



# YRS 2004

THE 30<sup>TH</sup> ANNUAL CONFERENCE OF THE

**YOGA RESEARCH SOCIETY**

**OCTOBER 23 & 24**

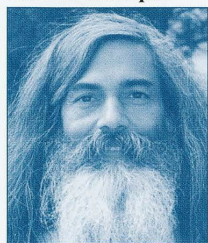
AT THOMAS JEFFERSON UNIVERSITY  
McCLELLAN HALL, 1025 WALNUT ST., PHILADELPHIA, PA USA

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

# YRS 2004 THE 30<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 Swami Kuvalayanandaji, is Founder/Director of SKY Foundation; President of Yoga Research Society; Director of the Yoga Program, Jefferson – Myrna Brind 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; bring a mat or towel to lie on.

2:00 to 3:30 pm



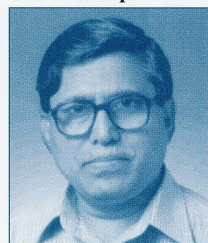
Surya Green, MA

## Sun's Spiritual Power

Surya Green, BA Columbia (Barnard) and MA Stanford (Communication), went on writing assignment to India and there, to her surprise, experienced the Sun as a spiritual power. To share the Sun-revelation, and to introduce Sun-consciousness, she wrote the book *The Call of the Sun*; as well, she founded the non-profit foundation Sun Conscious.

Member of three professional writers' organizations, Surya has traveled widely, both in the East and the West, as a pilgrim with journalistic shoulder bag. She has interviewed many outstanding spiritual teachers and inspirational figures of our time. Since the 1970s, her articles have appeared internationally.

4:00 to 6:00 pm



M. Qasim, MD

## Classical Homeopathy

Dr. Qasim, homeopath, teacher and researcher, was trained at Calcutta University and Nagarjuna University, and taught at Nehru Homeopathic Medical College, New Delhi, from 1970 to 1977.

In addition to his busy practice of 40 years, Dr. Qasim makes time to serve the poor of India weekly, and has worked with Mother Theresa's Missionaries of Charity.

A venerable figure in French homeopathy, Dr. Georges Demangest, describes Dr. Qasim's approach as "...in the open spirit of the practice of homeopathy as given by Hahnemann, presented with a clarity of exposition that encourages effective therapeutic practices..."

S u n d a y

9:30 to 11:00 am



Master FaXiang Hou

## QiGong Meditation

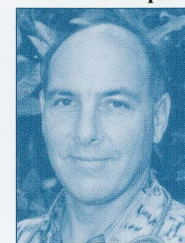
Master Hou is a fifth generation Master of Medical QiGong, an ancient Chinese form of self healing. He is Director of the QiGong Research Society and co-author of two books, *QiGong for Health and Well Being* and *Unleashing the Power of Food*.

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; bring a mat or towel to lie on.

11:00 to 12:30 pm

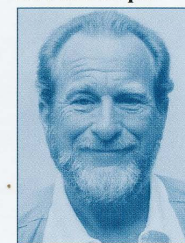


Art Brownstein, MD

## Extraordinary Healing

Arthur Brownstein, MD Jefferson Medical College, MPH in International Health at Tulane University and D.Y.Ed from India's Ministry of Education, served as a USAF Flight Surgeon, and staff physician for Dr. Dean Ornish's Program for Reversing Heart Disease at the Preventive Medicine Research Institute, UC San Francisco. He is currently Assistant Clinical Professor of Medicine at the John A. Burns School of Medicine, U of Hawaii. He is a Diplomate of the American College of Preventive Medicine, a Founding Diplomate of the American Board of Holistic Medicine and author of *Healing Back Pain Naturally*, and *Extraordinary Healing*.

2:00 to 3:30 pm



Gershon Levitt

## YRS: A 30-Year Retrospective

Gershon Levitt is Vice President of the SKY Foundation and has participated in all 29 YRS Conferences. Long before terms like integrative medicine and holistic health became commonplace, the Yoga Research Society provided a neutral platform for distinguished guests to explore the interrelationship of Eastern and Western science.

Fortunately, most of these exchanges were recorded. With the help of BJ Levitt and Microworks-Florida, highlights of these historic meetings will be presented in a one-hour digital documentary: "As Time Goes By..."

4:00 to 5:30 pm



Jingduan Yang, MD

## Falun Gong

Dr. Yang completed his training in Neurology in China, a fellowship in Clinical Psychopharmacology at Oxford, and was a neurologist in the Fourth Military Medical University Hospital in China before coming to the United States. He practices psychiatry, acupuncture, and Chinese herbal medicine at the Jefferson-Myna Brind Center of Integrative Medicine.

Dr. Yang presented health survey results for Falun Gong to the 2002 Annual Meeting of the American Psychiatry Association. Falun Gong is a simple, yet profound and effective system for refining the body and mind. The five gentle Falun Dafa exercises are easy to learn, enjoyable, and at the same time both relaxing and energizing.

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

# SPEAKERS' LECTURES

## YRS 2004

October 23 & 24, 2004

Thomas Jefferson University McClellan Hall

- |                       |                                                                                                                                                           |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| Dr. Vijayendra Pratap | “Classical Yoga” Practical & Discussion                                                                                                                   |
| Surya Green           | “Sun’s Spiritual Power”<br><b>Book:</b> <i>The Call of the Sun</i>                                                                                        |
| Dr. M. Qasim          | “Classical Homeopathy”                                                                                                                                    |
| Master FaXiang Hou    | “QiGong Meditation” 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> |
| Dr. Art Brownstein    | “Extraordinary Healing”<br><b>Books:</b> <i>Healing Back Pain Naturally</i> ,<br><i>Extraordinary Healing</i>                                             |
| Gershon Levitt        | “YRS: A 30-Year Retrospective”                                                                                                                            |
| Dr. Jingduan Yang     | “Falun Gong”                                                                                                                                              |

## SPEAKERS' SIGNATURES

30th Annual YRS Conference Oct 24 2004  
 YRS & Doctor  
 Thank you for having me  
 present to the 30<sup>th</sup>  
 Annual YRS confer.  
 God Bless  
 &  
 Namaste  
 Art Brownstein

30th Annual YRS Conference Oct 24 2004

YRS & Doctor.

Thank you for having me present to the 30th annual  
 YRS Conference.

God Bless & Namaste,

Dr. Art Brownstein

Has been a honor to come &  
 have the pleasure to meet everybody  
 and to have met Dr. Pratap  
 & his blessing  
 Wonderful work. Please keep on  
 Dr. Qasim  
 10/23/04

Has been a honor to come and have the pleasure to meet everybody  
 and to have met Dr. Pratap. It was blessing.  
 Wonderful work. Please keep on.

Dr. Qasim

10/24/04  
 Jingduan Yang, M.D.  
 JY

Dr. Jingduan Yang

**THE 31ST ANNUAL YOGA RESEARCH SOCIETY CONFERENCE**



"Praying", painting by Alex Grey  
from *Sacred Mirrors: The Visionary Art of Alex Grey*

# IN SEARCH OF TRUTH

**November 4, 5 & 6, 2005**

Alex Grey

JZ Knight & Ramtha, The Enlightened One

Dr. Vijayendra Pratap

Katherine Gibson

Dr. David Kim

Master FaXiang Hou

Harold Smith

at Thomas Jefferson University – Jefferson Alumni Hall – 1020 Locust Street, Philadelphia PA 19107

# IN SEARCH OF TRUTH

The 31st Annual Yoga Research Society Conference

NOVEMBER 4, 5 & 6, 2005

at Thomas Jefferson University  
Philadelphia, Pennsylvania



## JZ KNIGHT

Defining Truth as  
a Viable Concept:  
As Conclusion  
to Experience.

Featured in the popular film,

**What the BLEEP Do we (k)now!?**

Ms. Knight is the "channel" through  
which Ramtha, The Enlightened One  
delivers his 35,000 year-old message!

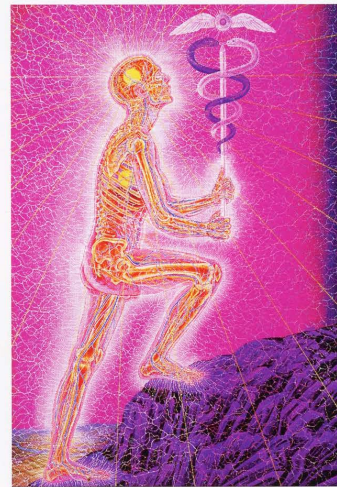
Friday Evening  
7:00 to 9:00

Sunday Afternoon  
1:30 to 3:30

## RAMTHA

### THE ENLIGHTENED ONE

Truth is Relative to Your  
Own Experience. Everything  
Else is Just Philosophy.



"Journey of the Wounded Healer (panel III)"  
painting by Alex Grey from *Sacred Mirrors:  
The Visionary Art of Alex Grey*

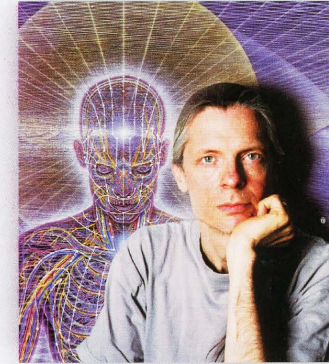


Photo by Eli Morgan

## ALEX GREY

### Envisioning Truth

Mr. Grey's paintings...present man as  
an archetypal being struggling toward  
cosmic unity. - N.Y. Times

Great art changes your perceptions.  
A multi-sensory evening with Alex Grey  
will take you on a visionary journey into  
your physical and metaphysical self.

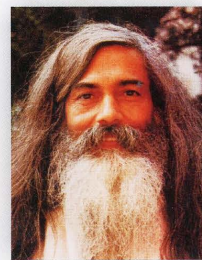
Saturday Evening, 7:00 to 9:00

## KATHERINE GIBSON

### The Uncluttered Truth

Are you possessed by your  
possessions? Attacked by your  
attachments? Constrained by  
your clutter? Ms. Gibson, best-  
selling author and media  
personality, will show you how to  
find the true meaning of your life  
by shedding the extraneous and  
embracing the gift of simplicity.

Saturday Afternoon, 1:45 to 3:15



## DR. VIJAYENDRA PRATAP

### The Truth of Classical Yoga

What was old is new again!  
When YRS began its Conferences  
in 1975, few westerners had even  
a rudimentary understanding  
of Yoga. Today, according to the  
New York Times, more than  
16 million Americans practice  
some form of Yoga. Dr. Pratap  
will help you discover the  
true foundations of this  
ancient discipline.

Saturday Morning, 11:00 to 12:30



## DR. DAVID KIM

### The Painless Truth

For those who suffer chronic pain,  
all other truths can seem trivial.  
Can relief be found without  
dependence on debilitating drugs  
or intrusive surgery? Dr. Kim, who  
specializes in Rehabilitation and  
Pain Medicine, will take you on a  
guided tour of promising new  
alternative therapies.

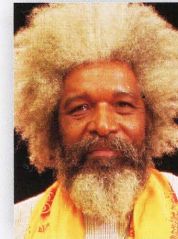
Saturday Afternoon, 3:30 to 5:00

## MASTER FAXIANG HOU

### True Healing QiGong

In Chinese medicine, the flow and  
balance of Qi is the secret to  
health and vitality. Master Hou is  
the fifth generation of his family  
to practice a unique and powerful  
form of healing QiGong which has  
helped thousands in China and in  
the United States to overcome  
chronic disease and injury.

Sunday Morning, 10:30 to 12:00



## HAROLD SMITH

### The Sound of Truth

Harold Smith finds music in  
everything he touches. He plays  
drums, wind and percussion  
instruments from every continent,  
gongs, whistles, flutes, and the  
amazing Didjeridoo which requires  
circular breathing. Those who  
experience Harold's joyful music  
never forget it, or him!

Sunday Afternoon, 4:00 to 5:00

## REGISTER NOW!

**Early Registration Discount:** Full Conference \$175, Single Day \$90, Single Program \$30

**Phone:** 1-800-JeffNow (533-3669) **Online:** [YogaResearchSociety.com](http://YogaResearchSociety.com)

**In Person:** Garland of Letters Bookstore, 527 South St, Philadelphia

For additional information, please call YRS at 215-592-9642 or visit [YogaResearchSociety.com](http://YogaResearchSociety.com)

## SPEAKERS' LECTURES

### **In Search of Truth**

November 4, 5, & 6, 2005

Thomas Jefferson University, Alumni Hall

- |                                |                                                                                                                                                             |
|--------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| JZ Knight                      | “Defining Truth as a Viable Concept; As Conclusion to Experience.”                                                                                          |
| Dr. Vijayendra Pratap          | “The Truth of Classical Yoga” Practical & Discussion                                                                                                        |
| Katherine Gibson               | “The Uncluttered Truth”                                                                                                                                     |
| Dr. David Kim                  | “The Painless Truth”                                                                                                                                        |
| Alex Grey                      | “Envisioning Truth”                                                                                                                                         |
| Master FaXiang Hou             | “True Healing QiGong” 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> |
| Ramtha,<br>The Enlightened One | “Truth is Relative to Your Own Experience.<br>Everything Else is Just Philosophy.”                                                                          |
| Harold Smith                   | “The Sound of Truth”                                                                                                                                        |

## SPEAKERS' SIGNATURES

Thank you for this  
 opportunity  
 Bless to you All!  
 JZ Knight

*Thank you for this opportunity. Bless to you all.*  
 JZ Knight

My pleasure + privilege to  
 be here at this lovely  
 event Blessings,  
 Katherine Gibson

*My pleasure & privilege to be here at this lovely event.*  
 Blessings,

Katherine Gibson



The 32nd Annual  
Yoga Research Society Conference  
November 4 & 5, 2006

at Thomas Jefferson University Alumni Hall, 1020 Locust St., Philadelphia, PA



**Dr. Vijayendra Pratap**  
HARMONY OF CLASSICAL YOGA

**RASA**  
LIVE IN CONCERT

**Dr. S.K. Ramesh**  
TACHYON ENERGY:  
EXPERIENCE INTEGRATION

**Master FaXiang Hou**  
QIGONG ENERGY

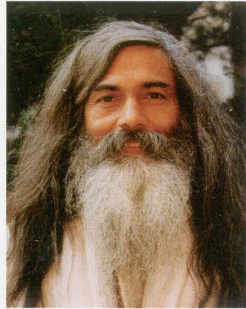
**Dr. Virender Sodhi**  
AYURVEDIC HEALING

**Dr. Bill Benda**  
LIVING IN HARMONY:  
INTEGRATIVE MEDICINE

**Dr. Zhi Gang Sha**  
SOUL MIND BODY MEDICINE

**Dr. James D'Angelo**  
THE HEALING POWER OF THE  
HUMAN VOICE

To register call: (215) 592-9642  
or online: [www.YogaResearchSociety.com](http://www.YogaResearchSociety.com)  
E-mail: [YRS@YogaResearchSociety.com](mailto:YRS@YogaResearchSociety.com)

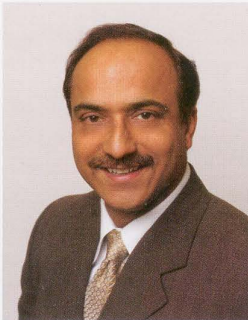


Vijayendra Pratap, Ph.D., D.Y.P., *Harmony of Classical Yoga*

A student of Swāmī Kuvalayānandaji, Dr. Vijayendra Pratap is Founder/Director of SKY Foundation; President of the Yoga Research Society; Director of the Yoga Program, Jefferson-Myrna Brind Center of Integrative Medicine; and author of *Beginning Yoga*, *Yoga Vision*, *Secrets of Hatha Vidya* and *Stories Retold*. He has presented papers and conducted workshops at institutions and conferences worldwide. This program will include traditional Yoga postures, breathing techniques, relaxation and meditation practices, and a discussion of Classical Yoga. *Dress to stretch and bring a mat to lie on.*

S.K. Ramesh, MAMS, Ph.D., *Tachyon Energy: Experience Integration*

As an Orthopedic and Trauma surgeon for many years, Dr. S.K. Ramesh was drawn to self-healing techniques to answer questions not found in allopathic medicine. This desire led him to studies of Quantum Physics, energy sciences and Tachyon Technologies. He came to understand how to prevent and reverse disease naturally by learning to source our energies from air, water, food, sleep and the environment. Dr. Ramesh is the Chairman of ATT ME Inc., Board Director of the University of Integrated Sciences, California and International Advisor for the Energetic Wellness Academy, Brussels. He will discuss the experience of integration through Tachyon Energy.



Virender Sodhi, M.D. (Ayurveda), N.D., *Ayurvedic Healing*

Dr. Virender Sodhi was the first Ayurvedic and Naturopathic physician in the United States. He received his M.D. in Ayurveda in India in 1980, and then, in 1986, began sharing Ayurveda with the West as a part of a cultural exchange program. In 1988, he graduated from Bastyr University with a degree in Naturopathic Medicine. Dr. Sodhi treats thousands of patients from around the world and lectures extensively in various countries. Recently, he was appointed as an official advisor of Ayurveda to the government of Australia. Dr. Sodhi will speak on the principals and practices of Ayurveda.

Master Zhi Gang Sha, M.D., *Soul Mind Body Medicine*

An M.D. and a traditional Chinese medicine doctor, Master Zhi Gang Sha has trained in cellular healing science in China, and is involved in research on the effects of spirituality on the human system. He is a grandmaster of Tai Chi, Qigong, Kung Fu, I Ching and Feng Shui and has been featured in two PBS documentaries. During this experiential workshop, Master Sha will introduce *Soul Mind Body Medicine®*, the title of his newly released book. Participants will learn how to access the power of the soul for healing and transformation.



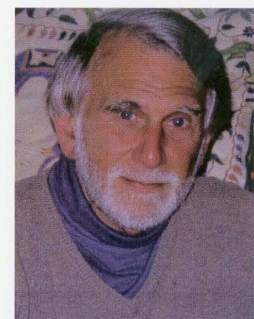
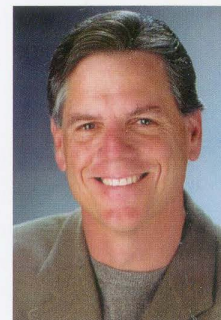


#### Master FaXiang Hou, *QiGong Energy*

A Master of Medical QiGong and Traditional Chinese Medicine, Master FaXiang Hou is the fifth generation of his family to practice a unique and powerful form of healing. He studied with five accomplished Masters in China and was certified by the elite International QiGong Science Association. Master Hou 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 will teach breathing techniques, meditations and movements that aid healing and balance the energy of the body's meridians and organs. *Dress to stretch and bring a mat to lie on.*

#### Bill Benda, M.D., *Living in Harmony: Integrative Medicine*

Dr. Bill Benda received his M.D. from the University of Miami School of Medicine at Jackson Memorial Hospital and did his residency in Emergency Medicine at Harbor-UCLA Medical Center. Currently, he is researching how equine therapy affects children with physical and emotional disabilities. Co-creator of the National Integrative Medicine Council, he is also a member of the American Academy of Emergency Medicine and other organizations promoting human rights and medical care in developing countries. Dr. Benda will discuss natural selection versus intelligent design in the world of Integrative Medicine.



#### James D'Angelo, Ph.D., *The Healing Power of the Human Voice*

Dr. James D'Angelo is a published composer, pianist, organist, teacher, and writer with degrees in music from the Manhattan School of Music and New York University. Dr. D'Angelo conducts workshops on the psychology of musical performance and the use of the voice as a pathway to inner harmony. His book, *The Healing Power of the Human Voice*, was published in July 2005. He will speak on the conscious application of the vibrations of the human voice to stimulate, release and balance the fine energies that create wholeness of spirit, mind and body.

#### RASA- Live in Concert (Kim Waters & Hans Christian)

RASA presents a concert of Mystical WorldMusic. Their musical offerings tap into the ancient Vedic culture of India for inspiration and reinterpret classic songs of devotion. Vocalist Kim Waters sings these devotional love songs in the original languages of Bengali, Sanskrit, and Hindi, while multi-instrumentalist Hans Christian weaves a unique blend of melodies and textures on traditional and contemporary instruments, using the cello, sarangi, nyckelharpa, sitara, bass, and electronic treatments. Their blend of sensuality and passion promises an event of unearthly beauty that invokes moods of devotion and meditation. The group has just released its fifth CD (*Temple Of Love*/New Earth Records, 2006) and has performed nationally for the past five years.



## SPEAKERS' LECTURES

### Energy, Harmony, Healing

November 4 & 5, 2006

Thomas Jefferson University, Alumni Hall

Dr. Vijayendra Pratap “Harmony of Classical Yoga” Practical & Discussion

Dr. S.K. Ramesh “Tachyon Energy: Experience Integration”

Dr. Virender Sodhi “Ayurvedic Healing”

Dr. Zhi Gang Sha “Soul Mind Body Medicine”  
**Book:** *Soul Mind Body Medicine*

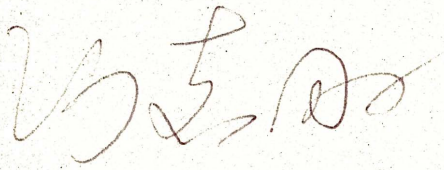
RASA Concert

Master FaXiang Hou “QiGong Energy” Practical & Discussion  
**Books:** co-author of *Qigong for Health and Well-Being*,  
*Unleashing the Power of Food*

Dr. Bill Benda “Living in Harmony: Integrative Medicine”

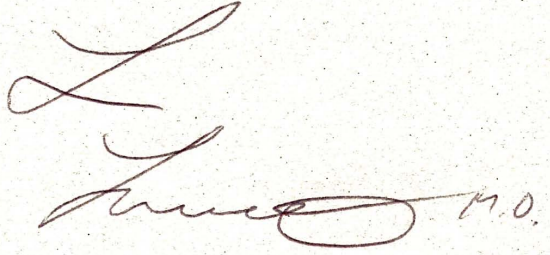
Dr. James D'Angelo “The Healing Power of the Human Voice”  
**Book:** *The Healing Power of the Human Voice*

## SPEAKERS' SIGNATURES

11104106  
 I am honored  
 to offer service  
 Love  



*I am honored to offer service. Love.*

S.K. Ramesh

1114106  
 With much love  
 appreciation and  
 a deep sense  
 of gratitude  
 to YRS and  
 all of you  


*With much love and a deep sense of gratitude to YRS and all of you.*

Master Zhi Gang Sha

It was great to be part of  
 Yoga Conference - I enjoyed  
 meeting Dr. Pratap & Marc Goldberg.  
 We need to work together towards  
 healing the planet and humanity  
 Om Shanti  


*It was great to be part of Yoga conference. I enjoyed meeting Dr. Pratap & Marc Goldberg. We need to work together towards healing the planet and humanity. Om Shanti.*

Dr. Virender Sodhi

## SPEAKERS' SIGNATURES

Thankyou so much  
for all your love  
Blessings

Kim Waters

With Prayers & Blessings  
Hans Christian RASA

*Thank you so much for all your love.  
Blessings,*

Kim Waters

*With prayers & blessings*

Hans Christian RASA

To The Yoga Research Society  
May your work continue to  
flourish and lead towards  
The great peace we need in  
The world. James D'Angelo

*To the Yoga Research Society. May your work continue to  
flourish and lead towards the great peace we need in the  
world.*

Dr. James D'Angelo

It was my great pleasure  
to know all of you -  
I am at your service  
Bill Benda MD

*It was my great pleasure to know all of you -  
I am at your service.*

Dr. Bill Benda

# LIFE, LIGHT & ILLUSION



The 33rd Annual  
Yoga Research Society Conference  
November 17 & 18, 2007

**Dr. Vijayendra Pratap**  
*LIGHT ON CLASSICAL YOGA*

**Master FaXiang Hou**  
*QIGONG FOR LIFE ENERGY*

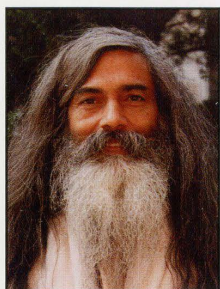
**Dr. George C. Brainard**  
*MYSTERIES OF LIGHT AND  
THE HUMAN PINEAL GLAND*

**Dr. Nicholas A. DiNubile**  
*BEATING "BOOMERITIS" -  
LIFE WITH (AND WITHOUT)  
MUSCULOSKELETAL AILMENTS*

**Dr. Mitchell M. May**  
*HEALING, LIVING & BEING*

**Dr. Eldon Taylor**  
*CHOICES AND ILLUSIONS*

To register, call: (215) 592-9642  
or online: [www.YogaResearchSociety.com](http://www.YogaResearchSociety.com)  
E-mail: [YRS@YogaResearchSociety.com](mailto:YRS@YogaResearchSociety.com)

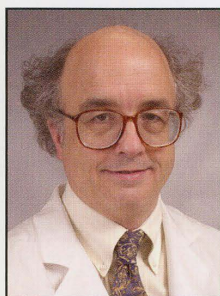


**Vijayendra Pratap, Ph.D., D.Y.P.**  
**LIGHT ON CLASSICAL YOGA**

Vijayendra Pratap, Ph.D., is a student of Swāmī Kavalayānandaji, Founder/Director of SKY Foundation, President of the Yoga Research Society, Director of the Yoga Program, Jefferson-Myrna Brind Center of Integrative Medicine, and author of *Beginning Yoga*, *Yoga Vision*, *Secrets of Hatha Vidya*, and *Stories Retold*. He served at India's Kaivalyadhama Yoga Institute as Lecturer of Yoga and Mental Health, Assistant Director of Scientific Research, and Managing Director of YOGA MIMAMSA. Dr. Pratap has presented papers and conducted workshops at institutions and conferences worldwide.

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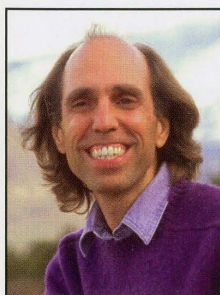
*Dress to stretch and bring a mat to lie on.*



**George C. Brainard, Ph.D.**  
**MYSTERIES OF LIGHT AND THE HUMAN PINEAL GLAND**

Dr. George Brainard joined the Jefferson faculty in 1984. His academic work is specialized in the area of pineal gland physiology and the effects of light on humans. His research has been supported by grants from the FDA, the National Institutes of Health, the Department of Energy and many others. Dr. Brainard is currently funded by the National Space Biomedical Research Institute, which is supported by NASA, to develop the lighting for manned, long-duration space missions. He has received the Lindback Foundation Award for Distinguished Teaching. Dr. Brainard presently serves

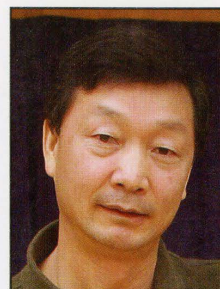
as Associate Academic Director of the Jefferson-Myrna Brind Center of Integrative Medicine and he is an honorary lifetime member of the Yoga Research Society.



**Mitchell M. May, Ph.D.**  
**HEALING, LIVING & BEING**

Following a near-fatal car crash 35 years ago, Mitchell May's doctors insisted he would never walk again; he believed differently. Dr. May's miraculous recovery made medical history when he regenerated nerve, bone, muscle and organ tissue and regained full use of his body. With the assistance of healer and UCLA parapsychology researcher Jack Gray, Mitchell undertook an intensive and extraordinary healing journey that changed the meaning and focus of his life. He became Gray's apprentice for seven years and learned the art of nontraditional healing. Since then, Mitchell has helped thousands of others tap into their own healing potential, and today, his work in the fields of healing and

nutritional pharmacology is highly regarded. He is the founder and CEO of The Synergy Company™, a manufacturer of numerous innovative food supplements.

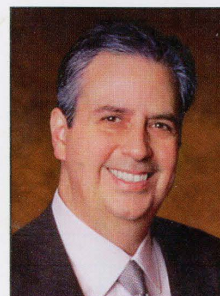


**Master FaXiang Hou**  
**QIGONG FOR LIFE ENERGY**

A Master of Medical QiGong and Traditional Chinese Medicine, FaXiang Hou is the fifth generation of his family to practice a unique and powerful form of healing and has successfully treated a large variety of diseases and injuries. He has participated in a clinical research project for the treatment of fibromyalgia at the University of Medicine and Dentistry, New Jersey. The results were published in the December, 2006 JOURNAL OF ALTERNATIVE MEDICINE. He is Director of the QiGong Research Society and co-author of *QiGong for Health and Well Being* and *Unleashing the Power of Food*. Master Hou will lead

participants through breathing techniques, meditations, and movements that aid healing and balance the energy in the body's meridians and organs.

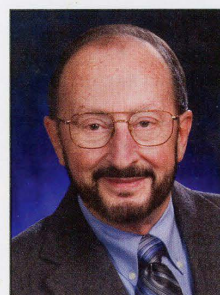
*Dress to stretch and bring a mat to lie on.*



**Nicholas A. DiNubile, M.D.**  
**BEATING "BOOMERITIS" - LIFE WITH (AND WITHOUT) MUSCULOSKELETAL AILMENTS**

Dr. Nicholas DiNubile is an orthopaedic surgeon specializing in sports medicine in private practice in Havertown, Pennsylvania and is the author of *FrameWork- Your 7 Step Program for Healthy Muscles, Bones and Joints* (Rodale Press). Dr. DiNubile served as special advisor and medical consultant to The President's Council on Physical Fitness and Sports during the first Bush Administration, with Arnold Schwarzenegger as Chairman. Currently Dr. DiNubile serves as Orthopaedic Consultant to the Philadelphia 76ers basketball team and the Pennsylvania Ballet, and is on the Board of Directors

of ACE, The American Council on Exercise. He is Clinical Assistant Professor of the Department of Orthopaedic Surgery at the Hospital of the University of Pennsylvania.



**Eldon Taylor, Ph.D.**  
**CHOICES AND ILLUSIONS**

Eldon Taylor, Ph.D., has made a life-long study of the human mind, and is considered by many to be one of the foremost authorities on subliminal information processing. A practicing criminalist for over ten years while completing his ministerial education, Dr. Taylor has also received doctoral distinctions in psychology and hypnotherapy. His recent publications, covering topics from cancer remission to AIDS, have been useful for patients across the country. He is currently the President and Director of Progressive Awareness Research, Inc. and is an adjunct faculty member of the Department of Psychology at St. John's University

in Louisiana. His latest book is *Choices and Illusions: How Did I Get Where I Am, and How Do I Get Where I Want To Be?*



## SPEAKERS' LECTURES

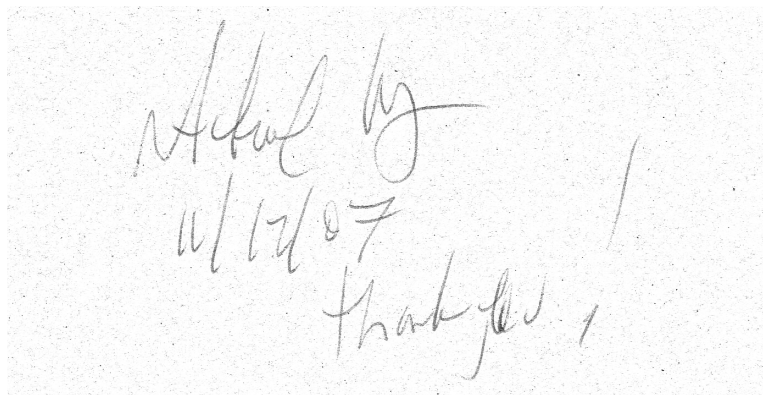
### **Life, Light & Illusion**

November 17 & 18, 2007

Thomas Jefferson University, Alumni Hall

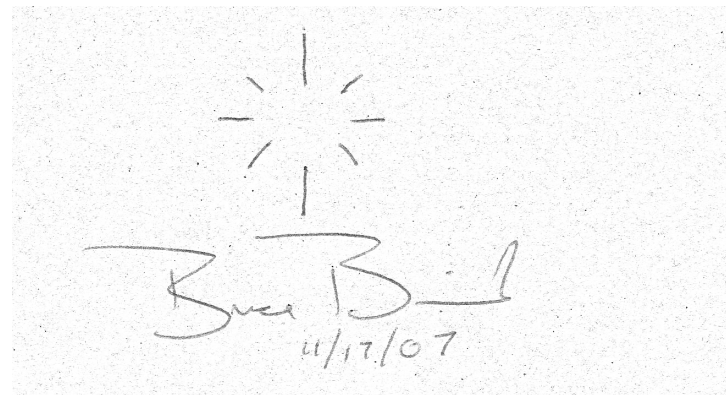
- |                       |                                                                                                                                                                             |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Dr. Vijayendra Pratap | “Light on Classical Yoga” Practical & Discussion                                                                                                                            |
| Dr. George Brainard   | “Mysteries of Light and the Human Pineal Gland”                                                                                                                             |
| Dr. Mitchell M. May   | “Healing, Living & Being”                                                                                                                                                   |
| Master FaXiang Hou    | “QiGong for Life 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>              |
| Dr. Nicholas DiNubile | “Beating ‘Boomeritis’ – Life With (and Without)<br>Musculoskeletal Ailments”<br><b>Book:</b> <i>Framework-Your 7 Step Program for Healthy<br/>Muscles, Bones and Joints</i> |
| Barbara Levitt        | “Golden Yoga” Practical                                                                                                                                                     |

## SPEAKERS' SIGNATURES



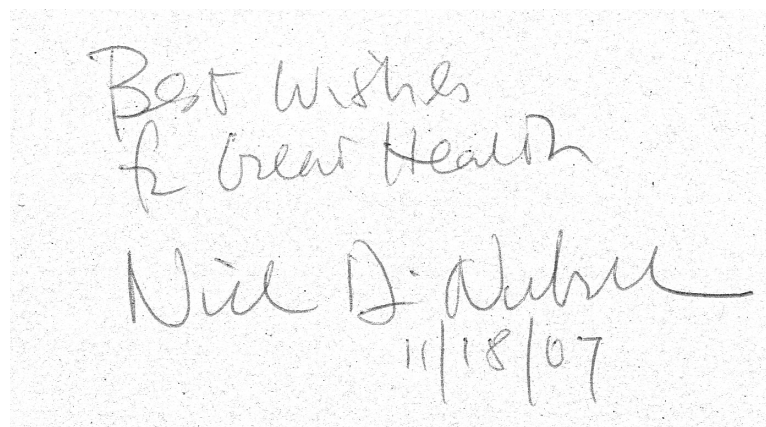
A handwritten note on a light-colored background. The text reads: "Thank you!" followed by "11/17/07" and "Thank you!" with a large exclamation point.

*Thank you!*  
Dr. Mitchell M. May



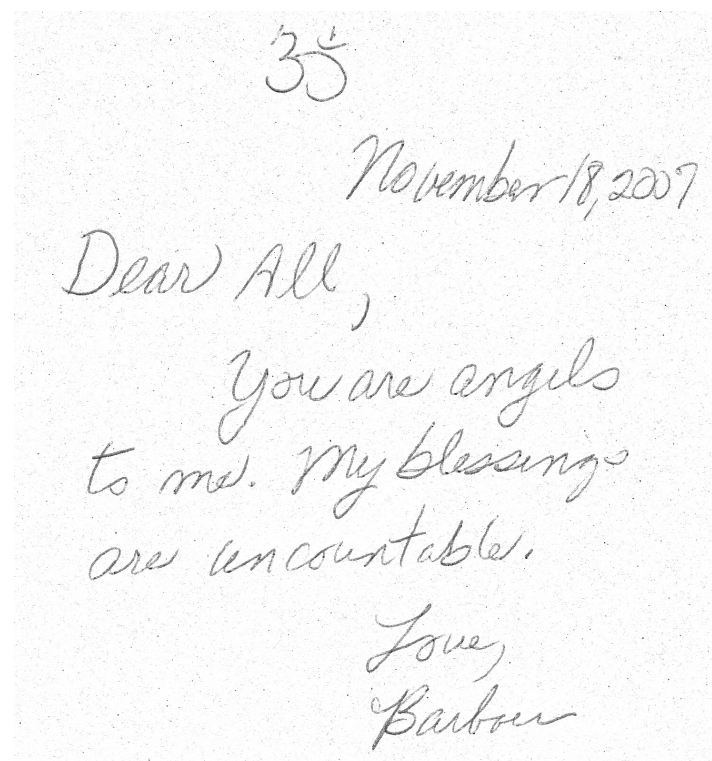
A handwritten note on a light-colored background. At the top is a simple sun-like symbol with radiating lines. Below it is the signature "Bud Brainard" and the date "11/17/07".

Dr. Bud Brainard



A handwritten note on a light-colored background. The text reads: "Best wishes for great health" followed by the signature "Nick DiNubile" and the date "11/18/07".

*Best wishes for great health.*  
Dr. Nick DiNubile



A handwritten note on a light-colored background. At the top is the number "35". Below it is the date "November 18, 2007". The text reads: "Dear All," followed by "You are angels to me. My blessings are uncountable." and the signature "Love, Barbara".

*Dear All,*  
*You are angels to me. My blessings are uncountable.*  
*Love,*

Barbara Levitt

The 34th Annual Yoga Research Society Conference



## **PATHS TO WELL-BEING 2008**

**November 8 & 9, 2008**

**A WEEKEND OF INSPIRING PROGRAMS**

THE CLASSICAL YOGA WAY TO WELL-BEING

ACUPUNCTURE: THE CHANNELS OF WELL-BEING

AYURVEDA: THE ANCIENT MEDICINE OF WELL-BEING

WELL-BEING THROUGH KOKIKAI AIKIDO

QI: THE ENERGY OF WELL-BEING

THE PATH OF YOGA IN AMERICA TODAY

THORNCROFT: THERAPEUTIC RIDING FOR WELL-BEING

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and this Conference is FREE!**

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Join now at [www.YogaResearchSociety.com](http://www.YogaResearchSociety.com)

AT THOMAS JEFFERSON UNIVERSITY, PHILADELPHIA, PENNSYLVANIA



## PATHS TO WELL-BEING 2008

at Thomas Jefferson University  
Jefferson Alumni Hall  
1020 Locust Street  
Philadelphia, PA 19107

### SATURDAY, November 8

Registration	9:30-10:00
Dr. Vijayendra Pratap	10:00-11:30
<i>THE CLASSICAL YOGA WAY TO WELL-BEING</i>	
Lunch	12:00-1:30
Ashley Wiper	2:00-3:30
<i>ACUPUNCTURE: THE CHANNELS OF WELL-BEING</i>	
Dr. Nimai Nitaidas	4:00-5:30
<i>AYURVEDA: THE ANCIENT MEDICINE OF WELL-BEING</i>	
Cecelia Ricciotti and the Philadelphia Aikido Demo Team	5:30-6:00
<i>WELL-BEING THROUGH KOKIKAI AIKIDO</i>	
Speakers Dinner	6:30-8:00

### SUNDAY, November 9

Registration	9:30-10:00
Master FaXiang Hou	10:00-11:30
<i>QI: THE ENERGY OF WELL-BEING</i>	
Lunch	12:00-1:30
Dr. Terri Kennedy	2:00-3:30
<i>THE PATH OF YOGA IN AMERICA TODAY</i>	
Sallie and Saunders Dixon	4:00-5:30
<i>THORNCROFT: THERAPEUTIC RIDING FOR WELL-BEING</i>	
Dr. Vijayendra Pratap	5:30-6:00
<i>CLOSING REMARKS</i>	

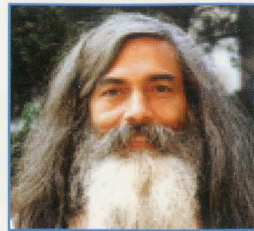
#### Speakers Dinner—Saturday Evening

An intimate get-together and a wonderful vegetarian feast.

#### Buffet Lunches—Saturday & Sunday

Vegetarian and truly delicious.

*Space is limited. Reserve early.*



DR. VIJAYENDRA PRATAP

Every Yoga Research Society Conference begins and ends with Dr. Pratap. A student of Swami Kavalayanandaji, he is the Founder/Director of SKY Foundation; President of the Yoga Research Society; Director of the Yoga Program at the Jefferson-Myrna Brind Center of Integrative Medicine; and author of *Beginning Yoga, Yoga Vision, Secrets of Hatha Vidya* and *Stories Retold*.

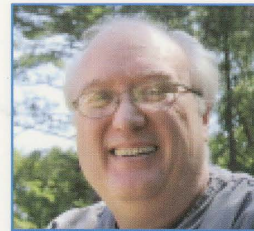
*Dress to stretch and bring a mat*



MASTER FAXIANG HOU

Master Hou will start the Sunday morning program with a burst of energy! A Master of Medical QiGong and Traditional Chinese Medicine, FaXiang Hou is the fifth generation of his family to practice a unique and powerful form of healing. He is the Director of the QiGong Research Society and co-author of *Qigong for Health and Well-Being* and *Unleashing the Power of Food*.

*Dress to stretch and bring a mat*



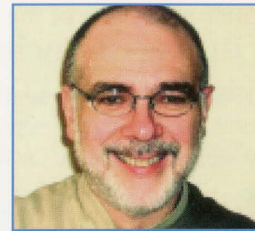
ASHLEY WIPER

Once a curiosity in the West, Acupuncture is now often prescribed as part of an integrative approach to both cure and/or prevent a wide variety of health problems. In 1982, Ashley Wiper received his License from the College of Traditional Chinese Acupuncture (U.K.) He has two Masters degrees, and is certified by the National Certification Commission for Acupuncture and Oriental Medicine.



DR. TERRI KENNEDY

Today, 20 million Americans practice Yoga. Dr. Terri Kennedy is Chair of the Board of Yoga Alliance, an organization that sets standards for Yoga teaching in the United States. She is President of Power Living Enterprises, Inc. and a leading expert in Health and Productivity Management. With an MBA from Harvard, and a Ph.D. in World Religions, she offers a multi-disciplinary path to an authentic, healthy and purposeful life. She is the author of three books and a CD.



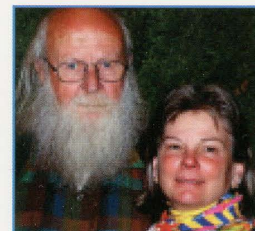
DR. NIMAI NITAIIDAS

Long before the word "holistic" entered our vocabulary, Ayurveda was India's system of treating not the disease but rather the whole person. Dr. Nitaidas is the Dean of the Dharma Institute of Yoga & Ayurveda in Cambridge, Massachusetts. He holds a Doctorate in Naturopathic Medicine from Santa Fe College of Natural Medicine. He is currently on the faculty of Tufts University School of Medicine.



CECELIA RICCIOTTI

Watch an amazing demonstration of the defensive art of Aikido. Ricciotti Sensei is a 7<sup>th</sup> Degree black belt and has been teaching in the Philadelphia area since 1978. Philadelphia Aikido has become the largest school within Kokikai International. These advanced practitioners (prominently featuring Jorge McConnie-Saad) will demonstrate how to deflect and redirect an opponent's energy so that you remain safe, relaxed, calm and secure.



SAUNDERS & SALLIE DIXON

Winston Churchill said "No hour spent on horseback is ever wasted." That is nowhere more evident than at the Thorncroft Equestrian Center. Thorncroft specializes in horseback riding for mentally, emotionally and physically challenged individuals. Students with and without disabilities work, ride and learn together. Sallie and Saunders Dixon will share an inspiring view of children and adults finding a sense of well-being through their relationship with these wonderful animals.

### Yoga Research Society

Beginning in 1924, Swami Kavalayanandaji 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 encourage you to join us by becoming a Member of the Yoga Research Society. YRS is supported by SKY Foundation, Garland of Letters Bookstore, and Friends.

## SPEAKERS' LECTURES

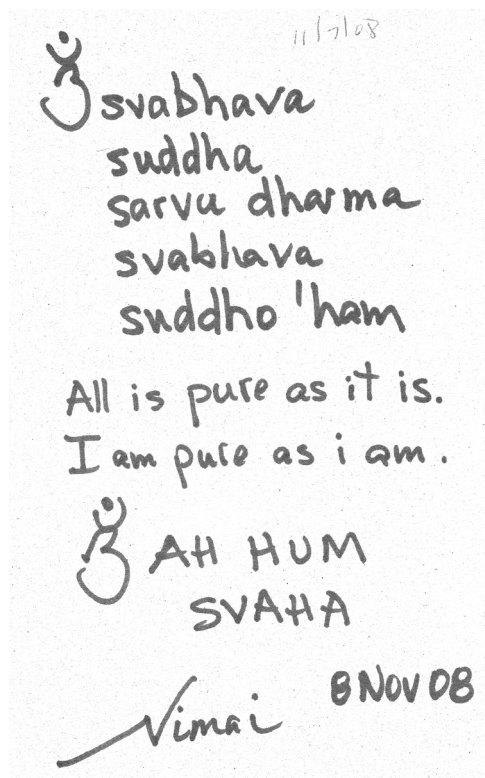
### Paths to Well-Being 2008

November 8 & 9, 2008

Thomas Jefferson University, Alumni Hall

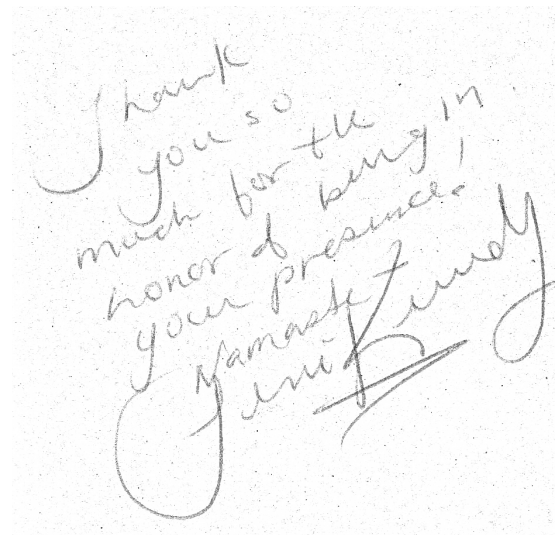
- |                                                      |                                                                                                                                                                      |
|------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Dr. Vijayendra Pratap                                | “The Classical Yoga Way to Well-Being”<br>Practical & Discussion                                                                                                     |
| Ashley Wiper                                         | “Acupuncture: The Channels of Well-Being”                                                                                                                            |
| Dr. Nimai Nitaidas                                   | “Ayurveda: The Ancient Medicine of Well-Being”                                                                                                                       |
| Cecelia Ricciotti and the<br>Phila. Aikido Demo Team | “Well-Being Through Kokikai Aikido”                                                                                                                                  |
| Master FaXiang Hou                                   | “Qi: The Energy of Well-Being” 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> |
| Dr. Terri Kennedy                                    | “The Path of Yoga in America Today”                                                                                                                                  |
| Sallie & Saunders Dixon                              | “Thorncroft: Therapeutic Riding for Well-Being”                                                                                                                      |

## SPEAKERS' SIGNATURES



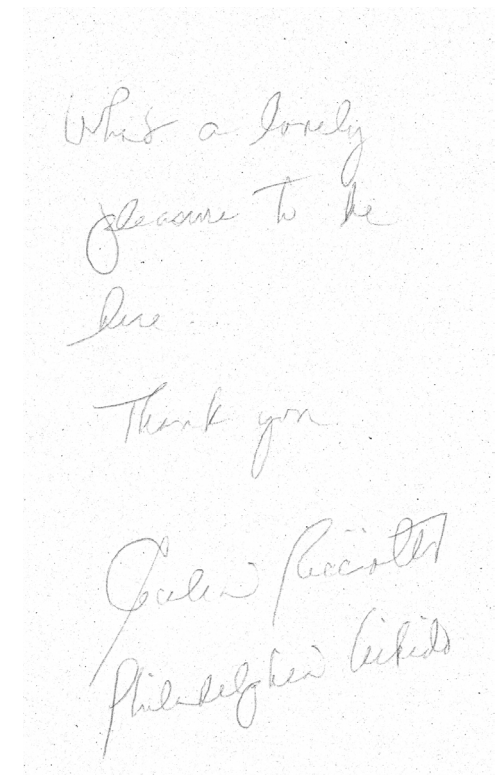
svabhava  
suddha  
sarva dharma  
svabhava  
suddho 'ham  
All is pure as it is.  
I am pure as i am.  
AH HUM  
SVAHA

Dr. Nimai Nitaidas



*Thank you so much for the honor  
of being in your presence!  
Namaste -*

Dr. Terri Kennedy



*What a lovely pleasure to be here.  
Thank you,*

Cecelia Ricciotti

The 35th Annual Yoga Research Society Conference



**YOGA**  
and the  
**Heart of Healing**  
October 31 & November 1, 2009

The Heart of Classical Yoga  
Prescription for a Great Life  
Healing Karma with Vedic Astrology  
Healing QiGong  
Spiritism: Bridging Spirituality & Health  
The Heart of Chinese Wushu

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at Thomas Jefferson University, Philadelphia, Pennsylvania



## YOGA and the Heart of Healing

at Thomas Jefferson University  
Jefferson Alumni Hall  
1020 Locust Street  
Philadelphia, PA 19107

**SATURDAY, October 31**

Registration	9:30-10:00
Dr. Vijayendra Pratap <b>The Heart of Classical Yoga</b>	10:00-12:00
Lunch	12:30-2:00
Dr. Daniel Monti <b>Prescription for a Great Life</b>	2:00-4:00
Freedom Cole <b>Healing Karma with Vedic Astrology</b>	4:30-6:30
Speakers Dinner	6:30-8:00

**SUNDAY, November 1**

Registration	9:30-10:00
Master FaXiang Hou <b>Healing QiGong</b>	10:00-12:00
Lunch	12:30-2:00
Dr. Emma Bragdon <b>Spiritism: Bridging Spirituality &amp; Health</b>	2:00-4:00
Master Changjun Zhao <b>The Heart of Chinese Wushu</b>	4:30-6:30
Dr. Vijayendra Pratap <b>Closing Remarks</b>	6:30-7:00

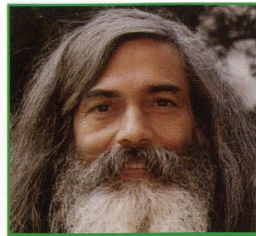
### Speakers Dinner—Saturday Evening

An intimate get-together and a wonderful vegetarian feast.

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Vegetarian and truly delicious.

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DR. VIJAYENDRA PRATAP

Dr. Pratap, a student of Swami Kuvvalayanandaji, is Director of the Jefferson-Myrna Brind Center of Integrative Medicine, President of the Yoga Research Society, Director of the Yoga Program at the Jefferson-Myrna Brind Center of Integrative Medicine, and author of *Beginning Yoga, Yoga Vision, Secrets of Hatha Vidya and Stories Retold*. More than 2,000 years ago the Yoga Sutras of Patanjali codified the science of Yoga. The Sutras are the heart of Classical Yoga, and Dr. Pratap will be our guide to this timeless wisdom.

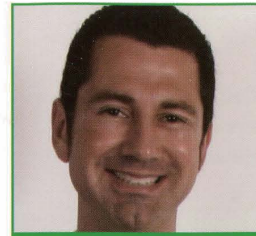
*Dress to stretch and bring a mat*



MASTER FAXIANG HOU

A Master of Medical QiGong and Traditional Chinese Medicine, FaXiang Hou is the fifth generation of his family to practice a unique and powerful form of healing. He is the Director of the QiGong Research Society and co-author of *Qigong for Health and Well-Being* and *Unleashing the Power of Food*. Qi is the life force at the heart of Chinese medicine. Master Hou will show you how to balance and energize this life force to create a calmer mind and healthier body.

*Dress to stretch and bring a mat*



DR. DANIEL MONTI

Daniel A. Monti, MD is Director of the Jefferson-Myrna Brind Center of Integrative Medicine and co-author of *The Great Life Makeover – A Couple's Guide to Weight, Mood, and Sex*. He will discuss the biology and psychological principles that interconnect problems with weight, mood and sexual function, and the role of stress in health and illness. Dr. Monti will reveal to us the lifestyle practices that are the "Prescription for a Great Life."



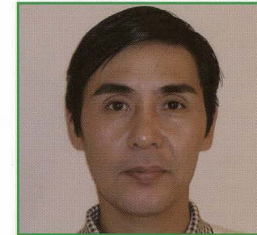
DR. EMMA BRAGDON

Deeply involved in complementary and integrative therapies since 1967, Dr. Bragdon is the Director of Spiritual Alliances as well as the Foundation for Energy Therapies. Through her books, films and pilgrimages, she has been instrumental in bringing attention to John of God and the Spiritism movement which has millions of followers, especially in Brazil. In her program, she will show two films and discuss Spiritism and Spiritist healing. At John of God's sanctuary in Brazil, Dr. Bragdon is recognized as a developed medium and healer.



FREEDOM COLE

Freedom Tobias Cole is the author of *The Science of Light, An Introduction to Vedic Astrology*. In this program, Freedom will approach the diagnosis of disease on the physical, mental and causal levels. He will delve into physical, psychological, and spiritual treatments using Yoga and Ayurveda. The concept of Karma will be explained and Freedom will describe methods of healing Karmic disease through Vedic Astrology.



MASTER CHANGJUN ZHAO

Wushu began some 4,000 years ago in China as a method of hand-to-hand combat, expanding over time into a discipline for health maintenance and self cultivation. Today it is also a competitive sport judged like gymnastics. Changjun Zhao is a legendary Wushu Master who has earned 54 gold medals in national and international competitions. (See YouTube: *A Tribute to Zhao Changjun—Wushu—Old School*). He will both demonstrate and teach fundamental Wushu techniques.



## Yoga Research Society

Beginning in 1924, Swami Kuvvalayanandaji 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.

Founded by Dr. Vijayendra Pratap, and under his continuous direction, YRS celebrates its 35th annual conference.

We encourage you to join us by becoming a Member of the Yoga Research Society. YRS is supported by SKY Foundation, Garland of Letters Bookstore, and Friends.

### cover art:

#### Anahata Chakra

The word Chakra in Sanskrit means wheel or disc. The Anahata Chakra is located in the heart region. It has twelve petals. The Yantra in the center is composed of two triangles. The triangle facing upward represents ascending aspiration. The downward triangle represents descending grace. The Sanskrit letter Yam in the center is considered to be the sound of this Chakra.



## SPEAKERS' LECTURES

### YOGA and the Heart of Healing

October 31 & November 1, 2009

Thomas Jefferson University, Alumni Hall

- Dr. Vijayendra Pratap    “The Heart of Classical Yoga” Practical & Discussion
- Dr. Daniel Monti        “Prescription for a Great Life”  
**Book:** co-author of *The Great Life Makeover- A Couple's Guide to Weight, Mood and Sex*
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**Books:** co-author of *Qigong for Health and Well-Being, Unleashing the Power of Food*
- Dr. Emma Bragdon      “Spiritism: Bridging Spirituality & Health”
- Master Changjun Zhao    “The Heart of Chinese Wushu” Practical & Discussion

## SPEAKERS' SIGNATURES

10/31/09  
 Thank you for all of the  
 wonderful things that YRS  
 brings to the community; it was  
 an honor to be part of your program!  
 Daniel Montini

*Thank you for all of the wonderful things that YRS  
 brings to the community, it was an honor to be part of your  
 program!*

Dr. Daniel Monti

Thank you. The YRS people  
 have been wonderful & I  
 appreciate sharing time  
 with everyone here.  
 10/31/09  
 Freedom Cole

*Thank you. The YRS people have been wonderful &  
 I appreciate sharing time with everyone here.*

Freedom Cole

Nov. 1, 2009 -  
 Thank you for the privilege  
 of joining your 35th annual  
 conference as a speaker.  
 You are so kind to  
 invite me + I enjoyed  
 every moment of our becoming  
 friends.  
 Emma Bragdon

*Thank you for the privilege of joining your 35th annual  
 conference as a speaker. You are so kind to invite me & I  
 enjoyed every moment*

Dr. Emma Bragdon

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 美国志愿军  
 武木学院  
 赵长军  
 11/09

Master Changjun Zhao



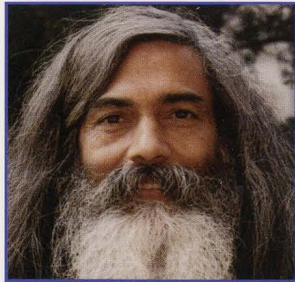
# The United States of Consciousness

The 36th Annual  
Yoga Research Society Conference  
November 13 & 14, 2010

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at Thomas Jefferson University, Philadelphia, Pennsylvania



DR. VIJAYENDRA PRATAP

Dr. Pratap, a student of Swami Kavalayanandaji, is Director of SKY Foundation, President of the Yoga Research Society, Director of the Yoga Program at the Jefferson-Myrna Brind Center of Integrative Medicine, and author of *A Teacher's Guide for Beginning Yoga*, *Yoga Vision*, *Secrets of Hatha Vidya*, *Stories Retold* and *Yoga of Gheranda*. Dr. Pratap will guide us through practices that lead toward developing the consciousness of Classical Yoga.

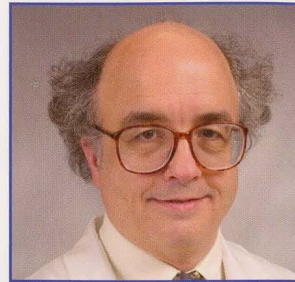
*Dress to stretch and bring a mat*



MASTER FAXIANG HOU

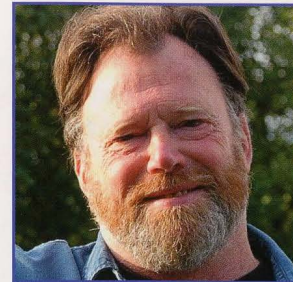
A Master of Medical QiGong and Traditional Chinese Medicine, FaXiang Hou is the fifth generation of his family to practice a unique and powerful form of healing. He is the Director of the QiGong Research Society and co-author of *Qigong for Health and Well-Being* and *Unleashing the Power of Food*. Master Hou will show us how to unite our Qi energy and consciousness to create a state of calm mind and healthy body.

*Dress to stretch and bring a mat*



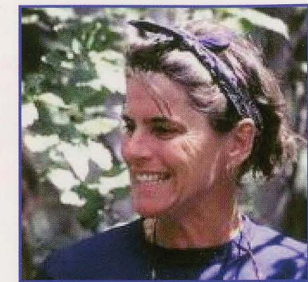
DR. GEORGE BRAINARD

Dr. Brainard joined the Jefferson faculty in 1984. His academic work is specialized in the area of pineal gland physiology and the effects of light on humans. He is currently funded by the National Space Biomedical Research Institute and NASA to develop lighting for the International Space Station, as well as for future vehicles and habitats for long duration space missions. Dr. Brainard will explore the relationship of light to the brain, behavior, and consciousness.



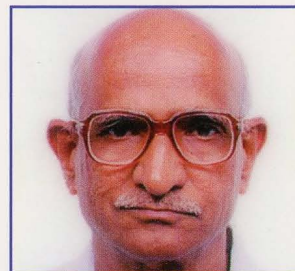
DR. BILL WEBER

Dr. Weber has worked for thirty years in the field of international conservation. In Africa, he initiated the mountain gorilla tourism program, helped create the Nyungwe National Park, and trained Rwandan conservationists. He is co-author of *In the Kingdom of Gorillas*, selected as one of the "Best Science and Nature books" by NPR. He and his wife, Amy Vedder will bring us a fascinating, intimate view of close encounters across the human-animal divide.



DR. AMY VEDDER

Dr. Vedder is Senior Vice President for Conservation at The Wilderness Society (TWS) in Washington, DC. She is widely known for her pioneering studies of mountain gorillas in Rwanda, and as co-founder of the Mountain Gorilla Project. She is co-author of *In the Kingdom of Gorillas*. Her presentation with Dr. Weber will expand our consciousness and understanding of the natural delicate balance, and commonality, between wildlife and people.



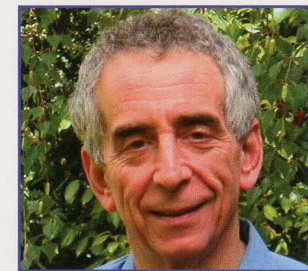
DR. G. RAMAKRISHNA

The Yoga Research Society is honored that Dr. Ramakrishna is making the journey from Bangalore, India to speak at this conference. An English Literature professor for nearly three decades, G. Ramakrishna has published books in his field, essays, and biographies. He will share with us his understanding of the levels of consciousness and ultimate transcendence through the Upanishads and the poetry of William Blake.



STEFANIE SYMAN

Stefanie Syman is the author of the *The Subtle Body: The Story of Yoga in America*. Based on her extensive research, she will present highlights of the many stories of Yoga teachers and their students in America in the last 150 years. We will learn how diverse were the teachings, and how they became a part of the changing American culture. Stefanie has written articles for many publications including *The Wall Street Journal*, *Rolling Stone*, *Vogue*, and *Yoga Journal*.



DR. BARRY SCHWARTZ

Dr. Schwartz has been a Professor of Psychology at Swarthmore College for more than thirty years. A prolific author and sought-after speaker, his presentation will focus on the subject of his book, *The Paradox of Choice: Why More Is Less*. We will learn why conscious decisions are not always the best decisions; why choice is both a blessing and a curse; why too much choice is paralyzing; and why looking for the "best" is an especially self-defeating strategy.

## SPEAKERS' LECTURES

### The United States of Consciousness

November 13 & 14, 2010

Thomas Jefferson University, Alumni Hall

- Dr. Vijayendra Pratap “The Consciousness of Classical Yoga” Practical & Discussion
- Dr. George Brainard “Light & Consciousness”
- Dr. Amy Vedder  
& Dr. Bill Weber “Saving Them, Saving Ourselves”  
**Book:** *In the Kingdom of Gorillas*
- Master FaXiang Hou “QiGong: Uniting Energy & Consciousness”  
Practical & Discussion  
**Books:** co-author of *Qigong for Health and Well-Being*,  
*Unleashing the Power of Food*
- Dr. G. Ramakrishna “Paths to Transcendent Consciousness”
- Stephanie Syman “The Transformation of Yoga in America”  
**Book:** *The Subtle Body: The Story of Yoga in America*
- Dr. Barry Schwartz “The Paradox of Choice”

## SPEAKERS' SIGNATURES

THANK YOU SO MUCH FOR  
THE OPPORTUNITY TO  
ADDRESS YOUR GROUP  
- VERY INSPIRING!  
Bill Weber

*Thank you so much for the opportunity to address your group - very inspiring!*

Dr. Bill Weber

So warmly welcomed - with many  
thoughts stimulated and memories  
recovered!  
Amy Vedder

*So warmly welcomed - with many thoughts stimulated,  
and memories recovered!*

Dr. Amy Vedder

Speaking here was a total pleasure.  
The audience was interesting & interested.  
Thank you for inviting me  
Barry Schwartz  
14 November 2010

*Speaking here was a total pleasure. The audience was interesting & interested.  
Thank you for inviting me.*

Dr. Barry Schwartz

- Grateful thanks to all at YRS.  
G. Ramakrishna  
14.11.2010

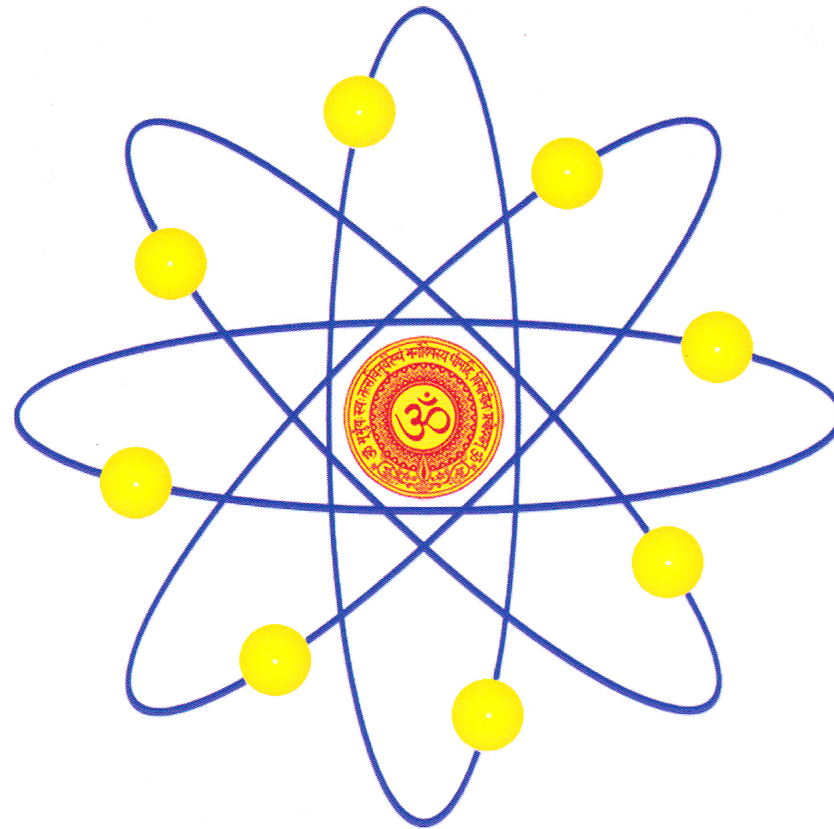
*- Grateful thanks to all at YRS.*

Dr. G. Ramakrishna

- Thank so much to the Y.R.S. for  
hosting me. Best.  
Stefanie Syman

*- Thank so much to the Y.R.S. for hosting me. Best,*

Stefanie Syman



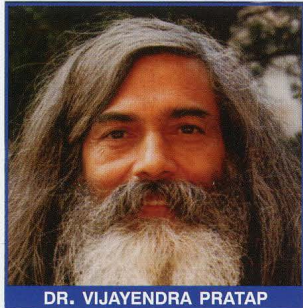
# Life Force: Secrets Revealed

The 37th Annual  
Yoga Research Society Conference  
November 5 & 6, 2011

**Become a YRS Member  
and this Conference is FREE!**

Your annual membership is only \$45  
Join now at [www.YogaResearchSociety.com](http://www.YogaResearchSociety.com)

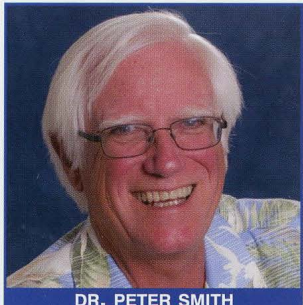
at Thomas Jefferson University, Philadelphia, Pennsylvania



DR. VIJAYENDRA PRATAP

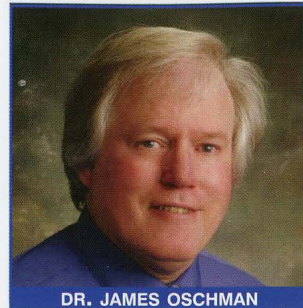
Vijayendra Pratap, Ph.D., a student of Swami Kuvalayanandaji, is Director of the SKY Foundation, President of the Yoga Research Society, Director of the Yoga Program at the Jefferson-Myrna Brind Center of Integrative Medicine, and author of *A Teacher's Guide for Beginning Yoga*, *Yoga Vision*, *Secrets of Hatha Vidya*, *Yoga of Gheranda*, and *Stories Retold*. Dr. Pratap will guide us through practices that, when done regularly and with respect, reveal the secrets of Classical Yoga.

*Dress to stretch and bring a mat*



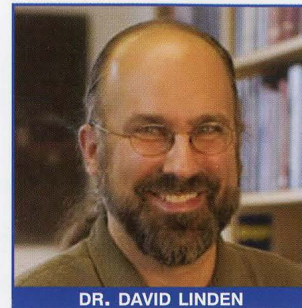
DR. PETER SMITH

Peter H. Smith, Ph.D., is a professor of Planetary Sciences at the University of Arizona where he has played an important role in many of the seminal space missions that have explored the solar system. Dr. Smith designed the cameras that returned images from the Martian surface and has been involved in the search for extra-terrestrial life. He'll discuss the possibilities of finding life forms in our solar system and theories on the origin of life on earth. Be prepared for an out-of-this-world program!



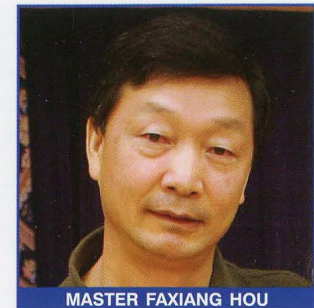
DR. JAMES OSCHMAN

James Oschman, Ph.D., a pioneer in the scientific exploration of complementary and alternative medicine, has worked in major research labs worldwide. His books, *Energy Medicine*, *The Scientific Basis* and *Energy Medicine in Therapeutics and Human Performance* give even the most skeptical medical researchers a sound basis for exploring the physiology and biophysics of energy medicines. His talk will focus on the connective tissue and fascia's affect on health, consciousness, and the evolution of mankind.



DR. DAVID LINDEN

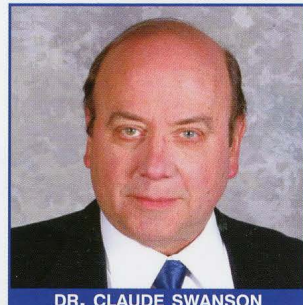
David Linden, Ph.D., is a professor in the Department of Neuroscience at the Johns Hopkins University School of Medicine and is the Chief Editor of the *Journal of Neurophysiology*. His popular new book, *The Compass of Pleasure*, explores the ancient pleasure circuit in the brain that motivates us to seek everything from fatty foods to orgasm, from vodka to exercise, from marijuana to meditation. Dr. Linden's presentation promises to be enlightening as well as – in a word – pleasurable!



MASTER FAXIANG HOU

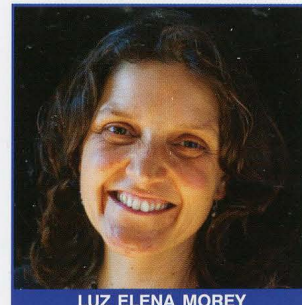
Master Hou is a Master of Medical QiGong and Traditional Chinese Medicine. He is the fifth generation of his family to practice a unique and powerful form of healing. He is deemed a Certified Master in the International QiGong Science Association. Master Hou is the Director of the QiGong Research Society and co-author of *Qigong for Health and Well-Being* and *Unleashing the Power of Food*. He will show us how to harness Qi, the life force, to enable a state of calm mind and healthy body.

*Dress to stretch and bring a mat*



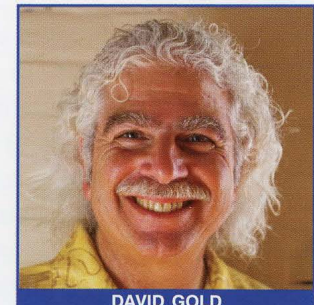
DR. CLAUDE SWANSON

Claude Swanson, Ph.D., educated at MIT and Princeton Universities, has had a distinguished career in Applied Physics. For the last 15 years, he has pursued investigations into "unconventional physics" including many aspects of paranormal phenomena which challenge our present science. His books, *The Synchronized Universe* and *Life Force*, *The Scientific Basis* explore the possibilities of time shifting, teleportation, levitation, out-of-body experiences, and long distance energy medicine. Come with an open mind!



LUZ ELENA MOREY

Luz Elena Morey, M.A., is founder of the Mahalo Art Center and co-founder of the Vermont Wilderness School. She is a Registered Drama Therapist, sound healer, and experiential psychotherapist. Her work is nature-connected, transpersonal and multi-modal, specializing in building awareness, self-esteem, and creativity. In their program, Luz and David will explore with attendees the tools for connecting to higher states of vibration and accessing self-healing abilities.



DAVID GOLD

David Gold's work, Energy Alchemy, helps transform patterns of energy flow, awakening one's capacity to self-heal. He has been practicing Qigong since 1988 and is a Reiki Master. He and Luz Elena will lead a workshop that encourages participants to access inner peace and wellness through healing motions and sound vibrations. The process helps clear pain, illness, and emotional blocks from the body, mind and soul. Dance with the energy and life-force of the Universe!



## SPEAKERS' LECTURES

### Life Force: Secrets Revealed

November 5 & 6, 2011

Thomas Jefferson University, Alumni Hall

- Dr. Vijayendra Pratap    “Yoga: Secrets Revealed” Practical & Discussion
- Dr. James Oschman    “What Yoga Stretches”  
**Books:** *Energy Medicine, The Scientific Basis; Energy Medicine in Therapeutics and Human Performance*
- Dr. David Linden    “Vice, Virtue & the Pleasure Circuits of the Brain”  
**Book:** *The Compass of Pleasure*
- Dr. Peter Smith    “Revelations from Outer Space”
- Master FaXiang Hou    “Qi: How to Harness the Life Force” Practical & Discussion  
**Books:** co-author of *Qigong for Health and Well-Being, Unleashing the Power of Food*
- Dr. Claude Swanson    “Life Force: The Scientific Basis”  
**Books:** *The Synchronized Universe; Life Force, The Scientific Basis*
- Luz Elena Morey  
& David Gold    “Energy Alchemy & Sound Healing”

## SPEAKERS' SIGNATURES

To the YRS -  
I am inspired and  
grateful for our  
time together.  
Thank you  
Jim Oschman

*To the YRS - I am inspired and grateful for our time together. Thank you*

Dr. James Oschman

TO YRS FOLKS  
THANKS FOR HAVING ME @  
YRS '11 AND KEEP YOUR  
DOPAMINE FLOWING  
DAVID

*To YRS Folks*

*Thanks for having me @YRS '11 and keep your dopamine flowing*

Dr. David Linden

11/16/2011  
A spiritual & inspiring  
group. Glad to be  
a small part.  
Peter H. Smith

*A spiritual & inspiring group. Glad to be a small part.*

Dr. Peter Smith

Delightful attending and  
participating in your  
conference! I wish you much  
success & many blessings,  
Claude Swanson

*Delightful attending and participating in your conference! I wish you much success & many blessings.*


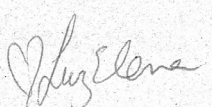
Dr. Claude Swanson

## SPEAKERS' SIGNATURES

11/6/2011  
 WITH MANY THANKS FOR LETTING  
 ME SHARE MY STORY  
 IN SUCH A PEACEFUL, SAFE  
 ENVIRONMENT -  
 I LEARNED FAR MORE THAN  
 ANYTHING I COULD SHARE WITH  
 THE YOGA RESEARCH SOCIETY.  
 WITH LOVE  
 DAVID GOLDSCHMIDT  
 PUTNEY, VT

*With many thanks for letting me share my story in such a peaceful,  
 safe environment - I learned far more than anything  
 I could share with the Yoga Research Society.  
 With Love*

David Goldschmidt

11/6/2011  
 SO Beautiful  
 being here with  
 such  loving people  
 thantya! thantya! thantya!  
 MAY YOUR HEART LIGHT  
 WORK spread far + wide  
 ~  
 Aum Shanti!  
  
 Mahabodhi Center

*So beautiful being here with such ... loving people. Thank you!  
 Thank you! Thank you! MAY YOUR HEART LIGHT  
 WORK spread far and wide.  
 Aum Shanti!*

Luz Elena Morey



## **Yoga, Emotional Freedom & Beyond**

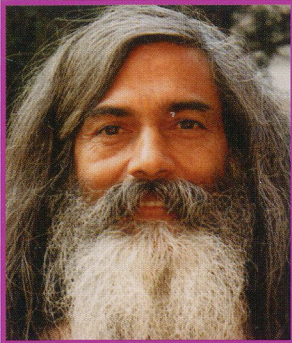
**The 38th Annual  
Yoga Research Society Conference  
November 3 & 4, 2012**

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and this Conference is FREE!**

Your annual membership is only \$45  
Join now at [www.YogaResearchSociety.com](http://www.YogaResearchSociety.com)

**at Thomas Jefferson University, Philadelphia, Pennsylvania**

## SATURDAY, NOVEMBER 3

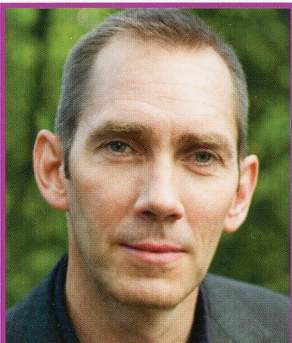


Vijayendra Pratap, Ph.D.

**Yoga: Emotional Freedom & Beyond**

Dr. Pratap, a student of Swami Kuvalayanandaji, is Director of the SKY Foundation, President of the Yoga Research Society, Director of the Yoga Program at the Jefferson-Myrna Brind Center of Integrative Medicine, and author of *A Teacher's Guide for Beginning Yoga*, *Yoga Vision*, *Secrets of Hatha Vidya*, *Yoga of Gheranda*, and *Stories Retold*. Dr. Pratap will guide us through Classical Yoga practices that, when done regularly and with respect, lead to experiences of emotional freedom and beyond. A discussion of Yoga philosophy will complete the workshop.

*Dress to stretch and bring a mat*



Paul Hackett, Ph.D.

**Theos Bernard: The White Lama**

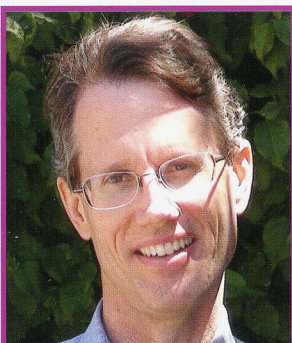
Dr. Hackett, Associate Editor for the American Institute of Buddhist Studies, is an instructor in Tibetan Studies and serves on the Research Staff of the Department of Religion at Columbia University. He is the author of several books, and Columbia Press has just published his new comprehensive biography: *Theos Bernard, The White Lama: Tibet, Yoga, and American Religious Life*. In 1937 Theos Bernard became the third American to reach Lhasa, the capital of Tibet. He went on to become a seminal figure in America's discovery of Eastern spiritualism.

Dr. Hackett will share stories of him and explore what it means to "study" Yoga and Tantra.

**Ayurveda & Yoga:  
Consciousness-Based Healing**

Dr. Dugliss, a member of the Board of Directors of the National Ayurvedic Medical Association, is the author of several books including *Ayurveda-The Power to Heal*, *Enlightened Nutrition*, *Capturing the Bliss: Ayurveda and the Yoga of Emotions*, *The Myth of Cholesterol*, and *Yoga & Ayurveda*. His program will explore the Consciousness Model of Healing and explain how to eliminate the major blocks to wellness. Dr. Dugliss believes that Ayurveda, as taught by the Maharishi Universities, is the preventative

medicine that can help solve our current healthcare crises.



Paul Dugliss, M.D.

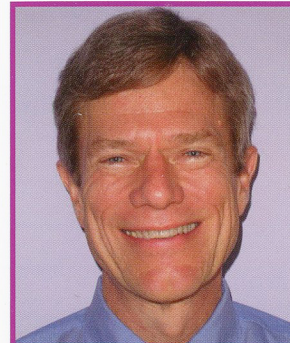
## SUNDAY, NOVEMBER 4

**How God Changes Your Brain**

Andrew Newberg, M.D.

Dr. Newberg is the Director of Research at Jefferson's Myrna Brind Center of Integrative Medicine. He has written a number of books analyzing the neurophysiology of religious experience including *The Mystical Mind: Probing the Biology of Belief*, which won the 2000 award for Outstanding Books in Theology and the Natural Sciences. He is co-author of a new book, *How Words Can Change Your Brain* and of the best seller, *How God Changes Your Brain*. He has appeared on Good Morning America, Nightline, CNN, and ABC World News Tonight.

Dr. Newberg's program will examine just how the brain perceives God and will address the questions: What does God look like? And how does God feel?

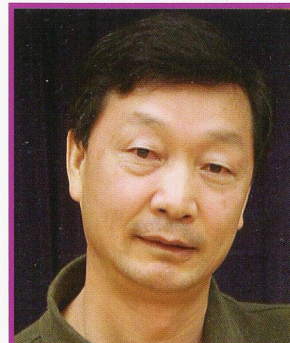


Larry Burk, M.D.

**Emotional Freedom Techniques (EFT)  
for Health & Abundance**

Dr. Burk, a co-founder of Duke Integrative Medicine, has taught Radiology at Jefferson Medical College and Duke University. He is trained in medical acupuncture and certified in clinical hypnosis. His new book, *Let the Magic Happen: Adventures in Healing with a Holistic Radiologist*, chronicles his journey from training in conventional medicine to the alternative world of holistic healing. Dr. Burk was a presenter at the 2001 YRS Conference and mentions Garland of Letters Bookstore, Dr. Brainard, and Dr. Pratap

in his book. His program will include an experiential group practice of EFT "tapping" to deal with trauma, anxiety, and uncontrolled cravings.

**QiGong & Emotional Harmony**

Master FaXiang Hou

Master Hou is a Master of Medical QiGong and Traditional Chinese Medicine. He is the fifth generation of his family to practice a unique and powerful form of healing. His medical research includes a pilot study on QiGong Therapy for patients with fibromyalgia, and an osteoarthritis of the knee study at RWJ Medical School. Master Hou is the Director of the QiGong Research Society and co-author of *Qigong for Health and Well-Being* and *Unleashing the Power of Food*. He will show us how to harness Qi, the life force, to enable health for the body

and emotional harmony for the mind.

*Dress to stretch and bring a mat*

## SPEAKERS' LECTURES

### YOGA: Emotional Freedom & Beyond

November 3 & 4, 2012

Thomas Jefferson University, Alumni Hall

- Dr. Vijayendra Pratap    “Yoga: Emotional Freedom & Beyond” Practical & Discussion
- Dr. Paul Hackett        “Theos Bernard: The White Lama”  
**Book:** *Theos Bernard, The White Lama: Tibet, Yoga, and American Religious Life*
- Dr. Paul Dugliss        “Ayurveda & Yoga: Consciousness-Based Healing”  
**Books:** *Ayurveda- The Power to Heal; Enlightened Nutrition: Capturing the Bliss: Ayurveda and the Yoga of Emotions; The Myth of Cholesterol; Yoga & Ayurveda*
- Dr. Andrew Newberg    “How God Changes Your Brain”  
**Books:** *How Words Can Change Your Brain; How God Changes Your Brain*
- Master FaXiang Hou    “QiGong & Emotional Harmony” Practical & Discussion  
**Books:** co-author of *Qigong for Health and Well-Being, Unleashing the Power of Food*
- Dr. Larry Burk         “Emotional Freedom Techniques (EFT)  
                                          for Health & Abundance”  
**Book:** *Let the Magic Happen: Adventures in Healing with a Holistic Radiologist*

## SPEAKERS' SIGNATURES

11/3/12  
 Many thanks for a wonderful  
 conference.  
 Paul Hackett

*Many thanks for a wonderful conference.*

Dr. Paul Hackett

Many Thanks  
 Paul Dugliss  
 11/4/2012

*Many thanks!*

Dr. Paul Dugliss

Thanks for having me at this  
 great conference.  
 Best Regards,  
 Andrew Newberg  
 11/4/12

*Thanks for having me at this great conference.*

*Best Regards,*

Dr. Andrew Newberg

11/4/12  
 Let Magic Happen!  
 Larry

*Let Magic Happen!*

Dr. Larry Burk



# YOGA and the Matrix of Life

The 39th Annual  
Yoga Research Society Conference

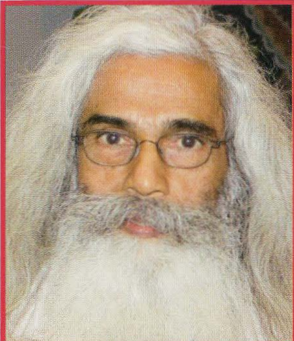
November 2 & 3, 2013

Become a YRS Member  
for \$45 and this Conference is FREE!

Join now at [YogaResearchSociety.com](http://YogaResearchSociety.com)

at Thomas Jefferson University, Philadelphia, Pennsylvania



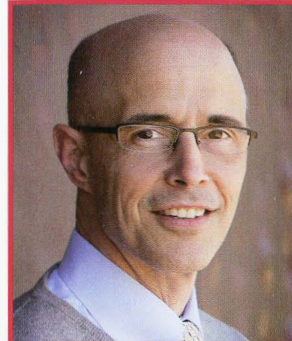


Vijayendra Pratap, Ph.D.

### Yoga: The Matrix of Life

Dr. Pratap, a student of Swami Kuvalayanandaji, is Director of the SKY Foundation, President of the Yoga Research Society, Director of the Yoga Program at the Jefferson-Myrna Brind Center of Integrative Medicine, and author of *A Teacher's Guide for Beginning Yoga*, *Yoga Vision*, *Secrets of Hatha Vidya*, *Yoga of Gheranda*, and *Stories Retold*. Dr. Pratap will guide us through Classical Yoga practices that, when done regularly and with respect, lead to an understanding of oneself and the reality of all life. A discussion of Yoga philosophy will complete the workshop.

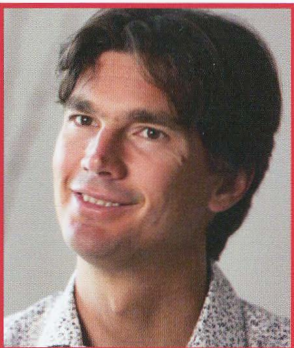
*Dress to stretch and bring a mat*



Jim B. Tucker, M.D.

### Life Before Life

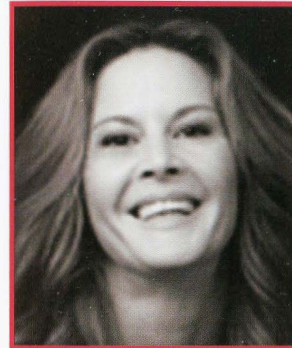
Is reincarnation possible? Dr. Jim Tucker directs research into children's reports of past-life memories. He is Medical Director of the Child & Family Psychiatric Clinic and Assistant Professor of Psychiatric Medicine at the University of Virginia Health System. His book, *Life Before Life: Children's Memories of Previous Lives* describes a collection of 2,500 cases that investigators have carefully studied since Dr. Ian Stevenson began the work more than forty years ago. At this Conference, Dr. Tucker will present the most current evidence in this amazing reincarnation study.



Harry Massey

### Mapping The Human Body-Field

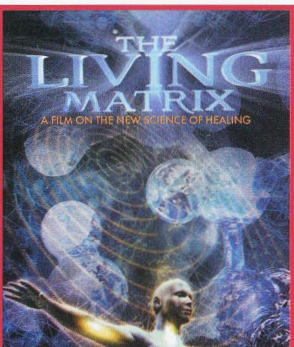
Harry Massey is Executive Producer and co-writer of *The Living Matrix*. He is the Director of *Choice Point*, a documentary film that explores paradigm-changing technologies to transform ourselves and the world. He is the co-author of *Decoding the Human Body-Field: The New Science of Information as Medicine*, as well as other books. His company, NES Health Ltd. is dedicated to furthering the leading edge health-related technologies. In this program, he will explain the method of reading the human body-field, and discuss the use of information and energy to treat disease.



Jocelyn Kessler

### Finding The Human/Animal Connection

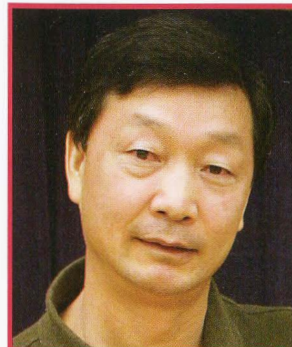
In *The Secret Language of Dogs*, Jocelyn Kessler explains the importance of learning how to listen to your dog by learning to read their behavioral and energetic traits. Based on her years of experience with dogs and their human companions in both southern California and New York, she explains the Metaphysical art of connecting human beings to their animals by using various forms of energy. In her presentation, Jocelyn will combine engaging stories with instructive insights to help attendees achieve the same results in their own human/animal relationships.



Film

### "The Living Matrix" Film

In *The Living Matrix—The New Science of Healing*, scientists, psychologists, bioenergetic researchers and holistic practitioners reveal the intricate web of factors that determine our well-being. From the quantum physics of the human body-field to heart coherence and informational healthcare, this film explores the scientific theories behind alternative healings and "miracle cures." Based on the latest research, learn how you can enliven your body's own self-healing capabilities and transform your ideas about how to get well and stay well.



Master FaXiang Hou

### QiGong: The Energy Matrix

Master Hou is a Master of Medical QiGong and Traditional Chinese Medicine. He is the fifth generation of his family to practice a unique and powerful form of healing. His medical research includes a pilot study on QiGong Therapy for patients with fibromyalgia, and an osteoarthritis of the knee study at RWJ Medical School. Master Hou is the Director of the QiGong Research Society and co-author of *Qigong for Health and Well-Being* and *Unleashing the Power of Food*. He will show us how to harness our Qi energy, to create a state of calm mind and healthy body.

*Dress to stretch and bring a mat*

## SPEAKERS' LECTURES

### **Yoga and the Matrix of Life**

November 2 & 3, 2013

Thomas Jefferson University, Dorrance H. Hamilton Building

Dr. Vijayendra Pratap      “Yoga: The Matrix of Life” Practical & Discussion

Dr. Jim B. Tucker          “Life Before Life”

Jocelyn Kessler            “Finding the Human/Animal Connection”

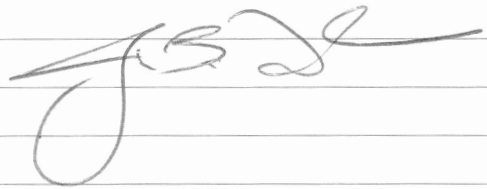
Harry Massey              “Mapping the Human Body-Field”

Master FaXiang Hou      “QiGong: The Energy Matrix” Practical & Discussion  
**Books:** co-author of *Qigong for Health and Well-Being*,  
*Unleashing the Power of Food*

Film                            “The Living Matrix - The New Science of Healing”

## SPEAKERS' SIGNATURES

THANK YOU FOR A WONDERFUL  
WEEKEND AND FOR ALL YOUR  
WORK.

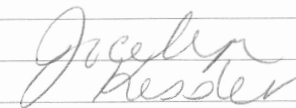


*Thank you for a wonderful weekend and for all your work.*

Dr. Jim B. Tucker

Dear Dr. Pratap  
Thank you for  
such a beautiful  
experience! I am  
so honored to be a part  
of your community! You  
are simply Divine love!

Love Always,



*Dear Dr. Pratap, Thank you for such a beautiful  
experience! I am so honored to be a part of your  
community! You are simply Divine love!*

*Love Always,*

Jocelyn Kessler

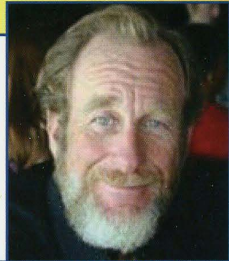
# YOGA and HEALING ENERGY



40<sup>TH</sup>  
Yoga Research Society  
Conference

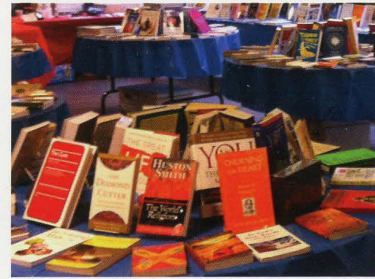
November 15 & 16, 2014

at Thomas Jefferson University, Philadelphia, Pennsylvania



GARY LEVITT

Since 1975, long before terms like integrative medicine and holistic health became commonplace, the Yoga Research Society brought to Philadelphia distinguished teachers, scientists, researchers, physicians, artists and musicians to explore the interrelationship of Eastern and Western approaches to health and well-being. Gary Levitt, who has participated in all 40 Conferences, created this presentation with the assistance of BJ Levitt, to capture the highlights of these historic meetings.



Browse Garland of Letters onsite store at the Conference



## Yoga Research Society

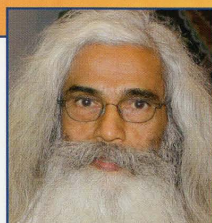
Beginning in 1924, Swāmī Kuvalayānandaji pioneered a rational, scientific approach to the understanding of Yoga. His work has helped make Yoga accessible to sincere students and researchers throughout the world. The Yoga Research Society builds on this tradition.

Founded by Dr. Vijayendra Pratap, and under his continuous direction, YRS presents its 40th annual conference.

We encourage you to join us by becoming a member of the Yoga Research Society.

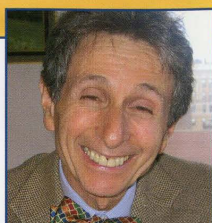
YRS is supported by SKY Foundation, Garland of Letters Bookstore, and Friends.

Join now at [www.YogaResearchSociety.com](http://www.YogaResearchSociety.com)  
For more information call 215-592-9642  
or email [yrs@yogaresearchsociety.com](mailto:yrs@yogaresearchsociety.com)

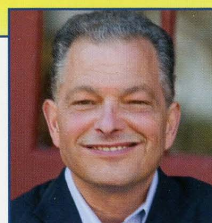
**DR. VIJAYENDRA PRATAP**

Vijayendra Pratap, Ph.D., a student of Swami Kuvlayanandaji, is Director of SKY Foundation, President of the Yoga Research Society, Director of the Yoga Program at the Jefferson-Myrna Brind Center of Integrative Medicine, and author of *A Teacher's Guide for Beginning Yoga*, *Yoga Vision*, *Secrets of Hatha Vidya*, *Stories Retold* and *Yoga of Gheranda*. Dr. Pratap will guide us through traditional Yoga postures, breathing techniques, relaxation and meditation practices, and a discussion of Classical Yoga.

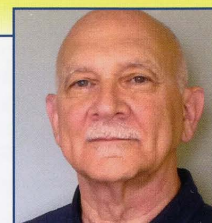
*Dress to stretch and bring a mat*

**DR. LOREN FISHMAN**

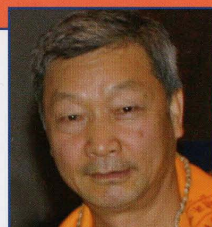
Loren Fishman, M.D. is a psychiatrist at Columbia College of Physicians and Surgeons with a private practice in Manhattan. Dr. Fishman has been practicing Yoga daily since the year he spent with B.K.S. Iyengar in India. He has written more than 85 academic articles, chapters and books using anatomy, physiology and Western medical techniques to demonstrate the value of specific Yoga postures in prevention and healing of conditions such as Osteoporosis, Scoliosis, Rotator Cuff Syndrome and insomnia.

**DR. MITCHELL GAYNOR**

Mitchell Gaynor, M.D., is Founder/President of Gaynor Integrative Oncology, Assistant Attending Physician at New York Presbyterian Hospital/Weill Cornell Medical Center, and Clinical Assistant Professor of Medicine at Weill Cornell Medical College. The author of four books and six CD's focusing on healing, Dr. Gaynor will discuss the affect of music on gene expression, as well as the areas of Toxicogenomics, Nutritional Genomics, and the structural patterns of our DNA, genes and chromosomes.

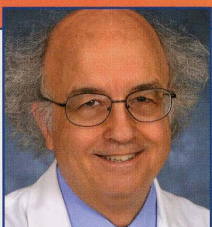
**DR. BARRY SILVERMAN**

Barry Silverman, D.C., is Founding partner of the Healing Arts Center of Philadelphia where he maintains his chiropractic office. A Tai Chi black belt and International Gold Medalist, he is Director of the Tai Chi Studio of Philadelphia. Proficient in three major styles of Tai Chi, he teaches classes which include specialized programs such as "Tai Chi for Arthritis", and "Tai Chi for Back Pain." In this program, Dr. Silverman will present the historical origins of Tai Chi, the health benefits of the art, as well as teaching us some Tai Chi practices.

**MASTER FAXIANG HOU**

A Master of Medical QiGong and Traditional Chinese Medicine, FaXiang Hou is the fifth generation of his family to practice a unique and powerful form of healing. He is the Director of the QiGong Research Society and co-author of *QiGong for Health and Well-Being* and *Unleashing the Power of Food*. Qi is the life force at the heart of Chinese Medicine. Master Hou will show us how to experience, balance and energize the Qi to restore and maintain the health of the body.

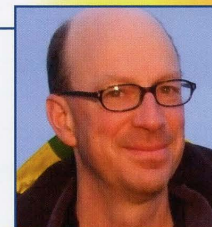
*Dress to stretch and bring a mat*

**DR. GEORGE BRAINARD**

Dr. Brainard joined the Jefferson faculty in 1984. He directs the Light Research Program, studying the effects of light on neuroendocrine physiology and circadian regulation in humans. His academic work is specialized in the field of pineal gland physiology. He has been funded by the National Space Biomedical Research Institute and NASA to develop lighting for long duration space missions. In this program, Dr. Brainard will touch on two topics: 1) inner, metaphysical light, and 2) lighting design for astronaut health.

**DR. YULING WANG**

Yuling Wang, M.D. is Associate Professor at Peking University, President of Beijing Skyoon Natural Hospital, and Chairperson of the Bioelectricity Medical Technology School of the Lai Wu Vocational and Technical College. Dr. Wang is the inventor of the BERT (Bioelectricity Resonance Technology) system. In her presentation, she will explain the bioelectricity circulatory system of the body and how targeting this system with BERT can cure most diseases without drugs or surgery.

**DR. RICHARD WELLER**

Richard Weller, M.D. is an academic dermatologist at the University of Edinburgh, UK. Dr. Weller sees patients, teaches, and is the Associate Principal Investigator, MRC Centre for Inflammation Research. His current work primarily focuses on the mechanisms by which sunlight affects general health and eczema. In this program, he will explore with us new data on the benefits of sunshine, including research which shows that healthy sun exposure can reduce blood pressure and all-cause mortality.

## SPEAKERS' LECTURES

### Yoga and Healing Energy


November 15 & 16, 2014

Thomas Jefferson University, Dorrance H. Hamilton Building

Dr. Vijayendra Pratap	“Classical Yoga Practice” Practical & Discussion
Dr. Loren Fishman	“Medical Yoga Treatment”
Dr. Mitchell Gaynor	“The Harmonic Destiny of Healing”
Gary Levitt	“YRS Through the Decades”
Master FaXiang Hou	“QiGong Energy Healing” Practical & Discussion <b>Books:</b> co-author of <i>Qigong for Health and Well-Being</i> , <i>Unleashing the Power of Food</i>
Dr. Barry Silverman	“Tai Chi as a Healing Art”
Dr. George Brainard	“Light in Inner Space, Light in Outer Space”
Dr. Yuling Wang	“Bioelectricity Resonance Technology”
Dr. Richard Weller	“Healthy Sun Exposure”

## SPEAKERS' SIGNATURES

thanks so much  
for the opportunity to speak  
& demonstrate my love for Tai Chi.  
I appreciate your asking me  
to be a presenter at  
your 40th.

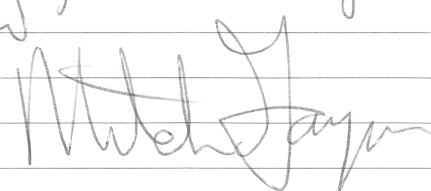
Regards,  


*thanks so much for the opportunity to speak + demonstrate my love for Tai Chi. I appreciate your asking me to be a presenter at your 40th.*

Regards,

Dr. Barry Silverman

It is with great joy  
to meet you and share  
the great organization you  
have created.

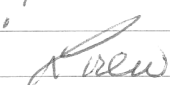


*It is with great joy to meet you and share the great organization you have created.*

Dr. Mitchell Gaynor

To Dr. Pratap,

What a supreme pleasure  
to meet you and hear  
you talk.



To Dr. Pratap,

*What a supreme pleasure to meet you and hear you talk.*

Dr. Loren Fishman



## SPEAKERS' SIGNATURES

A world free of  
Pains.

让世界无痛苦！

Wang Yuling

*A world free of pains.*

Dr. Yuling Wang

many thanks for the  
invitation and interest.

Richard Weller

*many thanks for the invitation and interest.*

Dr. Richard Weller

Energy between Heaven and Earth

Master FaXiang Hou