the highest

Dr. Manny Patel

Sincere best wishes for the continuous progress of SKY and YRS

Dr. Shrikrishna