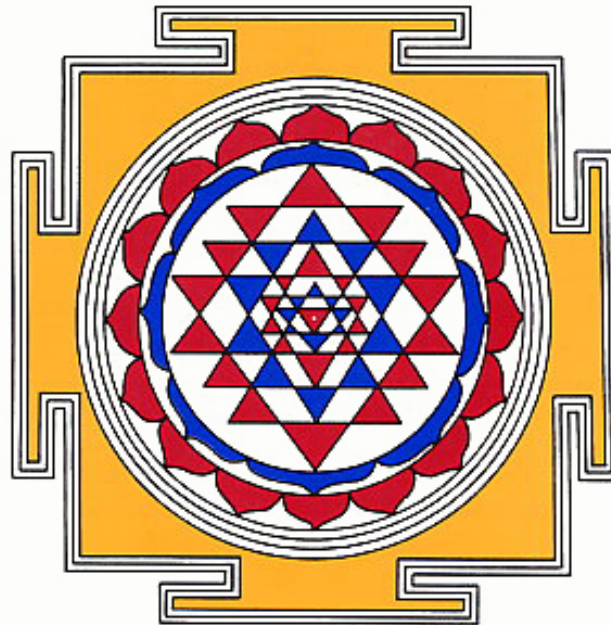


# YOGA MEDITATION & MIRACLES



## The 22nd Annual Yoga Research Society Conference November 2 & 3, 1996

Friends Select School • 17th & Ben Franklin Parkway • Philadelphia, Pennsylvania USA

**Dr. Vijayendra Pratap**  
THE MIRACLE OF YOGA

**Master FaXiang Hou**  
THE POWER OF QIGONG

**Linda Tellington-Jones**  
THE AMAZING  
TELLINGTON TOUCH

**Dr. Irene Hickman  
Dr. Tony Mulberg**  
THE MYSTERY OF  
REMOTE DEPOSSESSION

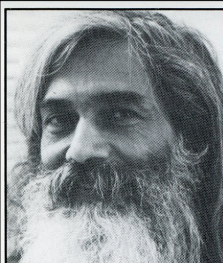
**Rick Udler, Maria Alvim,  
João Parahyba &  
Gilberto Pinto**  
with **Shafaatullah Khan**  
FROM BRAZIL & INDIA  
IN CONCERT

**Lama Gyursam Acharya**  
THE MEDITATION  
TECHNIQUES OF TIBET

**Dr. George Brainard**  
THE MELATONIN  
PHENOMENON

**Master Xian Gao**  
THE MASTERY OF  
HUNG FU/WUSHU

For more information call (215) 592-YOGA or fax (215) 574-1210



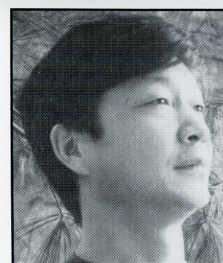
### The Miracle of Yoga

Dr. Vijayendra Pratap

**The classical practices of Yoga, when done regularly and with respect, can lead us from the unreal to the real, from darkness to light, from the mundane to the miraculous.**

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**. Whether you are new to Yoga or experienced, you will appreciate Dr. Pratap's traditional approach and inspirational teaching.

*Dress to stretch and bring a mat.*



### The Power of QiGong

Master FaXiang Hou

**Traditional Chinese Medicine and acupuncture are based on the healing power of the Qi life force. Through QiGong this force is manipulated to rejuvenate and balance you both physically and mentally. The benefits can be immediate and remarkable.**

Master FaXiang Hou is a fifth generation Master of Medical QiGong and Director of the QiGong Research Society. You will learn breathing techniques, meditations, and movements that aid healing and balance the energy in your body's meridians and organs.

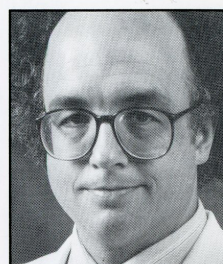
*Dress to stretch and bring a mat.*

### The Melatonin Phenomenon

Dr. George Brainard

**Is this a miracle potion that renews vigor and extends youth? Or is it simply a natural aid to help you sleep and overcome jet lag? Is its effect profound or is it a creation of media hype?**

Dr. Brainard is a Professor of Neurology and Associate Professor of Pharmacology at Jefferson Medical College, and Director of NASA Light Studies, Penn State University. With the clarity of a primary researcher and the wit of a raconteur, he will help you sort through the scientific facts and popular myths that surround this pharmacological phenomenon.

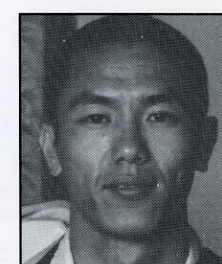


### The Tradition of Meditation

Lama Gyursum Acharya

**Though exiled from their land, Tibetan monks have continued their Buddhist traditions, practices and philosophy. Where once we would have had to travel to the remote Himalayas to learn these esoteric teachings, now the Lamas bring their wisdom to the world.**

Lama Gyursum Acharya has been trained as a monk since the age of eight. This workshop will expose you to chanting and meditation methods honed through years of study, solitary retreat, ritual ceremony, and spiritual unfoldment.

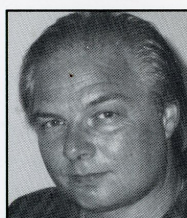


### The Mystery of Remote Depossession

Dr. Irene Hickman & Dr. Tony Mulberg

**Are you the unknowing host of a spirit entity? Remote Depossession may help you reach higher levels of spiritual understanding and healing by removing and liberating Earthbound or dark "entity" attachments.**

Irene Hickman is a Doctor of Osteopathy and author of **Mind Probe – Hypnosis**, and **Remote Depossession**. Tony Mulberg is a Doctor of Chiropractic and a certified hypnotherapist. This program will explore spirit releasement, past life therapy, guided imagery, and soul travel.

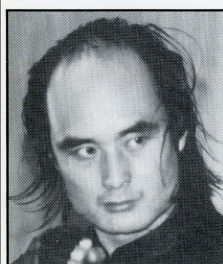


### The Amazing Tellington Touch

Linda Tellington-Jones

**Learning the TTouch method will change forever the way you communicate with, train, and heal your animal friends. Horse breeders, zoo keepers, and veterinarians throughout the world are practicing and praising this unique hands-on therapy.**

Linda Tellington-Jones is the author of **The Tellington-Jones TTouch: A Breakthrough Technique to Train and Care for Your Animal**. A renowned trainer of championship horses, she was inspired by her work with Dr. Moshe Feldenkrais to develop this revolutionary approach.



### The Mastery of Kung Fu/Wushu

Master Xian Gao

**When the body, mind and spirit are truly focused, extraordinary feats are possible. If you have been fascinated by the beauty, grace, and power of the Chinese martial arts, this is your chance to learn from a world champion.**

Master Xian Gao won a Gold Medal in the 1983 Chinese National Championships, was named "Special Wushu Coach" by the Chinese National Committee, and was certified as the Best National Kung Fu Trainer of China. He has appeared in 30 movies.

*Dress to stretch and bring a mat.*

Beginning in 1924, Swami Kuvalayananda pioneered a rational, scientific approach to the understanding of Yoga. His work has helped make Yoga accessible to sincere students and researchers throughout the world.

The Yoga Research Society builds on this tradition. We invite you to our 22nd annual Conference and encourage you to join us by becoming a member of the Yoga Research Society.

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

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

## SPEAKERS' LECTURES

### Yoga: Meditation & Miracles

November 2 & 3, 1996

Friends Select School

- |   |  |
|---|--|
| Dr. Vijayendra Pratap   | “The Miracle of Yoga” Practical & Discussion   |
| Dr. Irene Hickman   | “The Mystery of Remote Depossession”<br><b>Book:</b> <i>Mind Probe-Hypnosis, and Remote Depossession</i>                               |
| Dr. Tony Mulberg  | “The Mystery of Remote Depossession”   |
| Dr. George Brainard   | “The Melatonin Phenomenon”   |
| Master FaXiang Hou  | “The Power of QiGong” Practical & Discussion<br><b>Book:</b> co-author of <i>Qigong for Health and Wellbeing</i>                       |
| Rick Udler, Maria Alvim,<br>& Company with<br>Shafaatullah Khan | “Brazil & India” Concert   |
| Linda Tellington-Jones  | “The Amazing Tellington Touch”<br><b>Book:</b> <i>The Tellington-Jones Touch: A Breakthrough<br/>to Train and Care for your Animal</i> |
| Lama Gyursam Acharya  | “The Meditation Techniques of Tibet”   |
| Master Xian Gao   | “The Mastery of Kung Fu/Wushu”   |

# YOGA and Alternative Medicine



The 23rd Annual  
Yoga Research Society Conference  
October 18 & 19, 1997

at Thomas Jefferson University Alumni Hall • 1020 Locust Street • Philadelphia, PA USA

George Brainard, Ph.D.  
MIND-BODY HEALING

Lee Lipsenthal, M.D.  
REVERSING HEART DISEASE

F. Batmanghelidj, M.D.  
WATER CURES

Hari Sharma, M.D., FR.C.P.C.  
MAHARISHI'S VEDIC MEDICINE

Master FaXiang Hou  
QIGONG HEALING

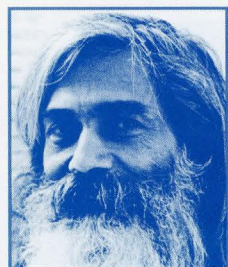
V. Pratap, Ph.D., D.Y.P.  
CLASSICAL YOGA

Hoh Daiko Drummers  
IN CONCERT

For more information call (215) 592-YOGA or fax (215) 574-1210

**CLASSICAL YOGA**

Saturday ~ 11 to 1

**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, Yoga Vision*, and *Secrets of Haṭha Vidyā*.

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 Conference, Colorado; International Yoga and Meditation Congresses, Chicago; Third World Congress of Yoga, Sao Paulo; Unity in Yoga Conference, Tamiment; University of New Mexico School of Medicine; Thomas Jefferson University, Philadelphia; Istituto Psicosomatica E Yoga, Torino, Italy; and the Yoga for Peace Conference, Jerusalem.

Dress to stretch and bring a mat.

**MAHARISHI'S VEDIC MEDICINE**

Saturday ~ 2 to 4

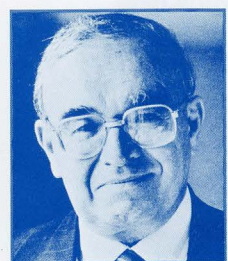
**Dr. Hari Sharma**

Dr. Sharma has a long and distinguished career in the fields of medicine and medical research. He is Professor Emeritus and former Director of Cancer Prevention and Natural Products Research at the Ohio State University College of Medicine. He has published hundreds of research papers and abstracts, and is the author of *Freedom From Disease: How to Control Free Radicals*.

Dr. Sharma is distinguished as a Fellow of the National Academy of Ayurveda, elected by the Ministry of Health and Family Welfare, Government of India. He has lectured worldwide, and presented his findings to the Food and Drug Administration (FDA), the National Institutes of Health (NIH), and the World Health Organization (WHO).

**WATER CURES**

Saturday ~ 4 to 6

**Dr. F. Batmanghelidj**

Dr. Batmanghelidj received his medical training in London. He practiced medicine in England until returning home to Iran, where as a member of a prominent family, he helped establish hospitals and health centers.

In the 1979 revolution, Dr. Batmanghelidj was imprisoned. One night he had to treat a man suffering from severe abdominal pain caused by a peptic ulcer. He had no medication, so instead gave the man two glasses of water. Within eight minutes, the man's crippling pain disappeared! Ultimately, Dr. Batmanghelidj cured thousands of patients with water during his 2 1/2 years in prison. After his release, he escaped from Iran to America, where he has continued his research to this day. He is the author of *Your Body's Many Cries for Water*, and *How to Deal with Back Pain and Rheumatoid Joint Pain*.

**QIGONG HEALING**

Sunday ~ 10 to 12

**Master FaXiang Hou**

Master Hou is a fifth generation Master of Medical QiGong and Director of the QiGong Research Society. He has been practicing Medical QiGong and traditional Chinese Medicine for over 25 years. After undergoing rigorous clinical testing of his healing ability in China, he was deemed a Certified Master in the International QiGong Science Association.

QiGong is an ancient Chinese form of exercise and meditation which utilizes life energy, or Chi, for the purpose of maintaining good health and healing. QiGong has been found beneficial for hypertension, gastroenteritis, pulmonary emphysema, pneumonia, rheumatic arthritis, allergies, vertebral conditions, chronic headache and migraine, inflammatory diseases, strains, sprains, dislocations, and other conditions.

Dress to stretch and bring a mat.

**REVERSING HEART DISEASE**

Sunday ~ 12 to 2

**Dr. Lee Lipsenthal**

Dr. Lipsenthal developed programs in the prevention and treatment of heart disease as Medical Director of Cardiac Rehabilitation at the Medical College of Pennsylvania, and at the Benjamin Franklin Clinic.

He currently works with Dr. Dean Ornish as Vice president and Medical Director of the Preventive Medicine Research Institute in Sausalito, California. In that capacity, he oversees the multicentered research trial evaluating the effect of comprehensive lifestyle changes for reversing heart disease.

Dr. Lipsenthal gives presentations world-wide, educating the medical community on the effects of Yoga, diet, exercise and behavior modification on health and disease.

**MIND-BODY HEALING**

Sunday ~ 3 to 5

**Dr. George Brainard**

Dr. Brainard joined the faculty of Thomas Jefferson University in 1984. His academic work has been concerned with biological, behavioral and therapeutic responses to light. He is specialized in the area of pineal gland physiology. His research has been supported by grants from the Food and Drug Administration (FDA), National Institutes of Health (NIH), the Department of Energy (DOE) and many other sources. He has authored over 50 peer-reviewed research articles and 30 book chapters in the medical literature on health and physiology.

As a neuroanatomy and neurophysiology professor, Dr. Brainard has received numerous teaching awards, including the Lindback Foundation Award for Distinguished Teaching.

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## SPEAKERS' LECTURES

### Yoga and Alternative Medicine

October 18 & 19, 1997

Thomas Jefferson University, Alumni Hall

- |                       |   |
|-----------------------|---|
| Dr. Vijayendra Pratap | “Classical Yoga” Practical & Discussion   |
| Dr. George Brainard   | “Mind-Body Healing”   |
| Dr. F. Batmanghelidj  | “Water Cures”<br><b>Book:</b> <i>Your Body's Many Cries for Water, How to Deal with Back Pain and Rheumatoid Joint Pain</i> |
| Master FaXiang Hou    | “QiGong Healing”<br><b>Book:</b> co-author of <i>Qigong for Health and Wellbeing</i>  |
| Dr. Lee Lipsenthal    | “Reversing Heart Disease”   |
| Dr. Hari Sharma       | “Maharishi's Vedic Medicine”<br><b>Book:</b> <i>Freedom from Disease: How to Control Free Radicals</i>                      |



## YOGA and Complementary Medicine

THE 24<sup>TH</sup> ANNUAL CONFERENCE OF THE YOGA RESEARCH SOCIETY

October 23, 24 & 25, 1998

AT THOMAS JEFFERSON UNIVERSITY ALUMNI HALL, 1020 LOCUST ST., PHILADELPHIA, PA USA

Vijayendra Pratap, PhD, DYP  
**Healing Yoga**

Steven Rosenzweig, MD  
**Integration of Conventional  
and Complementary  
Medicine**

Ron Leifer, MD  
**Happiness Therapy  
— Buddhistic View**

Joseph Cheu, RPh, DO, PhD  
**The Power of  
T'ai Chi Chuan in  
Rehabilitation**

Christina Pirello  
**New Choices in  
Healing Foods**

Melanie J. Lewandowski, MS  
**Feng Shui and Health Cures**

FRIDAY, OCT. 23<sup>RD</sup> AN EVENING CONCERT  
CELEBRATES THE OPENING OF THIS YEAR'S CONFERENCE...  
**SHAFATULLAH KHAN — *IN CONCERT***  
***Sound Medicine for Body and Soul***

OUR SPEAKERS PANEL WILL  
BE JOINED BY...

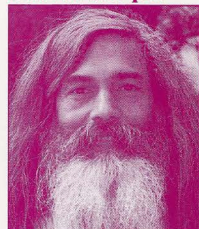
George Brainard, PhD  
Maurie Pressman, MD  
Master FaXiang Hou

TO REGISTER CALL (215) 592-YOGA (9642) OR FAX (215) 574-1210

## YOGA and Complementary Medicine

S a t u r d a y

11:00 to 1:00 pm



Dr. Vijayendra Pratap

### Healing Yoga

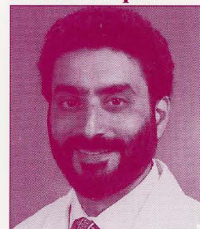
Doctor Pratap is Founder/Director of SKY Foundation, President of the Yoga Research Society and author of *Beginning Yoga*, *Yoga Vision*, and *Secrets of Hatha Vidyā*.

This workshop will include postures, breath control, relaxation and ancient healing techniques.

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 Conference, Colorado; International Yoga and Meditation Congresses; Third World Congress of Yoga, Sao Paulo; University of New Mexico School of Medicine; Thomas Jefferson University, Philadelphia; Instituto Psicosomatica E Yoga, torino, Italy; and the Yoga for Peace Conference, Jerusalem.

*Dress to stretch and bring a mat or towel to lie on.*

2:00 to 4:00 pm



Dr. Steven Rosenzweig

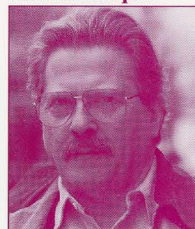
### Integration of Conventional and Complementary Medicine

Dr. Rosenzweig is associate professor of emergency medicine at Jefferson Medical College and Director of Academic and Clinical Programs for Jefferson's new Center for Integrative Medicine.

With a BA in philosophy from Brandeis University, he graduated the University of Pennsylvania School of Medicine, and completed his specialty training in emergency medicine at Thomas Jefferson University Hospital. In 1981, he joined Jefferson's faculty full-time.

Nationally recognized in the area of physician-patient communication, he teaches medical humanities, lecturing and conducting seminars in alternative healing systems, philosophy of medicine, and medical ethics. Dr. Rosenzweig also focuses on the relationship between art and healing.

4:30 to 6:30 pm



Dr. Ron Leifer

### Happiness — Buddhistic View

Trained under Dr. Thomas Szasz and the anthropologist Ernest Becker, Dr. Leifer studied with various Buddhist teachers and took refuge vows with Khenpo Khartar Rinpoche in 1980.

Since 1992, he has been associated with Namgyal Monastery in New York as both student and teacher.

Dr. Leifer has lectured and published books and articles on a wide variety of psychiatric issues. Lately his focus is the interplay between Buddhism and psychotherapy.

Dr. Leifer will present a Buddhistic view of ways we strive for happiness — trying to fulfill desires, avoid pain, and create a self-identity — that's compatible with Western science.

He will offer conference attendees a meditation on the prospects of seeking and finding lasting happiness.

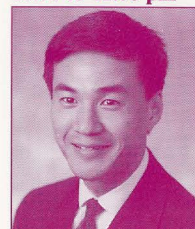
October 23, 24 & 25, 1998

THE 24TH ANNUAL CONFERENCE OF THE YOGA RESEARCH SOCIETY  
AT THOMAS JEFFERSON UNIVERSITY ALUMNI HALL, 1020 LOCUST ST., PHILA., PA, USA

FRIDAY  
7:30 - 9:30  
Shafaatullah  
Kahn  
In Concert

S u n d a y

10:00 to 12:00 pm



Dr. Joseph Cheu

### The Power of T'ai Chi Chuan in Rehabilitation

Dr. Joseph Cheu is Board Certified in Physical Medicine and Rehabilitation, and in Electrodiagnostic Medicine; an Osteopath; a Pharmacist; and holds a PhD in Neuroscience.

He was T'ai Chi Chuan National Grand Champion in 1993, 1994, and 1995 before retiring from tournament.

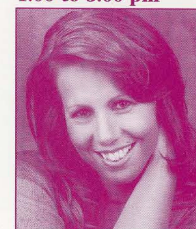
Dr. Cheu is distinguished as a Clinical Assistant Professor at University of Medicine and Dentistry of New Jersey and was trained at Kessler Institute for Rehabilitation.

His varied research interests include Chronic Fatigue Syndrome, pain management, alternative medicine, molecular biology of violence and aggression, and Traditional Chinese Medicine.

In this workshop you will learn the basic stances and movements. Dr. Cheu will demonstrate classical Yang and Chen T'ai Chi.

*Dress to stretch and bring a mat.*

1:00 to 3:00 pm



Christina Pirello

### New Choices in Healing Foods

Expert chef and inspirational teacher, Christina uses her vast knowledge to make healthy eating fun and easy.

Diagnosed with terminal leukemia in 1983, she decided to forgo conventional medical therapies and turned to nutrition and whole foods cooking. Thirteen months later she was cleared of any trace of the killer disease.

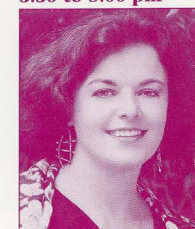
Since 1987, she has been teaching whole foods cooking classes, seminars, and workshops.

Her first cookbook, *Cooking the Whole Foods Way*, is overflowing with recipes, wit and wisdom. Christina's second book, *Eat Right America!*, will incorporate concepts from her new hit television series.

Her video titles for Eden Foods are: *Great Food, Great Sex; The Cure is in the Kitchen;* and *Cooking to Relieve Stress.*

She and husband Robert, a macrobiotic teacher, publish a bi-monthly whole foods magazine, *MacroChef*.

3:30 to 5:00 pm



Melanie Lewandowski

### Feng Shui and Health Cures

Discover the powerful relationship between the subtle energies in your physical environments and how they influence your health.

The Chinese people view balance and health through the dimension of ch'i, the vital life force stated to exist in man and space. Feng Shui is the resulting 5,000 year old art of placement. It is considered one of eight limbs of Chinese Classical Medicine.

A Feng Shui Master in the Tibetan Tantric Tradition with more than 25 years experience, Melanie trained with world renowned Feng Shui Master Thomas Lin Yun.

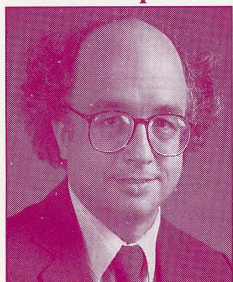
Melanie is on the faculty of the Omega Institute for Holistic Studies and the Metropolitan Institute for Interior Design.

You will enjoy her inspiring manner and practical application of this esoteric art.

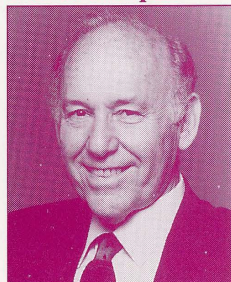
TO REGISTER CALL (215) 592-YOGA (9642)



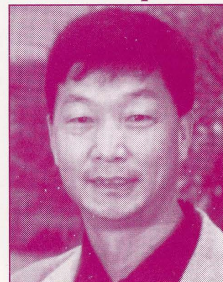
5:00 to 6:30 pm

**Dr. George Brainard**

5:00 to 6:30 pm

**Dr. Maurie D. Pressman**

5:00 to 6:30 pm

**Master FaXiang Hou**

### ***Joining our Speakers Panel...***

With the clarity of a primary researcher and the wit of a raconteur, Dr. Brainard will moderate this year's Speakers Panel.

Dr. Brainard joined the Faculty of Thomas Jefferson University in 1984. His academic work has been concerned with biological, behavioral and therapeutic responses to light. He is specialized in the area of pineal gland physiology.

His research has been supported by the Food and Drug Administration (FDA), National Institutes of Health (NIH), the Dept. of Energy (DOE) and many other sources.

He has authored over 50 peer-reviewed research articles and 30 book chapters in the medical literature on health and physiology.

As a neuroanatomy and neurophysiology professor, Dr. Brainard has received many teaching awards, including the Lindback Foundation Award for Distinguished Teaching.

Dr. Pressman is Clinical Professor of Psychiatry at Temple University, and Medical Director of the Center for Psychiatric Wellness.

For over forty years, he has studied the potentials of mind and soul — exploring connections between traditional psychiatry and holistic-spiritual psychotherapy.

Dr. Pressman taught Sports Science, and worked with Olympic ice skaters. He has conducted extensive research on death and dying, behavior genetics, and learning disabilities.

His articles have appeared in national and international medical journals, including the American Journal of Psychiatry and the International Journal of Psychoanalysis.

He is co-author, with Dr. Patricia Joudry, of *Twin Souls*, a book on personal development and finding one's true spiritual partner.

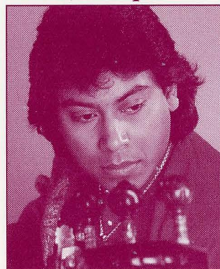
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## *F r i d a y*

7:30 to 9:30 pm

**Shafaatullah Khan****Concert Venue: 1015 Walnut Street**

AN EVENING CONCERT CELEBRATES THE OPENING OF THIS YEAR'S CONFERENCE...

### **SHAFATULLAH KHAN — *IN CONCERT*** ***Sound Medicine for Body and Soul***

Shafaatullah Khan has performed to rave reviews around the world and 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 as "Virtuoso... classical purity... astonishing individuality... both intellectual and poetic."

## SPEAKERS' LECTURES

### Yoga and Complementary Medicine

October 23, 24 & 25, 1998

Thomas Jefferson University, Alumni Hall

Dr. Vijayendra Pratap	“Healing Yoga” Practical & Discussion
Dr. Steven Rosenzweig	“Integration of Conventional and Complementary Medicine”
Dr. Ron Leifer	“Happiness Therapy – Buddhistic View”
Dr. Joseph Cheu	“The Power of T'ai Chi Chuan in Rehabilitation”
Christina Pirello	“New Choices in Healing Foods” <b>Book:</b> <i>Cooking the Whole Foods Way</i>
Melanie J. Lewandowski	“Feng Shui and Health Cures”
Shafaatullah Khan	Concert
Dr. George Brainard	Panel Discussion, Moderator

25th Annual Conference of the Yoga Research Society

YOGA

SOUND

MEDICINE

FOR THE 21ST CENTURY



OCTOBER 23 & 24, 1999

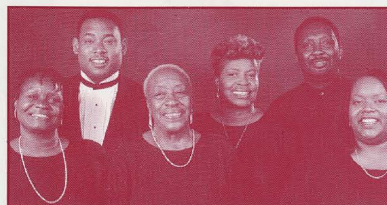
at Thomas Jefferson University, Philadelphia, PA USA

# YOGA SOUND MEDICINE FOR THE 21ST CENTURY

25th Annual Conference of the Yoga Research Society  
**OCTOBER 23 & 24, 1999**  
 at McClellan Hall, Thomas Jefferson University,  
 1015 Walnut Street, Philadelphia, PA USA

SATURDAY		SUNDAY	
Registration	9 to 10 am	Registration	10 to 11 am
Yoga for the 21st Century	10 to noon	Biomedical Yoga	11 to 1 pm
The Mozart Effect®		Images of the Mystical Mind	1 to 3:30 pm
Sound Health, East & West	1 to 3:30 pm	Healing Back Pain Naturally	4 to 5:30 pm
The Genetics of the Mind	4 to 5:30 pm	Closing Remarks	5:30 to 6 pm

SATURDAY EVENING CONCERT (with opening remarks by Don Campbell)  
 Glorious Gospel 8 to 10 pm



**The Stars of Faith**

True international stars, this group has been touring the world since 1958. They have performed for world leaders, royalty, superstars, and twice for the Yoga Research Society. The Stars of Faith concert promises to be an evening of joyful spirituality and a glorious celebration of our 25th Anniversary.

## Glorious Gospel

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

~ The Times, London



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

## Yoga for the 21st Century

Dr. Pratap is the author of *Beginning Yoga, Yoga Vision*, and *Secrets of Hatha Vidya*. He is President of the Yoga Research Society, Founder/Director of SKY Foundation, and Director of the Yoga Program, Jefferson's Center for Integrative Medicine. This workshop will include classical Yoga practices and a discussion of the Yogic view toward the challenges of the future.

Dr. Pratap earned his Ph.D. from the Department of Applied Psychology, University of Bombay. He has presented papers and led workshops at various conferences and institutions including the World Conference of Scientific Yoga, New Delhi; XXth International Congress of Psychology, Tokyo; Biofeedback Research Society Conference, Colorado; Third World Congress of Yoga, Sao Paulo; University of New Mexico School of Medicine; Thomas Jefferson University; Instituto Psicosomatica E Yoga, Torino, Italy; and Yoga for Peace Conference, Jerusalem.

*Dress to stretch and bring a mat to lie on.*



Don Campbell

## The Mozart Effect® Sound Health, East & West

Drawing on Western medicine, Eastern wisdom, and the latest research on learning and creativity, Don Campbell has devised techniques that use sound and music to stimulate learning and memory, strengthen listening abilities, and treat many physical and mental illnesses.

He is an internationally celebrated educator, well-known to the public through his bestselling book, *The Mozart Effect*, the popular *Mozart Effect* music recordings, and his many television and radio appearances. As founder of the Institute for Music, Health and Education, established in 1988, he has been a pioneer in the use of sound and music to change attitude, channel the emotions, boost intellect, and harmonize breathing, the heartbeat, and other basic functions.



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

## The Genetics of the Mind

Dr. Berrettini is the Director of the Center for Neurobiology and Behavior, and a Professor in the Departments of Psychiatry and Genetics at the University of Pennsylvania. His research work and publishing include titles such as: *The Molecular Genetics of Bipolar Disease*; *Molecular Linkage Studies of Manic-Depressive Illness*; *Genetic Factors in Anorexia Nervosa*; and *The Inheritance of Mania*.

Dr. Berrettini received his M.D. and Ph.D. at Jefferson Medical College in Philadelphia, where he was also a Professor in the Departments of Psychiatry and Human Behavior, and Pharmacology. He was a Senior Surgeon (U.S. Public Health Service, Clinical Neurogenetics Branch), and Chief of the Outpatient Clinic (Division of Intramural Research Programs) at the National Institute of Mental Health, Bethesda, Maryland.

## SPEAKERS' LECTURES

**Yoga, Sound, Medicine**

October 23 &amp; 24, 1999

Thomas Jefferson University McClellan Hall

Dr. Vijayendra Pratap	“Yoga for the 21st Century” Practical & Discussion
Don Campbell	“The Mozart Effect: Sound Health, East & West” <b>Book:</b> <i>The Mozart Effect</i>
Dr. Wade Berrettini	“The Genetics of the Mind”
Dr. Robin Monro	“Biomedical Yoga” <b>Book:</b> <i>The Mozart Effect</i>
Dr. Andrew Newberg	“Images of the Mystical Mind”
Dr. Arthur Brownstein	“Healing Back Pain Naturally” <b>Book:</b> <i>Healing Back Pain Naturally</i>
The Stars of Faith	Concert

## SPEAKERS' SIGNATURES

to YRS,  
 Thank for the great  
 conference and for inviting  
 me to speak this year.  
 Keep up the great  
 work Doctor.

*Dr. Art Brownstein*

Kauai  
 2-10 Oct 99

*to YRS, thanks for the great conference and for inviting me to  
 speak this year. Keep up the great work Doctor.*

Dr. Art Brownstein

Thank you for inviting me to your  
 wonderful conference!  
 You have such stimulating  
 and exciting discussions  
 and are truly passionate about  
 yoga. I hope to be a  
 part of your meetings and  
 work in the future.

*Andrew Newberg*

*Thank you for inviting me to your wonderful conference! You  
 have such stimulating and exciting discussions and are truly  
 passionate about Yoga. I hope to be a part of your meetings and  
 work in the future.*

Dr. Andrew Newberg

## SPEAKERS' SIGNATURES

What a joy to be a  
 part of the Yoga  
 Research Society's 25<sup>th</sup>  
 Anniversary. Your  
 vision, your work  
 and your heart have  
 lead the way for many  
 to find union with  
 the great Harmony  
 of the Universe.

Don Campbell  
 Oct 22, 99

*What a joy to be a part of the Yoga Research Society's 25th Anniversary. Your vision, your work and your heart have lead the way for many to find union with the great Harmony of the Universe.*

Dr. Don Campbell

I am very happy to come to  
 this conference - to experience,  
 myself, one of the annual occasions  
 I have so often heard about.  
 And to feel at home and happy  
 with yoga enthusiasts on the  
 same path the world over.  
 And to see the energy, and  
 dynamism and joy going into  
 the work here.  
 With warm good wishes  
 and many thanks,  
 Robin Monroe

*I am very happy to come to this conference- to experience, myself, one of the annual occasions I have so often heard about. And to feel at home and happy with Yoga enthusiasts on the same path the world over. And to see the energy, and dynamism and joy going into the work here. With warm good wishes and many thanks*

Dr. Robin Monroe

# YOGA AND LIFE MANAGEMENT



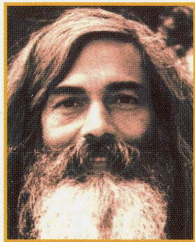
26th Annual Conference of the Yoga Research Society

**OCTOBER 21 & 22, 2000**

at Thomas Jefferson University, Philadelphia, PA USA

[www.YogaResearchSociety.com](http://www.YogaResearchSociety.com)

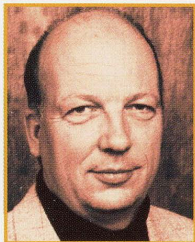




### Yoga for Life Management

Dr. Vijayendra Pratap is Founder/Director of the SKY Foundation, President of the Yoga Research Society, Director of the Yoga Program, Jefferson's Center for Integrative Medicine, and author of *Beginning Yoga*, *Yoga Vision*, *Secrets of Hatha Vidya*, and *Stories Retold*. This workshop will include traditional Yoga practices and philosophy with a special emphasis on the Yogic approach to life management.

*Dress to stretch and bring a mat.*



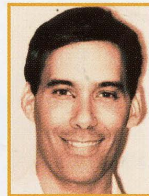
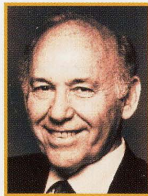
### The Breath of Life

Dr. Dietrich Ebert holds the position of Specialist in Physiology at the Carl-Ludwig Institute of Physiology in Leipzig, Germany. He is President of the Scientific Society for Yoga and Traditional Indian Medicine and co-author of several studies involving the effects of Yoga postures and breathing practices on human physiology. A Yoga practitioner for many years, Dr. Ebert's program will explore Pranayama research, therapy and practice.

### Bringing the Soul to Life

Dr. Maurie Pressman, trained as a traditional psychoanalyst, was Chairman of Psychiatry at Albert Einstein Medical Center and Clinical Professor of Psychiatry at Temple University Medical School. He is the author of *Enter the Supermind* and co-author of *Twin Souls*.

Dr. Todd Pressman, a psychologist widely recognized for his work with *A Course in Miracles* and Transpersonal Breathwork, is the author of *Radical Joy: Awakening Your Potential for True Fulfillment*. In this lecture/workshop, the Pressmans will present the tools that can bring the soul powerfully to life.



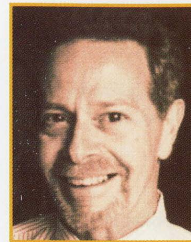
### City of Philadelphia Tribute

Each October since 1975, the Yoga Research Society has brought to Philadelphia distinguished teachers, scientists, researchers, physicians, artists and musicians to participate in its annual Conference. The Society has helped, through research and education, to integrate Yoga techniques and principles into Western medical theory and practice. As a result, Philadelphia has become known as a center for integrative healthcare throughout the world and a leader in the effort to have Eastern and Western science work together for a healthier 21st century.

It is fitting and appropriate, therefore, that the City of Philadelphia officially recognize with this Tribute, the Yoga Research Society for its significant contributions to the health and well-being of the citizens of Philadelphia and for its positive influence worldwide.

Edward G. Rendell, Mayor

excerpted from the CITY OF PHILADELPHIA TRIBUTE, October 24, 1999



### Managing Ageing

Dr. Julio Kuperman is Head of Neurology at Saint Agnes Medical Center and holds teaching appointments at Thomas Jefferson University and the University of Pennsylvania. He is the creator of NeuroYoga®, system that applies current principles of neurophysiology and evolutionary theory to the ancient practices of Hatha Yoga. Dr. Kuperman will teach techniques of awareness and movement that can facilitate a vigorous and healthy shift towards continued growth and regeneration as we age.

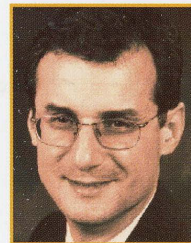
*Dress to stretch and bring a mat.*



### The Eutony Method

Alicia B. Souto is the Director of the Argentine-French Institute of Eutony, and a Titular Professor on the faculty of Oriental Studies, Universidad del Salvador (Buenos Aires). The Eutony method is an approach to body awareness and physical therapy that consciously influences the involuntary tonus regulation and autonomic balance. As a teacher of Yoga theory and practice on the undergraduate and postgraduate levels, Alicia Souto will introduce the concepts and techniques of the Eutony method in the light of classical Yoga.

*Dress to stretch and bring a mat.*



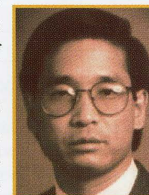
### Homeopathy & Yoga

Dr. Bernardo Merizalde practices General Medicine and Psychiatry, with a holistic emphasis that includes the physical, mental and spiritual aspects of the individual. He uses complementary/alternative medical techniques, and is best known for his expertise in homeopathy. A Yoga student for twenty years, Dr. Merizalde will present a synergistic approach to the path of wellness.

### QiGong & Cancer Therapy

A fifth generation QiGong Master, FaXiang Hou has been practicing Medical QiGong and Traditional Chinese Medicine for more than 25 years. He is co-author of *QiGong for Health and Well Being*.

Dr. Justin Wu is Attending Anesthesiologist and Pain Physician at St. Joseph Medical Center in Towson, Maryland. This program will explore case histories and the practices of QiGong that have been successful in the treatment of cancer and other diseases.



*Dress to stretch and bring a mat.*

phone 215-592-YOGA fax 215-247-8054  
www.YogaResearchSociety.com

## SPEAKERS' LECTURES

### Yoga and Life Management

November 21 & 22, 2000

Thomas Jefferson University McClellan Hall

- Dr. Vijayendra Pratap      “Yoga for Life Management” Practical & Discussion
- Dr. Dietrich Ebert          “The Breath of Life”
- Dr. Maurie Pressman        “Bringing the Soul to Life”  
**Books:** (Maurie) *Enter the Supermind*, co-author of *Twin Souls*
- Dr. Todd Pressman         “Bringing the Soul to Life”  
**Book:** *Radical Joy: Awakening Your Potential for True Fulfillment*
- Dr. Julio Kuperman         “Managing Ageing”
- Alicia Souto                  “The Eutony Method”
- Dr. Bernardo Merizalde    “Homeopathy & Yoga”
- Master FaXiang Hou        “QiGong & Cancer Therapy” Practical & Discussion  
**Book:** co-author of *Qigong for Health and Wellbeing*
- Dr. Justin Wu                “QiGong & Cancer Therapy” Practical & Discussion

# YOGA AND THE HEALING SCIENCES



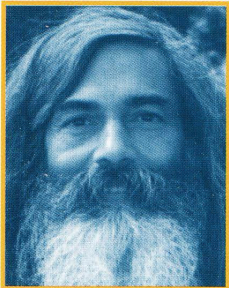
27th Annual Conference of the Yoga Research Society

**NOVEMBER 10 & 11, 2001**

at Thomas Jefferson University, Philadelphia, PA USA

[www.YogaResearchSociety.com](http://www.YogaResearchSociety.com)

## CLASSICAL YOGA



Dr. Vijayendra Pratap is Founder/Director of the SKY Foundation, President of the Yoga Research Society, Director of the Yoga Program, Jefferson's Center for Integrative Medicine, and author of *Beginning Yoga, Yoga Vision, Secrets of Hatha Vidya*, and *Stories Retold*. He has presented papers and led workshops at institutions and conferences worldwide.

This workshop will include traditional Yoga postures, breathing techniques, relaxation and meditation practices, and a discussion of the Classical Yoga approach to healing.

Saturday – 10 to 12

*Dress to stretch and bring a mat.*

## FOOD AND HEALTH



Annemarie Colbin is a health educator, consultant, and speaker specializing in food and its effects on health. She is the founder of The Natural Gourmet Cookery School/Institute for Food and Health in New York City, and the author of *Food and Healing, Food and Our Bones, The Natural Gourmet*, and other titles. Her work is internationally recognized and she has won awards for her teaching, writing, and educational endeavors.

For this Conference, Ms. Colbin will discuss cravings and the difficulties of eating properly. She will also emphasize the dietary choices that enhance health, speed recovery from illness, and contribute to the prevention of disease.

Saturday – 1:30 to 3:30

## SOUNDS THAT HEAL



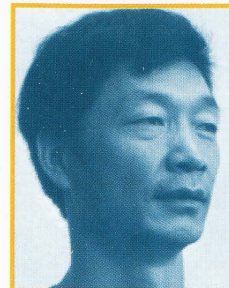
"Her music vibrates with deep, healing sounds, her voice is sensual and innocent, strong and sensitive – an invocation and confirmation all in one. Wah! is the most talked about sensation in New World Music." (Yogaversity, Ojai, CA)

Wah! has spent a lifetime immersed in music, studying and performing in the United States, India and Africa. She is a graduate of the Oberlin College/Conservatory and her CDs include *Hidden in the Name, Savasana, CD Krishna*, and *Chanting with Wah!* In this program the Wah! band will perform and lead us in the "Sounds That Heal."

Saturday – 4 to 6

phone 215-592-YOGA fax 215-247-8054

## QIGONG ENERGY



Master FaXiang Hou is a fifth generation Master of Medical QiGong and Director of the QiGong Research Society. He has been practicing Medical QiGong and traditional Chinese Medicine for more than 25 years. He is co-author of *QiGong for Health and Well Being*.

QiGong is an ancient form of exercise and meditation which utilizes life energy, or Chi, for the purpose of maintaining good health and healing many diseases. In this workshop, Master Hou will introduce us to the healing practices of QiGong.

Sunday – 10 to 12

*Dress to stretch and bring a mat.*

## HEALING HERBS

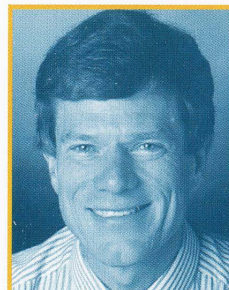


Stephanie Ross is a Medical Botanist, Certified Holistic Therapist, and Integrative Bioenergy practitioner. In addition to her consulting practice, she teaches courses in Herbal Medicine at Temple University School of Medicine, and Thomas Jefferson University Medical College to first and second year medical students. She lectures extensively on Herbal Medicine, Women's Natural Health, and Aromatherapy.

This program will center on the healing power of herbs for specific health problems.

Sunday – 1:30 to 3

## INTUITIVE MEDICINE



Dr. Larry Burk is Director of Education at the Duke Center for Integrative Medicine in Durham, NC. As an Associate Professor of Radiology, he sponsored a Radiology Department training program in Anodyne Imagery, a combination of relaxation techniques, guided imagery, and neurolinguistic programming designed to decrease anxiety and pain in patients undergoing stressful procedures. He lectures and leads seminars on Intuition and Diagnosis, Problem Solving, and Stress Management.

Dr. Burk's presentation will focus on the process of intuitive diagnosis, and he will lead us in intuitive imagery exercises.

Sunday – 3:30 to 5:30

[www.YogaResearchSociety.com](http://www.YogaResearchSociety.com)

## SPEAKERS' LECTURES

### **Yoga and the Healing Sciences**

November 10 & 11, 2001

Thomas Jefferson University McClellan Hall

- |                       |  |
|-----------------------|--|
| Dr. Vijayendra Pratap | “Classical Yoga” Practical & Discussion  |
| Annemarie Colbin      | “Food & Health”<br><b>Books:</b> <i>Food and Healing, Food and Our Bones</i><br><i>The Natural Gourmet</i>   |
| Wah! Music            | “Sounds That Heal” Concert   |
| Master FaXiang Hou    | “QiGong Energy” Practical & Discussion<br><b>Books:</b> co-author of <i>Qigong for Health and Well-Being,</i><br><i>Unleashing the Power of Food</i> |
| Stephanie M. Ross     | “Healing Herbs”  |
| Dr. Larry Burk        | “Intuitive Medicine”   |



# YRS 2002

THE 28<sup>TH</sup> ANNUAL CONFERENCE OF  
THE YOGA RESEARCH SOCIETY

**NOVEMBER 9 & 10**

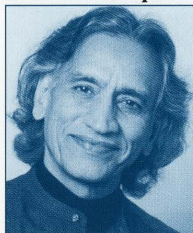
AT THOMAS JEFFERSON UNIVERSITY  
McCLELLAN HALL, 1025 WALNUT STREET  
PHILADELPHIA, PENNSYLVANIA USA

[WWW.YOGARESEARCHSOCIETY.COM](http://WWW.YOGARESEARCHSOCIETY.COM)

## YRS 2002

S a t u r d a y

10:00 to 12:00 pm



Yogi Amrit Desai

**Amrit Yoga**

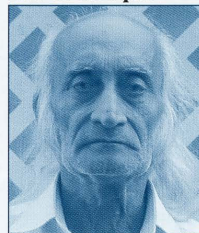
Yogi Desai, originator of Kripalu Yoga: Meditation in Motion and Amrit Yoga, and the founder of Kripalu Center for Yoga & Health, began teaching in the West in 1960. He is considered an early pioneer of Yoga in the U.S.

Kripalu Yoga, named to honor his guru, Swami Kripalvanandaji, emphasizes the spiritual dimension of Hatha Yoga. And Yogi Desai continues to develop and teach it in the form of Amrit Yoga. His approach is currently taught by thousands of certified Yoga teachers worldwide.

Yogi Desai's most recent books are *Explore, Expand and Experience the Spiritual Depth of Yoga*, and *Amrit Yoga and Its Roots in Patanjali's Ashtanga Yoga*.

■ Dress to stretch and bring a mat or towel to lie on.

1:30 to 3:30 pm



Shri Hira Ratan

**Solar Energy  
A Revolutionary  
Approach to Health Care**

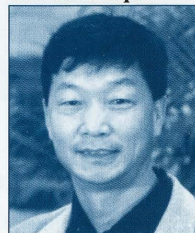
Shri Hira Ratan, a mechanical engineer, was influenced by ancient Hindu scriptures to study the effects of solar energy on the human body.

Though fasting is not the primary component of his solar protocol, he reportedly went without solid food for 411 days. He received energy from the sun, walked on hot sand and drank boiled water. During that time, under careful medical supervision, he was free of disease, and maintained normal health.

Shri Ratan continues to be the subject of careful observation and study by a team of scientists and physicians.

Shri Ratan will discuss his experiment and experiences, along with their remarkable scientific implications. Questions will be welcomed.

4:00 to 6:00 pm



Master FaXiang Hou

**QiGong Energy  
An Ancient Chinese  
Form of Self Healing**

Master Hou is a fifth generation Master of Medical QiGong. Director of the QiGong Research Society and co-author of two books, *QiGong for Health and Well Being* and *Unleashing the Power of Food*. He has been practicing QiGong as a form of exercise and as a healing art for over 25 years and is deemed a Certified Master in the International QiGong Science Association.

QiGong utilizes life energy, or Chi, for the purpose of maintaining good health and healing many diseases.

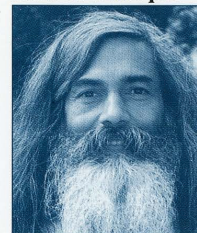
In this workshop, Master Hou will introduce us to the healing practices of QiGong.

■ Dress to stretch and bring a mat or towel to lie on.

THE 28<sup>TH</sup> ANNUAL CONFERENCE OF THE YOGA RESEARCH SOCIETY

S u n d a y

10:00 to 12:00 pm



Dr. Vijayendra Pratap

**Classical Yoga**

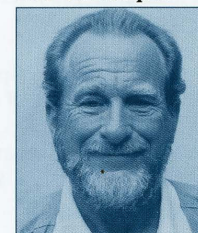
Vijayendra Pratap, PhD, DYP, is Founder/Director of SKY Foundation, President of the Yoga Research Society and author of *Beginning Yoga*, *Yoga Vision*, *Secrets of Hatha Vidyâ* and *Stories Retold*.

He has presented papers and led workshops at institutions and conferences worldwide.

This workshop will include traditional Yoga postures, breathing techniques, relaxation and meditation practices and a discussion of the Classical Yoga approach to healing.

■ Dress to stretch and bring a mat or towel to lie on.

1:00 to 2:30 pm



Gershon Levitt

**SKY Foundation  
30 Years of Yoga  
in America**

Gershon Levitt has been Vice President of the SKY Foundation since its founding in 1972.

He is a graduate of Pennsylvania State University, a marketing consultant, and a partner in the Ahava Judaica Galleries.

From its inception, the mission of SKY Foundation has been to teach classical Yoga to all who are sincere and interested.

Over the years, thousands have attended SKY programs and this multimedia reminiscence will capture some of the highlights of our fascinating journey together.

**Appreciating  
SKY Teachers...**

*"Your teaching staff is of the highest caliber, loved by both myself and the patients. They are always professional and excellent in their teaching skills."*

— Lee Lipsenthal, M.D.  
Director of Cardiovascular Program, Benjamin Franklin Clinic

*"(The SKY teacher) ...is an exemplary instructor. The evaluations completed by her students regularly demonstrate their high level of satisfaction with the course and with the teacher. She is to be congratulated!"*

— Dr. Sarah Hilsendager  
Dean, Temple University  
Dance Department

*"The employees who attended "Introduction to Yoga" expressed a great deal of satisfaction regarding the experience. Many of them communicated an interest in participating in an ongoing Yoga class."*

— Virginia W. Hammond  
Manager, Employee Health  
Promotion SmithKline  
Beckman

TO REGISTER CALL (215) 592-YOGA (9642) ...OR FAX TO (215) 928-0290

# SPEAKERS' LECTURES

## YRS 2002

November 9 & 10, 2002

Thomas Jefferson University McClellan Hall

- |                       |  |
|-----------------------|--|
| Dr. Vijayendra Pratap | “Classical Yoga” Practical & Discussion  |
| Yogi Amrit Desai      | <p>“Amrit Yoga”</p> <p><b>Books:</b> <i>Explore, Expand, and Experience the Spiritual Depth of Yoga, Amrit Yoga and its Roots in Patanjali's Astanga Yoga</i></p>        |
| Shri Hira Ratan       | “Solar Energy – A Revolutionary Approach to Health Care”   |
| Master FaXiang Hou    | <p>“QiGong Energy – An Ancient Chinese Form of Self Healing”</p> <p><b>Books:</b> co-author of <i>Qigong for Health and Well-Being, Unleashing the Power of Food</i></p> |
| Gershon Levitt        | “SKY Foundation – 30 Years of Yoga in America”   |



## SPEAKERS' SIGNATURES

Dr. Pratap  
 Garland of Letters  
 & Yoga Research Society  
 I am deeply touched  
 by the wonderful work  
 you are carrying out to  
 spread the teachings of  
 Yoga. World need it badly.  
 I love your work.  
 with love  
 appreciation  
 & blessings  
 Yogi Amrit Desai

*Dr Pratap, Garland of Letters & Yoga Research Society  
 I am deeply touched by the wonderful work you are carrying  
 out to spread the teachings of Yoga. World need it badly. I  
 love your work.*

*With love, appreciation & blessings*

Yogi Amrit Desai



**YRS 2003**  
THE 29<sup>TH</sup> ANNUAL CONFERENCE OF THE  
**YOGA RESEARCH SOCIETY**

**NOVEMBER 1 & 2**

AT THOMAS JEFFERSON UNIVERSITY  
McCLELLAN HALL, 1025 WALNUT ST., PHILADELPHIA, PA USA

[YOGARESEARCHSOCIETY.COM](http://YOGARESEARCHSOCIETY.COM)

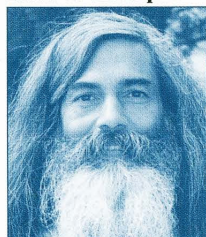
# YRS 2003

THE 29<sup>TH</sup> ANNUAL CONFERENCE OF THE

# YOGA RESEARCH SOCIETY

## S a t u r d a y

10:00 to 12:00 pm



Vijayendra Pratap, PhD

### Classical Yoga

Dr. Vijayendra Pratap, a student of Swāmi Kuvalayānandaji, is Founder/Director of SKY Foundation, President of Yoga Research Society, Director of the Yoga program at Jefferson's Center for Integrative Medicine, and author of *Beginning Yoga*, *Yoga Vision*, *Secrets of Hatha Vidyā* and *Stories Retold*.

Dr. Pratap served at India's Kaivalyadhama Yoga Institute as Lecturer of Yoga and Mental Health, Assistant Director of Scientific Research, and Managing Editor of *Yoga Mimamsa*. He has presented papers and led workshops at institutions and conferences worldwide.

This workshop will include traditional Yoga postures, breathing techniques, relaxation and meditation practices, and a discussion of Classical Yoga.

■ Dress to stretch and bring a mat or towel to lie on.

1:30 to 3:30 pm



Bruce S. McEwen, PhD

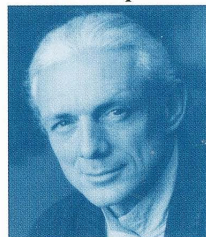
### Stress and Aging

A neuroscientist and neuroendocrinologist, Professor McEwen studies the actions of sex, stress and thyroid hormones on the adult brain. His laboratory at The Rockefeller University combines molecular, anatomical, pharmacological, physiological and behavioral methodologies and relates their findings to human clinical information. In 1968 they discovered adrenal steroid receptors in the hippocampus.

Professor McEwen is working to reformulate concepts and measurements related to stress and stress hormones in the context of human societies.

He is the co-author of a new book with science writer Elizabeth Lasley called *The End of Stress as We Know It*.

4:00 to 6:00 pm



Glenn Mullin

### Tantric Yoga

Internationally renowned Buddhist scholar, acclaimed translator of Tibetan classics, and well-known on the international lecture circuit, Glenn Mullin is also a popular teacher of Tantric Buddhist meditation.

One of the world's foremost Tibetologists, he has published over twenty books, including a series on the lives and teachings of the early Dalai Lamas.

During twelve years in the Himalayas, with the Dalai Lama in Dharamsala, Mullin studied Tibetan language, literature, meditation and Yoga under twenty-five of the greatest masters from Tibet — including the two late great gurus of the present Dalai Lama.

Among his books are *The Fourteen Dalai Lamas, Death and Dying: The Tibetan Tradition*, *Mystical Verses of a Mad Dalai Lama*, *Tsongkhapa's Six Yogas of Naropa*, and the new *Female Buddhas*.

## S u n d a y

10:00 to 11:00 am



Master FaXiang Hou

### QiGong Meditation

Master Hou is a fifth generation Master of Medical QiGong, an ancient Chinese form of self healing. He is Director of the QiGong Research Society and co-author of two books, *QiGong for Health and Well Being* and *Unleashing the Power of Food*.

He has been practicing QiGong as a form of exercise and as a healing art for over 25 years and is deemed a Certified Master in the International QiGong Science Association.

QiGong utilizes life energy, or Chi, for the purpose of maintaining good health and healing many diseases.

■ Dress to stretch and bring a mat or towel to lie on.

11:30 to 1:30 pm



Karen Reivich, PhD

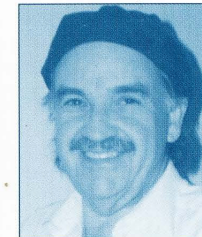
### Resilience and Success

Dr. Reivich lectures extensively on resilience, depression-prevention, and Positive Psychology.

Her training was at the University of Pennsylvania under Dr. Martin Seligman, her co-author for *The Optimistic Child*. Now a research associate in the Psychology Department, she co-directs a multi-million dollar NIMH grant studying depression and resilience in school children. Another grant focuses on teaching students to identify their strengths and use them in daily life.

With Dr. Andrew Shatté, Dr. Reivich co-authored *The Resilience Factor* that provides skills for improving overall productivity and mental health.

3:00 to 4:00 pm



Jacob Schwartz, PhD

### Moonlight and Destiny

A full-time astrologer, teacher, writer, and lecturer, Jacob Schwartz realized early in his career that traditional astrology avoids the Moon in the basic orientation. Since then, he has pioneered balanced yin-yang systems, blended with traditional systems.

More recently he discovered that asteroid names relate to current events and human experience.

In 1990-92, he was the first modern Western astrologer to work in the former Soviet Union.

Jacob will introduce material that makes astrology practical, yet honors the sacred and the spiritual.

4:00 to 5:00 pm



Yogiraj Dr. Swāmi Bua

### Laughter and Youth

Estimated to be 115 years old, His Holiness Sri Swāmi Buaji Maharaj blew a Conch as the opening invocation for the UN's Millennium World Peace Summit.

He studied for a time under Swāmi Kuvalayānandaji and founded the Indo-American Yoga-Vedanta Society. In 1998 he was named "Hindu of the Year" by *Hinduism Today*.

With a keen intellect and sense of humor, Dr. Swāmi Buaji teaches two daily Yoga classes.

He travels often, saying, "I go whenever I am invited." He eats only what is offered, fasts if nothing comes — and attributes his long and healthy life to the daily practice of Yoga.

**TO REGISTER CALL (215) 592-YOGA (9642)**

# SPEAKERS' LECTURES

## YRS 2003

November 1 & 2, 2003

Thomas Jefferson University McClellan Hall

- Dr. Vijayendra Pratap    “Classical Yoga” Practical & Discussion
- Dr. Bruce S. McEwen    “Stress and Aging”  
**Books:** co-author with Elizabeth Lasley, *The End of Stress as We Know It*
- Glenn Mullin            “Tantric Yoga”  
**Books:** *The Fourteen Dalai Lamas, Death and Dying: The Tibetan Tradition, Mystical Verses of a Mad Dalai Lama, Tsongkhapa's Six Yogas of Naropa, Female Buddhas*
- Master FaXiang Hou    “QiGong Meditation” Practical & Discussion  
**Books:** co-author of *Qigong for Health and Well-Being, Unleashing the Power of Food*
- Dr. Karen Reivich        “Resilience and Success”  
**Book:** co-author with Dr. Andrew Shatte, *The Resilience Factor*
- Dr. Jacob Schwartz      “Moonlight and Destiny”  
**Book:** *The Asteroid Name Encyclopedia*
- Yogiraj Dr. Swami Bua    “Laughter and Youth”

## SPEAKERS' SIGNATURES

to the great  
 yogis and  
 yoginis  
 of the Buddhafield  
 of Brotherly Sisterly Love,  
 May all goodness and  
 joy be yours,  
 And all your great Dharma  
 works find completion.  
 With joy and laughter  
 Glen Mullin  
 (Kama Maithi Zope)  
 Nov. 2/03

*To the great Yogis and Yoginis of the Buddha field. May all goodness and joy be yours, and all your great Dharma works find completion. With joy and laughter.*

Glen Mullin

many happy solar returns  
 Jacob Schwartz

*Many happy solar returns.*

Jacob Schwartz

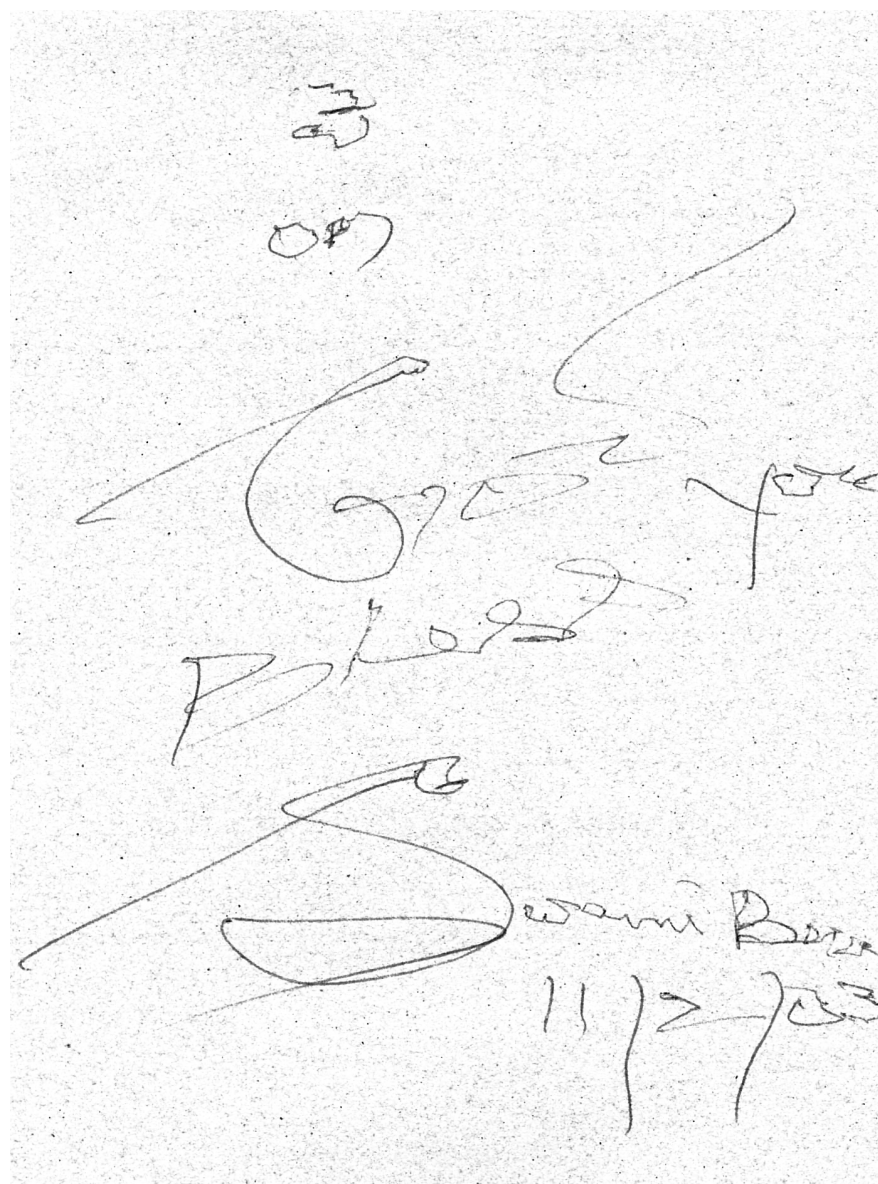
I appreciate being  
 invited to speak and  
 being able to discover  
 the world of Yoga!

Bruce S. McEwen

*I appreciate being invited to speak and being able to discover the world of Yoga.*

Bruce S. McEwen

## SPEAKERS' SIGNATURES



*OM. God Bless You.*  
Swami Bua