

# Yoga & World Health

1 9 8 9

---

**THE 15TH ANNUAL CONFERENCE  
OF THE  
YOGA RESEARCH SOCIETY**

October 21 & 22, 1989  
Philadelphia, Pennsylvania U.S.A.

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





# Yoga & World Health

1 9 8 9

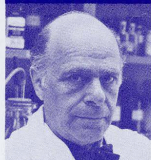
## THE 15TH ANNUAL CONFERENCE OF THE YOGA RESEARCH SOCIETY

October 21 & 22, 1989  
Philadelphia, Pennsylvania U.S.A.

Supported by SKY Foundation,  
Garland of Letters Bookstore  
and Friends

FRIENDS SELECT SCHOOL  
17th & Benjamin Franklin Parkway  
Philadelphia, Pennsylvania

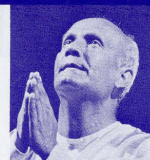
S A T U R D A Y



Bernard R. Grad, Ph.D.

### **A Scientific Approach to to Hands-on Healing**

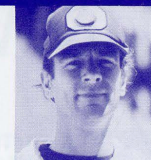
From 1949 to 1985, Dr. Grad worked in the Gerontologic Unit of McGill University's Department of Psychiatry, where he published 118 papers and abstracts, mostly on aging and cancer. In 1957, his work led him to an interest in the biological effects of touch, and he began to conduct pioneering experiments pertaining to psychic healing powers. He worked closely with Hungarian psychic Estebany, measuring the impacts of healing energy on laboratory induced cancer (in mice) and on growth and toxicity in plants. Dr. Grad was a close associate of Dr. Wilhelm Reich in Ranglely, Maine from 1949 to 1955. He currently continues his work at the Universite de Quebec a Montreal as part of a broader interest in bioenergy, including biomagnetic and bioelectric effects.



Sri Chinmoy

### **Yoga and the Perfection of Life**

Since coming to America in 1964, Sri Chinmoy has brought us closer to understanding the role inner peace plays in the enrichment of our lives. He has traveled the world for discussions with world leaders, lectured at universities, and meditated on peace with world luminaries from Pope John Paul II to Pablo Casals. He is the author of more than 800 books of poetry, essays, stories and dramatic works, the composer of some 5,000 songs, an artist who has produced 130,000 inspirational oils, acrylics and ink drawings, and an athlete who has twice been commended by the President's Council on Physical Fitness and Sports. For the past 19 years Sri Chinmoy has offered weekly peace meditations and commemorative programs at the United Nations in New York and more recently has held similar meetings at the U.S. Congress and the Pentagon.



Christopher Childs

### **The Greenpeace Vision: Commitment to World Health**

The Greenpeace activists have brought the message of environmental concerns to the foreground of our national consciousness. As the National Speaker/activist, Christopher Childs has participated in many Greenpeace USA demonstrations and has toured campuses delivering the Greenpeace message to thousands. He was part of the 1988 Inland Waters Expedition of the "Floating Laboratory" MV Beluga, and served for seven years as chairperson for the Task Force on Clean Air and Acid Rain. He was editor of **Clear Sky, Pure Light: Encounters with Henry David Thoreau (Penman Press)**, and he tours the country with a dramatic version of **An Evening with Thoreau**.

## ALSO SATURDAY

### W E L C O M E



**12:30 pm**

We are especially pleased that Margaret James will, for the 15th consecutive year, join us to welcome and introduce each of our speakers. A past president of the Philadelphia Ethical Society, her background includes fourteen years as executive assistant to the president of Auerbach Corporation for Science and Technology and management experience in a wide variety of other fields.

### **Yoga Practical and Discussion**

**12:30 to 1:45 pm**

Dr. Pratap will conduct a yoga practical along with a "Yoga for World Health" discussion to open our Conference. The practical will be suitable for beginners, more advanced students and teachers. Postures, breath control, relaxation, sense withdrawal and visualization techniques will be covered. To fully participate, we suggest that you

- Arrive with a light stomach and wear or bring loose, comfortable 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 Bookstore exhibit)

### **Candlelight Gourmet Dinner**

**5:30 to 7:30 pm**

As an integral part of this year's conference, participants and speakers will share a special vegetarian dinner prepared by Carlo Minotti, proprietor and chef at Ristorante Galleria, 5th & Bainbridge, Philadelphia.

Mr. Minotti has been the chef for the Royal Family of Belgium, and served discriminating guests at the finest hotels in Italy, Switzerland, and the French Riviera including Cortena d'Ampezzo, a world class ski resort. He has also prepared his culinary specialties on some of the premier cruise ships in the world.



## S U N D A Y



Patricia Joudry

**Sound Therapy for the Walk Man**

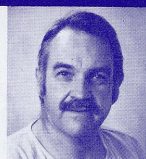
Patricia Joudry is a trained sound therapist who's work deals with the often overlooked stress-producing effects of noise pollution. Using specially produced tapes and a Walkman, her program is said to harmonize the nervous system, relieve stress, lower blood pressure, induce deep sleep, improve memory and concentration, improve the speaking and singing voice, and stimulate creativity. Her book, **Sound Therapy for The Walkman**, has been translated into many languages and her listening therapy is being used in 35 countries. Those who remember the days of radio drama, might remember her as the author of the popular Henry Aldrich radio program from 1945 to 1949!



Christopher Bird, M.A.

**Secrets of the Soil**

Christopher Bird was educated at Harvard (B.A.) and at the American University (M.A.). He worked for U. S. Intelligence and while serving with the U.S. Army in the 50's, lived with the Montagnard tribes in the Vietnam highlands. In 1973, together with Peter Tompkins, Christopher Bird co-authored the best-seller, **The Secret Life of Plants** (since made into a film with musical score by Stevie Wonder). He and Tompkins have again collaborated on a new book, **Secrets of the Soil**, exploring what innovative farmers and scientists have been discovering about new, healthier and more productive ways to raise food crops. He is also the author of **The Divining Hand: The 500-year-old History of Dowsing**, and is a contributing editor for *New Age* magazine and *New Realities* magazine.



Jacob Schwartz, Ph.D.

**World Health Predictions: A View of the Future**

Since 1974, Dr. Schwartz has been a professional astrologer, using the horoscope to identify human needs, timings of experience, relationship dynamics, and vocational skills. He has taught credit courses at Temple University in parapsychology and astrology and has been a frequent lecturer at schools and organizations throughout the United States, England and Scotland, including the University of Pennsylvania, Boston University, St. Joseph's Kroft University, Findhorn Foundation, and The Association for Humanistic Psychology. As a regular contributor to WXPN's weekly Paradigm program, and an astrology teacher at Garland of Letters Bookstore and the Jewish Y's, he is well known for his scientific approach to this field.



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

**Yoga for World Health**

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. Dr. Pratap is the author of **A Teacher's Guide for Beginning Yoga**. He has served as Assistant Director of Scientific Research and Lecturer of Yoga and Mental Health at India's Kaivalyadhama and is currently on the Board of Editors of *Yoga-Mimamsa*, a quarterly journal of yogic research.

**ALSO SUNDAY****Panel Discussion  
5:45 to 6:45 pm**

Dr. Grad, Mr. Bird, Ms. Joudry, Dr. Schwartz and Dr. Pratap will discuss "World Health Issues", offer their insights, and field questions from our audience.

**Maurie Pressman, M.D.  
Moderator / Panel Discussion**

Dr. Pressman is a Clinical Professor of Psychiatry at Temple University Health Sciences Center and medical director for the Institute of Psychiatric Wellness. Since 1976, he has specialized in the field of sports psychology, working with Olympic figure skaters, professional football players, professional tennis players, and skiers.

**General Information**

**PARKING.** Street meter parking is available as are nearby lots.

**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 are crystals, music, yoga mats and more.

**PHOTOGRAPHS, AUDIO AND VIDEO TAPING** may be taken only by our official Y.R.S. designated staff members.

**SMOKING IS NOT PERMITTED ANYTIME.**

Note: All programs have been confirmed as listed. Unforeseen circumstances, however, may cause schedule changes. The Yoga Research Society provides a neutral platform for its speakers; the opinions they express are their own.

**TO REGISTER**

Space will limit participation in this year's conference. Please use the attached registration form to reserve your place now.

**BY MAIL.** Completed registration forms should be mailed to the Yoga Research Society, 625 Christian St., Philadelphia, PA 19147-2994.

**BY PHONE.** Use your VISA, MASTERCARD OR AMERICAN EXPRESS to register. Call weekdays, from 9am to 5pm.

**(215) 592-YOGA**

or (215) 592-9642

**IN PERSON,** at the Garland of Letters Bookstore, 527 South St., Philadelphia, PA (Hours: 11am to 10 pm)

**AT THE DOOR,** if space permits, at the conference on Oct. 21 and 22. Those conference day registrations will be subject to an additional \$5.00 charge.



## SPEAKERS' LECTURES

**Yoga & World Health**

October 21 &amp; 22, 1989

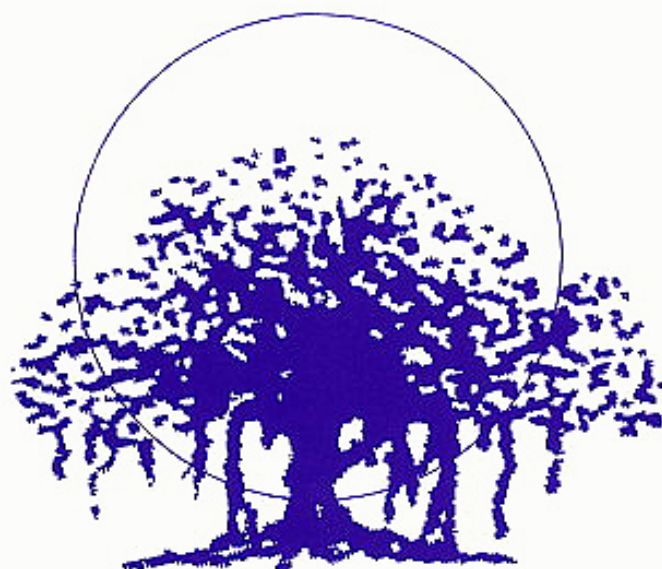
Friends Select School

- |                       |  |
|-----------------------|--|
| Margaret Smith James  | “Welcome”  |
| Dr. Vijayendra Pratap | “Yoga for World Health” Practical & Discussion   |
| Dr. Bernard Grad      | “A Scientific Approach to Hands-on Healing”  |
| Christopher Childs    | “The Greenpeace Vision: Commitment to World Health”  |
| Patricia Joudry       | “Sound Therapy for the Walkman”<br><b>Book:</b> <i>Sound Therapy for the Walkman</i>   |
| Christopher Bird      | “Secrets of the Soil”<br><b>Books:</b> Co-author with Peter Tompkins of <i>The Secret Life of Plants</i> , <i>The Secret of the Soil</i> , author of <i>The Divining Hand: The 500 Year Old History of Dowsing</i> |
| Dr. Jacob Schwartz    | “World Health Predictions: A View of the Future”   |
| Dr. Maurie Pressman   | Panel Discussion, Moderator  |



# *Yoga & Longevity*

*1 9 9 0*



**Add Life To Your Years**

*The Sixteenth Annual Conference  
of the Yoga Research Society  
October 27 & 28, 1990  
Philadelphia, Pennsylvania U.S.A.*



## The Yoga Research Society

Inspired by the teachings of Srimat Swami Kavalayanandaji, a pioneering exponent of Yoga research, we continue a 65-year tradition of examining intuitive knowledge in the light of scientific objectivity.

Our 16th Annual Conference is a weekend for you to explore and experience ways to add life to your years.

All programs, including a demonstration by H.H. Swami Bua Ji Maharaj and a Saturday evening concert, will be held at Friends Select School, 17th and Benjamin Franklin Parkway, Philadelphia, October 27 and 28, 1990.

Call (215) 592-YOGA for additional information.

### PROGRAM LEADERS

#### Stephen Fulder, Ph.D.

Author of **An End to Ageing?**, Dr. Fulder is a leading British gerontologist and a doctor of pharmacology who has studied both traditional and alternative techniques for healthy life extension.

*"Most of us could arrive at old age skipping rather than crawling."*

#### Gabriel Cousens, M.D.

Author of **Spiritual Nutrition and The Rainbow Diet**, Dr. Cousens, a student of Swami Muktananda Paramahansa, uses nutrition, homeopathy, natural healing, acupuncture, psychiatry, family therapy, crystal healing, and meditation in his California practice.

*"A life approaching relative immortality is a possibility; a life of healthful longevity is a practical reality."*

#### Robert Sweetgall

Co-author of **Fitness Walking**, a book that outlines a walking program to improve your heart and your health, by the only man to have traveled the entire 50 United States on foot!

*"When Sweetgall walks, people listen."*

— The Wall Street Journal

#### Dr. Do Ann. T. Kaneko

Founder of the Shiatsu Massage School of Santa Monica, Dr. Kaneko is certified by the State of California to teach techniques of natural healing.

*"Shiatsu-Anma is a way to appreciate the 10,000 gifts we have received from the divine nature."*

#### Joel Posner, M.D.

Chief of the Division of Geriatric Medicine at the Medical College of Pennsylvania and Director of the Center for Continuing Health, Dr. Posner is a widely published expert in the field of health and ageing.

*"Once you're over the hill, you pick up speed!"*

— Motto of the 70+ Ski Club

#### Arthur S. Seiderman, O.D.

Dr. Seiderman is author of **The Athletic Eye** and co-author of **20/20 Vision Is Not Enough**. He is one of the country's leading authorities in the field of vision training.

*"We humans are born with sight, but vision is learned."*

#### John Brown

As a disciple of Vasant Paranjpe, he is responsible for the administration of Five Fold Path activities and the primary spokesman for Homa Therapy.

*"The fires of Homa Therapy are said to harmonize the flow of Pranic energy."*

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

Author of **A Teacher's Guide for Beginning Yoga**, founder of SKY Foundation, and Director of the Yoga Research Society, Dr. Pratap will lead a Yoga practical session and discussion.

*"What is the purpose of Life?"*

## SPEAKERS' LECTURES

**Yoga & Longevity**

October 27 &amp; 28, 1990

Friends Select School

Margaret Smith James	“Welcome”
Dr. Vijayendra Pratap	“Yoga & Longevity” Practical & Discussion
Dr. Stephen Fulder	“An End to Ageing?”
Dr. Eldon Taylor	“Subliminal Awareness”
Robert Sweetgall	‘Fitness Walking’ <b>Book:</b> Co-author of <i>Fitness Walking</i>
Cantor Alan Cohn & The Stars of Faith	Concert



## SPEAKERS' LECTURES

**Yoga & Longevity, *contd***

October 27 &amp; 28, 1990

Friends Select School

- |                           |   |
|---------------------------|---|
| Dr. Do Ann. T. Kaneko     | “Shiatsu Self Massage Therapy”  |
| Dr. Arthur Seiderman      | “20/20 is Not Enough”<br><b>Books:</b> <i>O.D. The Athletic Eye</i> , co-author of<br><i>20/20 Vision Is Not Enough</i> |
| Dr. Gabriel Cousens       | “Spiritual Nutrition & the Rainbow Diet”<br><b>Book:</b> <i>Spiritual Nutrition and The Rainbow Diet</i>                |
| Dr. Maurie Pressman       | Panel Discussion, Moderator   |
| H.H. Swami Bua Ji Maharaj | “Life is a Laughing Matter”   |
| Dr. Joel Posner           | “Optimal Aging”   |
| John Brown                | “Homa Therapy”  |

# YOGA

Body, Mind, and Soul



*The Seventeenth Annual Conference  
of the Yoga Research Society  
October 19 & 20, 1991  
Philadelphia, Pennsylvania U.S.A.*



## YOGA



Body, Mind, and Soul

**Edgar D. Mitchell, Sc.D.**

*"I now recognize the universe has its holistic point of view, that it is interconnected, that everything is a part of everything else."*

On February 9, 1971, Dr. Edgar Mitchell, as the Lunar Module Pilot for Apollo 14, became the sixth man to walk on the moon. When he saw Planet Earth through 240,000 miles of space, he wrote, *"I experienced the Universe as intelligent, loving and harmonious. In one timeless moment I knew the Earth and its life were the result of an intelligent process."*

Dr. Mitchell believes the next frontier is inner space — the human psyche. In 1973, he founded the Institute of Noetic Sciences to support this exploration.

**Shdema Goodman, Ph.D.**

Shdema Goodman is a psychologist whose background includes two years of study with Babaji Mahavatar. In her practice, she uses biofeedback to teach control over stress-mediated physiological responses.

Dr. Goodman recently conducted a workshop for the New Jersey Psychological Association. She is the author of two books, including *Come to Life – Stress Reduction Guide*.

**Stephen LaBerge, Ph.D.**

Stephen LaBerge is a Research Associate in the Department of Psychiatry at Stanford University and Director of Research at the Lucidity Institute. He has made significant contributions to the fields of psychology and consciousness research through his scientific investigations of the state of lucid dreaming (dreaming while knowing that one is dreaming).

Dr. LaBerge has developed lucid dreaming into a powerful tool for studying mind-body relationships in the dream state, and he has demonstrated that lucid dreaming offers considerable potential for application in the fields of psychotherapy and psychosomatic medicine.

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

Vijayendra Pratap is founder/director of the Yoga Research Society and the Swami Kuvalayananda Yoga (SKY) Foundation. He served at India's Kaivalyadhama as Assistant Director of Scientific Research, Lecturer of Yoga and Mental Health, and Managing Editor of *Yoga Mimamsa*.

He has made presentations at various conferences including the World Conference of Scientific Yoga, New Delhi, and the XXth International Congress of Psychology, Tokyo. He conducts Yoga programs across the U.S. and abroad, most recently in Torino, Italy at the Instituto Psicosomatica E Yoga.

Dr. Pratap is the author of *A Teacher's Guide for Beginning Yoga*.

**Mary P. Schatz, M.D.**

Mary P. Schatz is the medical director of the laboratory at West Side Hospital and President-Elect of the medical staff of Centennial Medical Center, Nashville, Tennessee. She is also a certified Iyengar Yoga instructor and on the Advisory Board of *Yoga Journal*.

Her award-winning video "Back Talk" teaches back care to health professionals, and her book, *Back to Health: A Doctor's Guide to Back Care Using Yoga*, is scheduled for publication this fall. Dr. Schatz writes, lectures, and gives workshops on stress management and Yoga therapy for arthritis, low back problems, asthma, and osteoporosis.

**REGISTRATION**

Registration for the entire Conference is \$108.

Students with I.D. and those over 60 may deduct 20% from the full Conference fee.

Individual programs are \$27 if space is available.

Refunds: If requested in writing by October 1, 1991, we will refund 75% of the payment. Because of our commitments, no refunds are possible after that date.

Note: All programs have been confirmed as listed. Unforeseen circumstances, however, may cause schedule changes. The Yoga Research Society provides a neutral platform for its speakers; the opinions they express are their own.

**YOGA**  
Body, Mind, and Soul  
October 19 & 20, 1991

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Telephone ( ) \_\_\_\_\_

Additional registrant \_\_\_\_\_

\$\_\_\_\_\_ Check enclosed.

\$\_\_\_\_\_ Please bill:  Visa  Mastercard  Amex

Card # \_\_\_\_\_

Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

Make payment to: **Yoga Research Society**  
341 Fitzwater Street  
Philadelphia, PA 19147

The Yoga Research Society is a federally tax exempt, non-profit organization chartered by the Commonwealth of Pennsylvania.

## SPEAKERS' LECTURES

**Yoga - Body, Mind & Soul**

October 19 &amp; 20, 1991

Friends Select School

Margaret Smith James	“Welcome”
Dr. Vijayendra Pratap	“Yoga – Body, Mind & Soul” Practical & Discussion
Dr. Stephen LaBerge	“Exploring the World of Lucid Dreaming”
Dr. Edgar Mitchell	“Outer & Inner Space”
Dr. Mary P. Schatz	“Back Care Using Yoga”
Dr. Shdema Goodman	“Guided Stress Reduction” <b>Book:</b> <i>Come-Stress Reduction Guide to Life</i>
Dr. George Brainard	Panel Discussion, Moderator



## SPEAKERS' SIGNATURES

Saturday, October 19, 1991 Speakers Dinner

NAME	ADDRESS	DATE	REMARKS
Edgar D. Mitchell			
SSA Berge Lovetlight			
Sheila Sisco Mitchell			
WALTER F. SCHATZ			
Tony Zappalà			
Mary Schatz MD.			
Bud Brainerd			
Marc Goldberg			
Jean Williams			
Francis Chapman			

## SPEAKERS' SIGNATURES

NAME	TE	REMARKS
MARY SCHATZ, M.D.		yoga for BACK PAIN Thank you for inviting me to the conference I had a wonderful time.
Shdema Goodman Ed.D.		Love in our hearts and peace in our minds is what will bring to world peace - thanks for giving us this opportunity to create it.
Edgar Mitchell	10/19/91	Thank you for a great experience
Bud Brainard	10/19/91	Thank you for letting me serve at your conference.

*Yoga for Back Pain. Thank you for inviting me to the conference. I had a wonderful time.*

Dr. Mary Schatz

*Love in our hearts and peace in our minds is what will bring to world peace - thanks for giving us this opportunity to create it.*

Dr. Shdema Goodman

*Thank you for a great experience.*

Dr. Edgar Mitchell

*Thank you for letting me serve at your conference.*

Dr. Bud Brainard



**THE HEALING ARTS**

**18th Annual Yoga Research Society Conference  
October 17-18, 1992 Philadelphia USA  
Friends Select School  
17th & Benjamin Franklin Parkway**

The 18th annual Yoga Research Society Conference will put you in touch with ancient and modern healing arts.

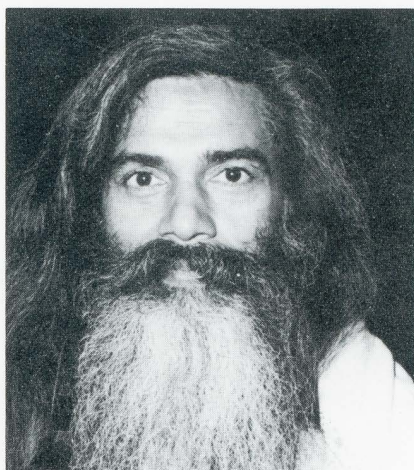
You will learn the secrets of India's Yoga Masters, explore the mysteries of China's ChiGong, discover healing alternatives from Russian laboratories to Brazilian rainforests, see medicine in a whole new Light, and fine tune your self with magical Music.

Nothing effects the quality of your life more than health. Spend this special weekend learning the art of being well. You can take control of your own destiny. These programs will show you how.



## Healing Secrets of the Ancient Hindus

Saturday - Noon to 2:00 pm



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

Founder/Director of SKY Foundation and the Yoga Research Society. Author of A Teacher's Guide for Beginning Yoga.

Dr. Pratap will lead an experiential program of Yogic practices and a discussion of the underlying subtleties of these practices. Adjusting your attitude through the medium of your body leads to emotional stability, health, and suppleness. As you bring yourself into a state of balance and harmony, a new consciousness will dawn upon you and you may approach higher states. This is the great journey of life.

**Surely health is the primary requisite of spiritual life.**

Kālidāsa

---

## The Mysterious Art of ChiGong

Sunday - Noon to 2:00 pm



**Master FaXiang Hou**

Professional Teacher at the ChiGong Training Center, X'ian, China. Feature writer for the magazine, ChiGong, Human Being, and the Universe.

Master Hou is the fifth generation in his family to practice this ancient Chinese martial and healing art. Chi is life energy. In this workshop, you will learn and experience how — through breath control, relaxation, concentration, and willpower — Chi can be used to promote good health and healing. Master Hou will also demonstrate the subtle relationships of the human anatomy through accupressure and manipulation techniques.

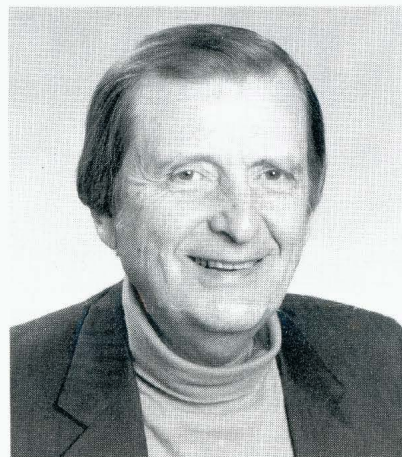
**Not assisting, not forgetting, the marvelous breathing. To cultivate human nature (the Tao), you must comprehend this Kung Fu.**

Chang Tzyy-Chyong

---

## Alternative Methods of Healing

Saturday - 2:30 to 4:30 pm



**Stanley Krippner, Ph.D.**

Professor of Psychology at Saybrook Institute. Author of Song of the Siren: A Parapsychological Odyssey.

In a dozen books and more than 500 scientific articles, Dr. Krippner has investigated developments in consciousness research, education, and healing. His book Dimensions of Spiritual Healing, co-authored with Patrick Welch, discusses his first-hand observations of shamanism and other alternative healing traditions in North America, Central America, and the Caribbean, while Human Possibilities: Mind Research in the USSR and Eastern Europe describes breakthrough parapsychological research in those countries.

**I was standing on the highest mountain of them all, and round about beneath me was the whole hoop of the world. And while I stood there I saw more than I can tell and I understood more than I saw; for I was seeing in a sacred manner the shapes of all things in the spirit...**

Black Elk

## LIGHT: Medicine of the Future

Sunday - 2:30 to 4:30 pm



**Jacob Liberman, O.D., Ph.D.**

Director of the Aspen Center for Energy Medicine. Author of Light: Medicine of the Future.

Dr. Liberman challenges the modern myth that the sun is dangerous to our well-being and warns that sunglasses, tanning lotions, fluorescent lighting, and our indoor lifestyles may be more harmful than helpful. He will explain how light is now being used in the treatment of cancer, depression, stress, visual problems, sexual dysfunction, jet lag, learning disabilities, and problems with the immune system. And he will take us on a journey of healing with humanity's oldest friend in the universe: Sunlight.

**Praised be You, my Lord, with all your creatures, especially Sir Brother Sun, who is the day and through whom you give us light. And he is beautiful and radiant with great splendours, and bears the likeness of You, Most High One.**

St Francis of Assisi



---

## Healing Soundscapes Concert & Shamanic Drumming Circle

Saturday - 8:00 to 10:00 pm



PC Davidoff  
Martin Peterson



Elliot Diamond  
Richard Marcus



Dan Ott  
Ted Fireoved  
& Ron Kravitz



From the earliest appearance of civilization, music therapy, often in the form of magical chants and ritual dances, has been a powerful healing agent. This Concert blends natural & new instruments to join performer and audience in peaceful harmony. Then, Elliot Diamond will lead a Shamanic Drumming Circle in which you are invited to experience your own natural rhythms.

**But now I have learned to listen to silence, to hear its choirs singing the songs of ages...disclosing the secrets of eternity.**

Kahlil Gibran

---

## Healing: A Religious Experience?

### Panel Discussion

Sunday - 5:00 to 6:00 pm



**George Brainard, Ph.D.**  
**Moderator**

Associate Professor of  
Neurology & Pharmacology  
Jefferson Medical College.

How much does faith have to do with the healing process? Has modern medicine, in the name of scientific verification, rejected powerful healing influences? Can pilgrimages to holy sites, immersing in holy waters, touching holy relics bring miraculous cures? Can prayer really help? What about faith healers, laying on of hands, psychic surgery? Your questions and shared experiences are welcome.

**And whithersoever he entered, into villages, or cities, or country, they laid the sick in the streets, and besought Him that they might touch if it were but the border of his garment: and as many as touched Him were made whole.**

St Mark

## SPEAKERS' LECTURES

**Yoga & The Healing Arts**

October 17 &amp; 18, 1992

Friends Select School

- |                         |  |
|-------------------------|--|
| Dr. Vijayendra Pratap   | “Healing Secrets of the Ancient Hindus”<br>Practical & Discussion  |
| Dr. Stanley Krippner    | “Alternative Methods of Healing”<br><b>Books:</b> <i>Song of the Siren: A Parapsychology Odyssey</i> ;<br>co-author with Patrick Weich of <i>Dimensions of<br/>Spiritual Healing</i> |
| P.C. Davidoff & Friends | “Healing Soundscapes” Concert  |
| Master FaXiang Hou      | “The Mysterious Art of ChiGong”<br><b>Book:</b> co-author of <i>Qigong for Health and Wellbeing</i>  |
| Dr. Jacob Liberman      | “Light: Medicine of the Future”<br><b>Book:</b> <i>Light: Medicine of the Future</i>   |
| Dr. George Brainard     | Panel Discussion, Moderator  |





## YOGA MIND MEDICINE

19th Annual Yoga Research Society Conference  
October 9-10, 1993 Philadelphia, USA  
Friends Select School  
17th & Benjamin Franklin Parkway

Beginning in 1924, Swâmî Kuvalayânanda pioneered a rational, scientific approach to the understanding of Yoga. His work helped make Yoga accessible to sincere students throughout the world, as well as to thousands of experimental and clinical scientists who are now working in fields closely related to Yogic disciplines.

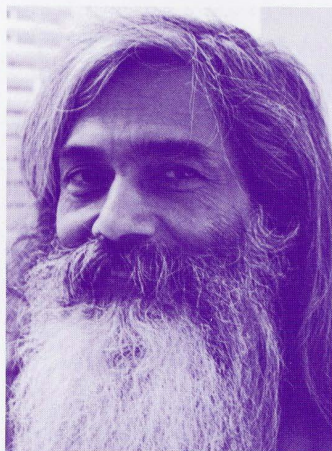
The Yoga Research Society builds on this tradition.

We invite you to our 19th annual Conference and encourage you to join us year-round by becoming a member of the Yoga Research Society.

**Call (215) 592-YOGA  
for additional information**

## CLASSICAL YOGA

Saturday - 11 to 1



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

Founder/Director of the Swami Kavalayananda Yoga (SKY) Foundation and author of *A Teacher's Guide for Beginning Yoga*.

Dr. Pratap is president of the Yoga Research Society and a member of the Board of Editors of YOGA MIMAMSA, the international quarterly of Yoga research.

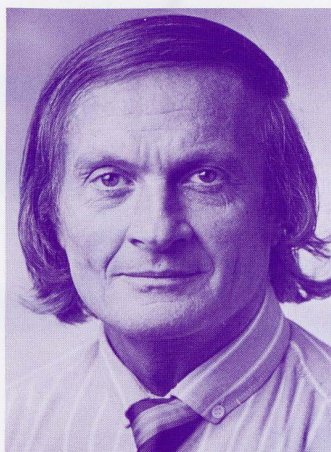
He has presented papers and led workshops at many conferences and institutions including the World Conference of Scientific Yoga, New Delhi; XXth International Congress of Psychology, Tokyo; Biofeedback Research Society, Colorado; International Yoga and Meditation Congresses, Chicago; Third World Congress of Yoga, Sao Paulo; University of New Mexico School of Medicine; and the Instituto Psicomatica E Yoga, Italy.

He will lead an experiential program of Yogic practices and a discussion of the underlying subtleties of these practices.

"Mind tells the body, body tells the mind. It can be a sorry-go-round or a merry-go-round."

## AN OLYMPIC WORKOUT

Sunday - 10 to 12



**ALADAR KOGLER, Ph.D., CSc**

Olympic head coach, sport psychologist, physical fitness expert and author of 28 scientific papers and eight books including, *Yoga, Autogenic Training*.

Until he emigrated to the United States in 1981, Dr. Kogler was Head Olympic Coach for the Czechoslovak fencing team, developing many international champions.

He became the U.S. Olympic coach for both Seoul and Barcelona, and two time U.S. Pan-American coach. The Columbia University fencing team he coaches won four consecutive NCAA championship titles.

He is Director of the Sports Psychology Laboratory of the U.S. Sports Medicine Committee, Co-technical Director of the U.S. Olympic Sports Medicine Program for Fencing, and consultant to the U.S. Olympic committee.

Learn the fitness and performance secrets of world champion athletes under the direction of one of the world's most successful coaches. The workshop is designed to benefit all participants regardless of athletic experience or ability.



## TRADITIONAL TIBETAN BUDDHISM

Saturday Evening - 7 to 9



**VEN. KHENPO KÖNCHOG  
GYALTSEN**

The Drikung Kagyu abbot and author of *Prayer Flags, The Garland of Mahamudra Practices, In Search of the Stainless Ambrosia, & The Great Kagyu Masters.*

Khenpo Könchog Gyaltzen is an established scholar of Tibetan Buddhist philosophy and meditation.

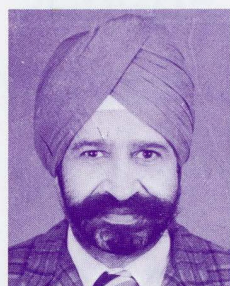
After receiving the title of Acharya, he entered the traditional three year retreat at Lamayuru Monastery where he studied and practiced the Five Profound Paths of Mahamudra and the Six Doctrines of Naropa under the tutelage of the Venerable Khyunga Rinpoche.

In 1985, he visited Tibet and received advanced Mahamudra instruction in retreat with the 85-year-old enlightened master, the Venerable Pagchung Rinpoche.

This evening will feature Tibetan chanting, and a discussion of Buddhist sutra and tantra philosophy, meditation and practice. In the Phagpa Daka Yeshe Sutra, it is said, "If one realizes the nature of the mind, this is wisdom. One should not look for the Buddha outside the mind."

## YOGA MIND MEDICINE

Sunday - 4 to 6

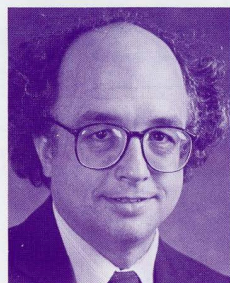


**GULZAR SINGH CHHINA, Ph.D.**

### YOGA: CONTROLLING BODY & MIND

Dr. Chhina is the Director of Holistic Medicine and Research, Telehealth Corporation, Baltimore, MD. He is also Emeritus Medical Scientist in the Neurology/Physiology Department of the All-India Institute of Medical Sciences in New Delhi.

Dr. Chhina has lectured and written extensively on the effects of Yogic practices on bodily functions.



**GEORGE BRAINARD, Ph.D.**  
Moderator

### SPEAKERS' PANEL

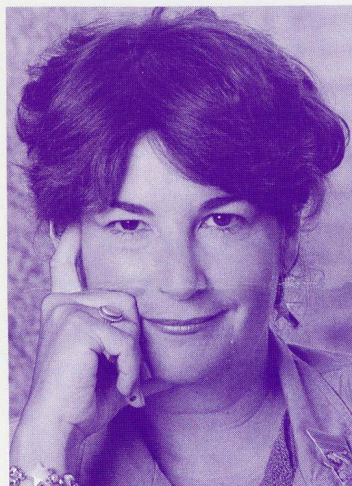
Dr. Brainard is Associate Professor of Neurology and Pharmacology at Jefferson Medical College. He is also Director of Light Studies for the NASA Program at Penn State University.

His research laboratory at Jefferson specializes in the biomedical study of the pineal and pituitary glands.



## THE MIND/BODY CONNECTION

Saturday - 3 to 5



**CANDACE B. PERT, Ph.D.**

Internationally recognized pharmacologist and Visiting Professor at the Center for Molecular and Behavioral Neuroscience, Rutgers University.

Dr. Pert has published over 250 scientific articles about brain peptides and their receptors and the role of these neuropeptides in the immune system. Her early work as a researcher involved the discovery of opiate receptors and the actions of endorphins.

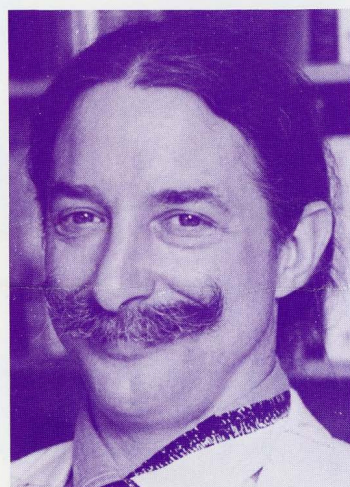
She has lectured worldwide on these and other subjects. Her research and theories were featured by Bill Moyers in his television series and book, "Healing and the Mind."

Modern medical science has come recently to understand the profound effect the mind has on physical health. Dr. Pert's careful research and her well-supported theories point the way to a biochemical link between our emotions and our immune system.

You will learn new insights into your own well-being and the physical effects caused by your state of mind.

## CHUCKLE YOUR WAY TO HEALTH

Sunday - 1 to 3



**HUNTER "PATCH" ADAMS, M.D.**

Physician, juggler, tightrope walker and Founder/Director of the Gesundheit Institute.

For the past 18 years, the Yoga Research Society has brought hundreds of distinguished program leaders to our Philadelphia conferences, but all who were there remember vividly the 1984 Yoga & World Peace Conference: There was Patch Adams, a paper parasol above his head and black ballet slippers on his feet, scampering across a tightrope and explaining that health, like life, is a matter of balance!

With his philosophy that healing should be a loving exchange and not a business transaction, Patch and his Gesundheit Institute provide free and remarkably effective medical treatment for thousands of patients.

His road-show presentation is delightful entertainment as well as a practical learning experience. Children of workshop participants are welcome without charge to this program.



## SPEAKERS' LECTURES

### Yoga - Mind - Medicine

October 9 & 10, 1993

Friends Select School

- |                                 |  |
|---------------------------------|--|
| Dr. Vijayendra Pratap           | “Classical Yoga” Practical & Discussion  |
| Dr. Candace B. Pert             | “The Mind/Body Connection”   |
| Ven. Khenpo Konchog<br>Gyaltsen | “Traditional Tibetan Buddhism”<br><b>Books:</b> <i>Prayer Flags, The Garland of Mahamudra<br/>Practices, In search of the Stainless Ambrosia<br/>and the Great Kagyu Masters</i> |
| Dr. Aladar Kogler               | “An Olympic Workout”<br><b>Book:</b> <i>Yoga, Autogenic Training</i>   |
| Dr. Hunter “Patch” Adams        | “Chuckle Your Way to Health”   |
| Dr. Gulzar Singh Chhina         | “Yoga: Controlling Body & Mind”  |
| Dr. George Brainard             | Speaker’s Panel, Moderator   |

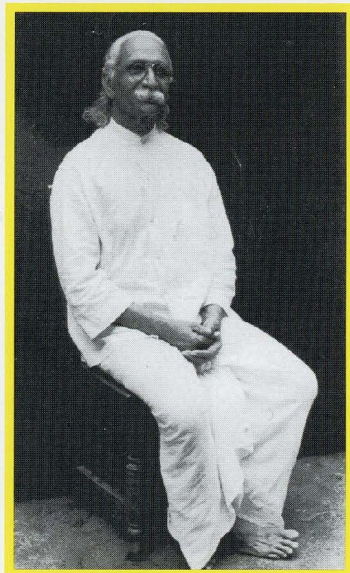
# YOGA



## **SEARCH FOR PEACE** **20th Yoga Research Society Conference**

Friends Select School  
17th & Benjamin Franklin Parkway  
October 15 & 16, 1994 Philadelphia USA

Call (215) 592-YOGA for additional information



**Saturday 1:30 to 2:30**  
**SWĀMĪ**  
**KUVALAYĀNANDA**  
**YOGA RESEARCH PRIZE**  
**Presentation**

To perpetuate the memory of Śrīmat Swāmī Kuvalayānanda, India's great pioneering exponent of scientific Yoga, and to encourage the work he began, SKY Foundation is awarding a prize of \$5,001 for outstanding Yoga Research with the hope that this incentive will stimulate new scientific inquiries and lead to a clearer appreciation of Yoga in our time.

---

## **The Yoga Research Society**

Beginning in 1924, Swāmī Kuvalayānanda developed a rational, scientific approach to the understanding of Yoga. His work helped make Yoga accessible to sincere students throughout the world, as well as to thousands of experimental and clinical scientists who are now working in fields closely related to Yogic disciplines.

The Yoga Research Society builds on this tradition.

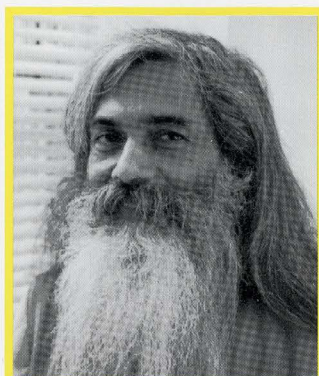
We invite you to our 20th annual Conference and encourage you to join us year-round by becoming a member of the Yoga Research Society.

**The YRS Conference is supported by  
 SKY Foundation, Garland of Letters, and friends.**



**SATURDAY, OCTOBER 15th**

10:00 to 11:00  
Registration & Welcome



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

Vijayendra Pratap, Ph.D., D.Y.P., Founder/Director of Sky Foundation.  
President of YRS, and author of *A Teacher's Guide for Beginning Yoga*.

11:00 to 1:00  
**YOGA & PEACE**  
Dr. Vijayendra Pratap

The Search for Peace starts here. The ancient practices of the Yogis, when done regularly and with respect lead to physical, mental and emotional well being. In this balanced condition you may travel inward to a place of unshakable peace and contentment. This is life's great adventure.

Dress to stretch and bring a mat.

**SUNDAY, OCTOBER 16th**

10:00 to 11:00  
Registration Second Day



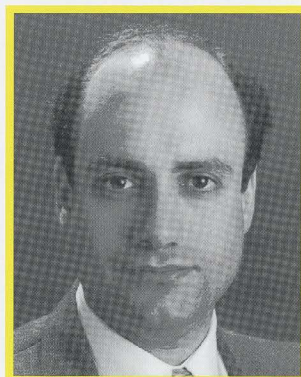
11:00 to 12:00  
**YOGA & YOU**

All are invited to stretch, relax, and enjoy an hour of Yoga as taught by the Swâmî Kuvalayânanda Yoga Foundation. Whether you are new to Yoga or experienced, you will appreciate this session of traditional postures, breath control practices and relaxation techniques.

Dress to stretch and bring a mat.

2:30 to 4:00  
**YOGA & THE HEART**  
Dr. Lee Lipsenthal

How does your lifestyle affect your heart? Can Yoga, diet, and behavior modification actually reverse heart disease? In his work with Dean Ornish in California, Dr. Lipsenthal is getting to the heart of the matter and helping to change the medical establishment's approach to heart patients.



Lee Lipsenthal, M.D.

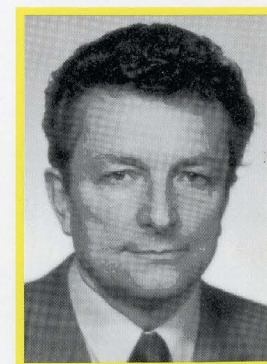
Vice President and Director of Medical Affairs  
The Preventive Medicine Research Institute, Sausalito California.

12:00 to 1:30  
**YOGA & THE BODY**  
Dr. Ctibor Dostálek

What actually happens when you take your body through a series of Yoga postures? What are the measurable effects of pranayama? Of mantra recitation? Of meditation?

Dr. Dostálek knows.

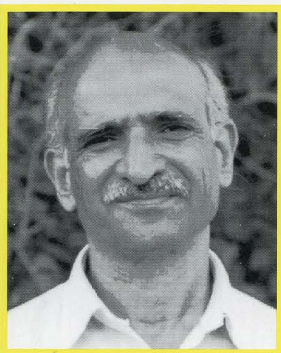
His studies of Yoga and its mechanisms have been honored by both Eastern and Western science. Bring your questions to this session.



Ctibor Dostálek, M.D., Ph.D.

Faculty of Physical Education and Sports, Charles University, Prague, Czechoslovakia  
founding member Indian Academy of Yoga, advisor Indian Board of Alternative Medicines.



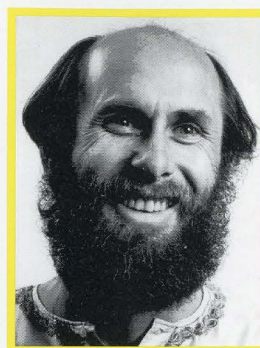


**4:30 to 6:00**  
**YOGA & THE MIND**  
**Dr. G. Ramakrishna**

Philosophy, science, mysticism, culture, literature, and politics. Dr. Ramakrishna's scholarship journeys from Rabindranath Tagore to William Blake, from Tolstoy to Einstein, from Marx to Thoreau, from ancient Chinese philosophy to the Rig Veda. Put on your thinking cap and enjoy a mind trip through the ages!

**G. Ramakrishna, Ph.D.**

Reader in English, The National College, Bangalore, India (Ret.)  
 author, lecturer, translator and editor.



**2:00 to 3:30**  
**YOGA & TANTRA**  
**Dr. David Frawley**

Often misunderstood and trivialized, Tantra and the Goddess tradition can lead to ego-transcending bliss, turning ordinary activities into sacred actions. While this can be a slippery path, David Frawley is a respected guide. With him, we will explore the traditional core of the Tantric and Ayurvedic sciences.

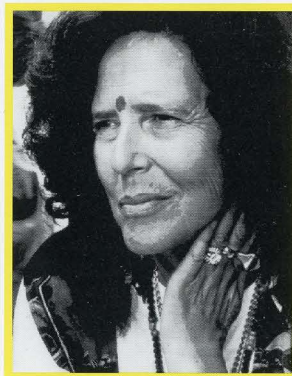
**David Frawley, O.M.D.**

Doctor of Chinese Medicine, director of the American Institute of Vedic Studies, New Mexico  
 author of *Tantric Yoga and the Wisdom Goddesses* and six other books.

**SATURDAY EVENING 8:00 TO 10:00**

**YOGA & LOVE**  
**Ma Jaya Bhagavati**

Recipient of the 1994 Woman of Peace Award, Ma Jaya has blended her Brooklyn roots and joyful spirituality into a powerful force for helping the abused, the abandoned, and the seriously ill. You will be entertained by the story of her transformation from Joyce Green, housewife, to Ma Jaya Sati Bhagavati, spiritual guide. And you will be uplifted by her wit, wisdom, and message of unconditional love.

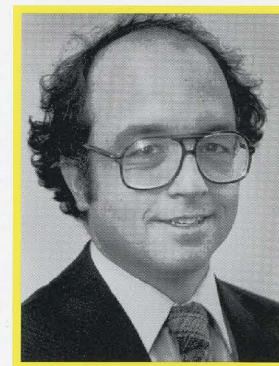


**Ma Jaya Bhagavati**

Founder of the Kashi Ashram, Roseland, Florida  
 Director of The River Fund, artist & poet.

**3:30 to 5:00**  
**YOGA & THE PANEL**  
**Program Leaders**

Each year, this "meeting of the minds" question and answer session, moderated with clarity, insight, and good humor by Dr. George Brainard, provides some of the Conference's liveliest exchanges. Your questions and shared experiences are welcome.



**George Brainard, Ph.D.**

Associate Professor of Neurology and Pharmacology, Jefferson Medical College of Philadelphia. Director of NASA Light Studies, Penn State University.

**5:00 to 5:30**  
**CLOSING REMARKS**  
**Dr. Vijayendra Pratap**

## SPEAKERS' LECTURES

### Yoga: Search for Peace

October 15 & 16, 1994

Friends Select School

Dr. Vijayendra Pratap	“Yoga & Peace” Practical & Discussion
Dr. Lee Lipsenthal	“Yoga & The Heart”
Dr. G. Ramakrishna	“Yoga & The Mind”
Ma Jaya Bhagavati	“Yoga & Love”
Barbara Levitt	“Yoga & You” Practical
Dr. Ctibor Dostalek	“Yoga & The Body”
Dr. David Frawley	“Yoga & Tantra” <b>Book:</b> <i>Tantric Yoga and the Wisdom Goddess</i>
Dr. George Brainard	Speaker's Panel, Moderator



Y  
O  
G  
A

FINDING YOUR WAY



A Weekend of Workshops  
November 4 & 5, 1995

**CLASSICAL YOGA**  
Dr. Vijayendra Pratap

**FUTURE PSYCHOTHERAPY**  
Dr. Larry LeShan

**QIGONG**  
Master FaXiang Hou

**IN CONCERT**  
Shafaatullah Khan

**T'AI CHI CH'UAN**  
Dr. Joseph Cheu

**ACUPUNCTURE**  
Dr. Ching-yao Shi

**AYURVEDA**  
Ed Zadlo (Premanand)

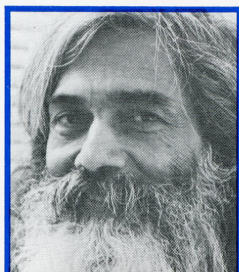
**SPEAKERS' PANEL**  
Dr. Patricia Carrington

For more information call  
**(215) 592-YOGA**

The 21st Annual Yoga Research Society Conference  
Friends Select School • 17th & Benjamin Franklin Parkway • Philadelphia, Pennsylvania USA



## SATURDAY

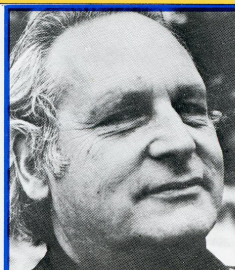

**CLASSICAL YOGA**  
**Dr. Vijayendra Pratap**

Dr. Pratap is Founder/Director of the SKY Foundation, President of the Yoga Research Society, and author of *A Teacher's Guide for Beginning Yoga* and *Yoga Vision*. This workshop will include traditional Yoga practices suitable for beginning as well as for more advanced students, and a discussion of classical Yoga philosophy.

*Dress to stretch and bring a mat.*

**FUTURE PSYCHOTHERAPY**  
**Dr. Larry LeShan**

Dr. LeShan, past president of the Association for Humanistic Psychology, is the author of 15 books including *How to Meditate*, *Cancer as a Turning Point*, and *Einstein's Space and Van Gogh's Sky*. He is at the forefront of self-healing research. In this workshop, participants will learn techniques to stimulate and set a positive example for their own immune systems.

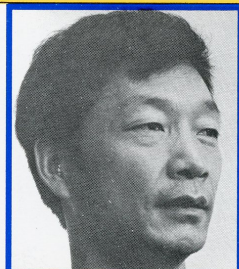

**ACUPUNCTURE**  
**Dr. Ching-yao Shi**

Dr. Shi holds an M.D. degree from Bethune Medical Science University, Jilin, China, and an M.S. in Oriental Medicine from the Academy of Chinese Traditional Medicine in Beijing. She is a Licensed Acupuncturist, an NCCA certified Chinese Herbologist, and a research associate at Graduate Hospital, Philadelphia. She will discuss and demonstrate this 2,000 year old science.

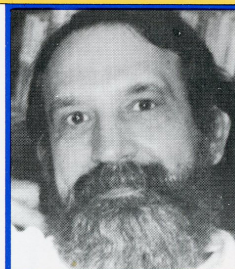

**QIGONG**  
**Master FaXiang Hou**

A fifth generation QiGong Master, FaXiang Hou has been practicing Medical QiGong and Traditional Chinese Medicine for 25 years. He is a Certified Master in the International QiGong Science Association, and Director of the QiGong Research Society. Through Master Hou's program, you may directly experience healing Qi.

*Dress to stretch and bring a mat.*


**AYURVEDA**  
**Ed Zadlo (Premanand)**

Ayurveda is an ancient system of natural health care. Ed Zadlo is a faculty member of the New England Institute of Ayurvedic Medicine, and the author of a *Study Guide for Ayurvedic Healing* at the American Institute of Vedic Studies. He will lead you in the discovery of your individual Mind/Body type, and describe the lifestyle that suits it best.


**IN CONCERT**  
**Shafaatullah Khan**

Shafaatullah Khan has performed to rave reviews around the world. He is said to be the leading young musician of India today. From a renowned family of musicians, he is the first artist to perform on the Sitar, Surbahar and Tabla in a single concert. The Washington Post described his performance at the Smithsonian as "Virtuoso...classical purity...astonishing individuality...he explored rhythmic intricacies in a way that was both intellectual and poetic."


**SPEAKERS' PANEL**  
**Dr. Patricia Carrington, Moderator**

Dr. Carrington is Associate Clinical Professor of Psychiatry at Robert Wood Johnson Medical School. She is the author of *Freedom in Meditation* and *Releasing*, and is a specialist in the treatment of stress-related disorders. She will lead the audience in a question and answer session with Conference Speakers. Each year, this "meeting of the minds" provides some of the weekend's liveliest exchanges.

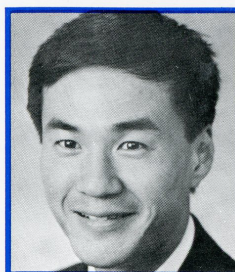


## SUNDAY

**T'AI CHI CH'UAN**  
**Dr. Joseph Cheu**

An Osteopath and a Pharmacist, Dr. Cheu was the 1994 National T'ai Chi Ch'uan Champion. He is a Senior Resident in Physical Medicine at the University Hospital of NJ / Kessler Institute, currently conducting research on Chronic Fatigue Syndrome. He will teach basic stances and movements, and demonstrate classical Yang and Chen T'ai Chi.

*Dress to stretch and bring a mat.*



## SPEAKERS' LECTURES

**Yoga: Finding Your Way**

November 4 &amp; 5, 1995

Friends Select School

- |                         |  |
|-------------------------|--|
| Dr. Vijayendra Pratap   | “Classical Yoga” Practical & Discussion  |
| Dr. Larry LeShan        | “Future Psychotherapy”<br><b>Books:</b> <i>How to Meditate, Cancer as a Turning Point, Einstein's Space &amp; Van Gogh's Sky</i> |
| Master FaXiang Hou      | “QiGong” Practical & Discussion<br><b>Book:</b> co-author of <i>Qigong for Health and Wellbeing</i>                              |
| Shafaatullah Khan       | Concert  |
| Dr. Joseph Cheu         | “Tai Chi Ch'uan” Practical & Discussion  |
| Dr. Ching-yao Shi       | “Acupuncture”  |
| Ed Zadlo (Premanand)    | “Ayurveda”<br><b>Book:</b> <i>Study Guide for Ayurvedic Healing</i>  |
| Dr. Patricia Carrington | Speaker's Panel, Moderator<br><b>Book:</b> <i>Freedom in Meditation and Releasing</i>  |