



# Sri Siva Vishnu Temple

6905 Cipriano Road, Lanham MD 20706

Tel: (301)552-3335 Fax: (301)552-1204

E-Mail: [ssvt@ssvt.org](mailto:ssvt@ssvt.org) Web Site: <http://www.ssvt.org>



## 20<sup>th</sup> Anniversary Celebration of Yoga at SSVT Saturday January 13<sup>th</sup>, 2018, 8 am to 8 pm

### Philosophy of Yoga

Patanjali's Yogasutra describes yoga as an attitude of living with dharmic awareness

### Science of Yoga

Scientific research on yoga & brain demonstrate yoga's impact in social, academic, and psychological realms

**Yoga is more than Asana and physical exercise**

**Yoga is connecting with our quiet inner self**

**Yoga cultivates our ability to discern Dharma**

### Art of Yoga

Art of yoga sadhana includes asana, pranayama, natya, sangeeta, and meditative practices

### Benefits of Yoga

Yoga sadhana cultivates discipline leading to physical, psychological, spiritual and social wellness

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**PROGRAM IS FREE AND OPEN TO ALL**

**Online participation is available**

**Registration is required**

**Program Schedule is on Next Page**

### Message from SSVT Board of Trustees

On behalf of our dedicated priests and staff, committee members, volunteers and the congregation at large, we welcome you to join us in celebrating the "20th Anniversary Celebration of Yoga at SSVT". The event seeks to present yoga in its spiritual dimensions that impacts all aspects of living, in addition to the popular focus on Hatha Yoga Asanas.

We have planned two parallel sessions: one covers discussions in the Education room (Dharma Vidya Nilayam) on four segments of Yoga – Philosophy, Science, Art, and Benefits; the other covers a variety of Yoga practice session conducted in the temple auditorium. Yoga practice segments, except Hatha Yoga, are geared to participants of all levels. To emphasize how music and dance can be complete practices of Yoga, there will be Kirtan – participative singing – and group dance as Dandia Raas.

In October 2017 the Center for Innovation and Dharma Education was inaugurated – leveraging online technology to deliver traditional teachings from global experts in the field. How appropriate is it to celebrate the 20th Anniversary of Yoga in a high tech classroom!

SSVT started from humble beginnings and with dedicated support and service from volunteers has grown into a premier temple in North America. Religious, Educational, Cultural and Community Services are the four pillars of SSVT. None of this would have been possible without each of your support and generous financial contributions.

Thank you. We look forward to seeing you at the event.

For further information, email [education@ssvt.org](mailto:education@ssvt.org) or [lifeyog@gmail.com](mailto:lifeyog@gmail.com)

## **Program Schedule (8:00 am to 8:00 pm)**

8:00 am to 9:00 am

Pre-Program Ashthaanga Yoga Practice (Aakaar room) led by **Atanasio Castro**

9:30 am to 11:00 am – Plenary Session (Auditorium)

**Theme: YOGA - Philosophy, Science, Art and Benefits**

Presided by SSVT Chairperson with brief presentations from session representatives

11:15 am – 5pm: Concurrent Panel Discussions & Yoga Practice sessions (listed below)

Lunch 12:15 pm to 1 pm

### **Panel Discussions (Education Room)**

Panel discussions are designed to have maximum education value for attendees. Therefore, instead of presentations that are available in the Program Brochure online, it will be a question-answer session with a moderator asking questions - any attendee may submit additional questions to the moderator.

11:15 am to 12:15 pm - Philosophy of Yoga

Moderator: Dr. Aparna Ramaswamy

Panelists: Dr. C. R. Narayanan, Dr. Stephen Parker, Sri Dandapani

1:00 pm to 2:00 pm – Science of Yoga

Moderator: Dr. C.R. Narayanan

Panelists: Dr. Sat Bir Khalsa, Dr. Dilip Sarkar, Dr. Pamela Jeter, Dr. Senthamil Selvan

2:30 pm to 3:30 pm – Art of Yoga

Moderator: Dr. C. R. Narayanan

Panelists: Dr. Stephen Parker, Sri Dandapani, Dr. Vartika Dubey, Dr. Aparna Ramaswamy

4:00 pm to 5:00 pm – Benefits of Yoga

Moderator: Dr. Aparna Ramaswamy

Panelists: Dr. Dilip Sarkar, Dr. Sat Bir Khalsa, Dr. Pamela Jeter, Dr. C.R. Narayanan

### **Yoga Practice Sessions (Auditorium)**

Practice sessions are designed to demonstrate different practices and approaches to Yoga.

11:15 am to 12:15 pm - Kaivalyadhama Approach to Pranayama

Led by Dr. Vartika Dubey, Kaivalyadham USA

1:00 pm to 1:45 pm – Deep Relaxation

Led by Dr. Stephen Parker, AHYMSIN

1:45 pm to 2:05 pm – Heartfulness Meditation

Led by Mr. Vasu Murthy, SSVT

2:10 pm to 2:30 pm – Chakra Vibrations

Led by Mr. **Ashim Dey**, Life in Yoga Foundation

2:45 pm to 3:45 pm – Kundalini Yoga

Led by Dr. Sat Bir Khalsa, Harvard Medical School

4:00 pm to 4:15 pm – Surya Namaskar

Led by Mr. Rohit Deshpande, HSS/Sewa International

4:15 pm to 5:00 pm – Hatha Yoga Asanas

Led by Mr. Shrikant Sabnis (SSVT)

5:00 pm to 5:30 pm – Snack Break

5:30 pm: Yoga in music – Kirtan participative singing – led by Mr. Satish Bhatia

6:00 pm to 8:00 pm – Yoga in Dance – Dandia Raas – led by Mr. Jitu Patel

Closing with Vote of Thanks



**Ashim Dey,**  
**Practice Sessions**  
**Coordinator**

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# Program Coordinators and Presenters



**Aparna Ramaswamy, EdD, PhD, LCPC**, is a Bharatha Natyam dancer & teacher whose first doctoral research was on Natya Yoga – linking the practices of Bharatha Natyam to the principles of ashta anga yoga as described in Patanjali's Yogasutra. As a counselor and educator, Dr. Ramaswamy utilizes yoga and meditation in counseling people with depression, anxiety and other mood disorders. She completed her second doctorate on the role of yoga meditation in cultivating mindfulness, humility and empathy in counselors. She is a Faculty at Johns Hopkins University, teaching counselors to incorporate yoga meditation in counseling. (She is the current Education co-ordinator at SSVT)



**C. Rajan Narayanan, Ph.D., C-IAYT**, is the Executive Director & CME Director, Life in Yoga Institute and Foundation.. He is a founder and inspiration behind Life in Yoga Foundation and Institutes, non-profits formed and active in the Washington metro area, that grew out of yoga practices from SSVT. He was the visionary behind getting Continuing Medical Education (CME) accreditation for Life in Yoga and serves as its CME Director, and has established yoga therapy clinics in Maryland and Texas. He developed measurability with Electro-Photonic Imaging, which has now become part of Life in Yoga's practice method called Measured Yoga Therapy that is implemented in the therapy clinics.

## Program Presenters



**Sat Bir Singh Khalsa, Ph.D.**, is an assistant professor of medicine at Brigham and Women's Hospital at Harvard Medical School, Director of Research for the Kundalini Research Institute, Research Director at the Kripalu Center for Yoga & Health, Research Associate at the Benson Henry Institute of Mind Body Medicine, and Research Affiliate of the Osher Center for Integrative Medicine. He works closely with the International Association of Yoga Therapists as Editor in Chief of the International Journal of Yoga Therapy, and coordinator of the annual Symposium on Yoga Research. In addition to conducting yoga research trials since 2001, he is also chief editor of the recently published medical textbook *The Principles and Practice of Yoga in Health Care* and author of the Harvard ebook *Your Brain on Yoga*.

**Dr. Stephen Parker, Psy.D** is a psychologist who has been practicing in Saint Paul, MN for 23 years. In the last few years with his expanded spiritual awareness, having become the lead teacher trainer for Association of Himalayan Yoga Meditation Societies International (AHYMSIN), he is travelling around the world most of the time. AHYMSIN is the legacy of Swami Rama who established the Himalayan Institute. They are based in Rishikesh in India and in Minneapolis in the United States, and have presence in many countries of the world. Dr. Parker published in May, 2018 a book titled **Clearing the Path: The Yoga Way to a Clear & Pleasant Mind**: Patanjali, Neuroscience, and Emotion



**Dandapani Acharya** is a Hindu priest and speaker and coach on sustainable self-development. He lives in New York City and works with a variety of individuals, companies and organizations around the world conducting training through workshops, retreats and exclusive coaching circles. Of Sri Lankan ancestry, he grew up in Australia and after graduating university with a degree in Electrical Engineering he became a Hindu monk under the guidance of the revered Sivaya Subramuniyaswami of Kauai. For 10 years he lived a life of serious personal discipline and training at his guru's cloistered monastery in Hawaii. When his vows expired seven years ago he embarked on the work he does today.

**Dilip Sarkar, MD, FACS, CAP, C-IAYT**, a retire vascular surgeon turned yoga therapist and Ayurveda practitioner, teaches Yoga Therapy with a focus on integrating yogic wisdom and the science of Western medicine. He has served as chairman of the board for the American Heart Association, president of the board of directors of the International Association of Yoga Therapists, and chairman of the board of Life in Yoga Institute. He is a retired associate professor of surgery at Eastern Virginia Medical School and is chairman of the School of Integrative Medicine at Taksha Institute.



**Vartika Dubey, Ph.D**, is president and co-founder of Kaivalyadhama, USA and daughter of Om Prakash Tiwari, one of the world's leading authorities in Pranayama and Hatha Yoga. She is also the direct disciple of Swami Digambarji, the former spiritual head of Kaivalyadhama, India. While doing her doctoral research in chemistry she learned to appreciate the infinite intelligence and natural laws by which the minutest particles were held together to become part of something larger and bigger than them. Intrigued by the simplicity and scientific approach of the Kaivalyadhama Research Institute, where she was raised, she decided that serving Kaivalyadhama would be her path. Vartika then received her training in Yoga Education at Kaivalyadhama, India. She has resided and taught Yoga in the US for over 25 years. She has taught Yoga in schools, universities, hospitals, Yoga studios and privately: she has also taught and trained students to become yoga teachers.

**Senthamil R. Selvan, M.Sc., M.Phil., Ph.D.**, a Director on the Board of Life in Yoga Institute and Professor of Integrative Medicine at Vetha Center of Transdisciplinary Studies (Newark, NJ), is an established scientist in the area of Cancer Immunotherapy and Integrative Medicine. Dr. Selvan has been deeply interested in Yoga therapy research due to his own personal journey. He has published more than 50 research papers that include four papers on Yoga Research in reputed journals and has been serving as an editorial board member and reviewer of several reputed journals including JAIM, eCAM and EUJIM. Dr. Selvan has special interest in reversing certain ailments through immunomodulation, rejuvenation, and regeneration using Yoga practices. To take Yoga therapy to mainstream health care, he has been embarking on clinical trials of Yoga in combination with other treatment modalities for various disorders.



**Pamela E. Jeter, PhD**, promotes research literacy in the yoga therapy community by empowering practitioners with tools to develop an evidence-informed practice. Pam calls them as The Science Sutras ([www.thesciencesutras.com](http://www.thesciencesutras.com)). She has published several peer-reviewed articles, presented at professional conferences and community-based groups and received recognition for her work in mind-body science. Her Ph.D. is in Cognitive Sciences from the University of California, Irvine. Her post-doctoral work was at the Johns Hopkins Wilmer Eye Institute and she also served as Adjunct Faculty at the Maryland University of Integrative Health for 3 years.

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For further information email [education@ssvt.org](mailto:education@ssvt.org) or [lifeyogya@gmail.com](mailto:lifeyogya@gmail.com)