

Center for Indic Studies Seminar

October 21, 2005

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12Noon - 1PM, Free Admission
[Video Link](#) [Quick Time](#)

Speaker : Dr. Sri Krishna Chandaka
Director of Yoga Health Clinic & Assistant
Director of International Yoga Research Center

Topic: Yoga for Happy and Healthy Living

Abstract:

An introduction of "Yoga" and how its practice in one's life helps to a happy and healthy living. The presentation will also demonstrate some of the basic "asanas" (postures), meditation methods and their benefits in different aspects of life such as concentration building, proper breathing techniques (pranayama), relaxation and stress relief, a much needed entity in the modern day life of every individual.

Bio:

M.A.(Phil), M.D.(Alt. Med),P.G.(Sansk.): Has been running the Academy of Yoga Consciousnes(Andhra Univ.) and Incharge of Yoga education at Yoga Vidya Bharati from 1995. Dr. Chandaka has been also the Director/Assistant Director of Yoga health Clinic and International Yoga Research Center for the last 4 years.

Dr. Chandaka is also trained in Kundalini Yoga, Practical Yoga and Meditation as well as in psychology, philosophy and physiology.

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