

the Pediatric Pain Program, a multidisciplinary treatment center for children's pain directed by Dr Lonnie Zeltzer. Dr Evans is currently researching the use of Iyengar Yoga for a number of conditions in adolescents, including irritable bowel syndrome and rheumatoid arthritis. She has been a post doctoral fellow at the Brunel University in West London. She has been practicing Iyengar Yoga for the past 4 years.



Ms. Lisa Walford has been teaching yoga in the Los Angeles area for the past 25 years and is certified Iyengar Yoga teacher. She is on the advisory council for the International Association of Yoga therapist and the Yoga Studies Program at Loyola Marymount University. She has a BA from UCLA and has co-authored two books.

National Faculty

- Dr. B. S. Singhal, Bombay Hospital
- Dr. J.T Shah, HN Hospital
- Dr. Rohini Chowgule, Bombay Hospital
- Dr. Vijay Panjabi, Indian Medical Association
- Dr. Shantaram Shetty, Indian Medical Association
- Dr. Maria Barretto, PDMDS
- Dr. Rajvi H. Mehta, Light on Yoga Research Trust

Programme

Sunday, October 12, 2008 at 9.30 am to 4 pm

9.30 am: Registration and tea

10 am: Welcome

Session 1: 10.20 am to 1.15 pm

- Scientific evidence on the efficacy of Iyengar yoga in medicine: Results from clinical controlled studies (with specific reference to stress and cardiovascular risk .
-- Dr. Andreas Michalsen
- Iyengar yoga for pediatric chronic pain.
-- Dr. Subhadra Evans
- Evaluation of Iyengar yoga as a complementary treatment of depression: A biopsychological approach. -- Ms Lisa Walford
- Evaluation of the therapeutic application of Iyengar yoga on chronic low back pain.
-- Dr. Kimberly Williams
- Efficacy of Iyengar yoga in alleviating symptoms of Parkinson's Disease. -- Dr. Maria Barretto

Each presentation will include a demonstration of the specific yogaasana-s selected for the studies.

Lunch

Session 2: 2 pm to 4 pm

- Interactive session with Yogacharya BKS Iyengar
- Panel Discussion: Clinical application of yoga therapy

Scientific Evidence on the Therapeutic Efficacy of Iyengar Yoga

Date: Sunday, October 12, 2008

Time: 9.30 am to 4 pm

Venue: SP Jain Auditorium, Bombay Hospital,
New Marine Lines, Mumbai 400 020.

Organised by:

Light on Yoga Research Trust
Indian Medical Association
Bombay Hospital Trust
Indian General Practitioners Association-GB
Parkinson's Disease & Movement Disorder
Society

Contact and register with:

Rajvi Mehta rajvihm@gmail.com
Iyengar Yogashraya, 126 Senapati Bapat Marg, Lower
Parel, Mumbai 400 13. <http://www.bksiyengar.com>

Scientific Evidence on the Therapeutic Efficacy of Iyengar Yoga



One of the greatest proponents of the ancient science of yoga, in this era, is Yogacharya BKS Iyengar, who has been teaching yoga for the past 74 years. An author of 20 books, each of which, has been translated in various languages. His *Light on*

Yoga, first published in 1966 has been translated into 19 languages. His immense contribution to yoga has been highlighted by the fact that the Oxford English dictionary defines 'Iyengar' as a form of yoga. He has been recognized by TIME magazine amongst the 100 most influential persons of the 20th century. Today, there are certified 'Iyengar Yoga' teachers in over 40 countries.



His innovative use of props has made the quote of 11th century yogic text, *Hatha Yoga Pradipika*

come alive i.e the young, the old, diseased the weak and the disabled can all do yoga and attain its benefits. These props include the use of blankets, belts, ropes, chairs, bolsters and wooden formations which make it possible for even the most stiff, sick and disabled to attain perfection in yogic asana-s with ease and gain benefits including good health. Iyengar Yoga is internationally renowned for its therapeutic value in alleviating symptoms of various diseases.



Despite several anecdotal and subjective evidences, modern day health care demands 'evidence-based' medicine and for any form of therapy (be it alternative or complementary) to be recommended as therapy, it is essential that it should go through the very stringent assessment systems of modern science.

This conference aims to present findings of some of the research work, on the therapeutic efficacy of Iyengar yoga, done at various international universities.

International Faculty



Dr. Andreas Michalsen is a Professor of Medicine at the University of Duisburg-Essen, Germany. He has had his clinical training in the University Hospital, Berlin and Essen and has been a visiting scientist at the Harvard Medical School and Stanford University. He is the Deputy Director of Germany's first hospital department for internal and integrative medicine. He has over 100 publications and books in the field of Lifestyle Medicine in Cardiology.



Dr. Kimberly Williams is Program Director of the Integrative Medicine Program and Research Assistant Professor in Community Medicine at the West Virginia University. She attained her doctorate in Medical Science and post doctoral training in psychoneuroimmunology at the Mac Master University, Canada. She has received an exploratory grant from the National Institutes of Health (NIH) to study the effect of Iyengar Yoga on chronic lower back pain.



Dr. Subhadra Evans is a research faculty at the David Geffen School of Medicine at University of California, Los Angeles. She works as a Developmental Research Psychologist in

REGISTRATION FORM

(Registration is free but mandatory)

Name: _____

Address: _____

E-mail: _____

Educational Qualifications: _____

Specialization: _____

Affiliations: _____

You can complete the form and
POST TO:

Rajvi H. Mehta
Iyengar Yogashraya
126 Senapati Bapat Marg
Lower Parel
Mumbai 400 013

OR EMAIL: rajvihm@gmail.com

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