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Center for Indic Studies *Announces* Spring 2012 Seminars—“*Yoga, Science & Alternative Medicine*”

Friday, March 9, 12noon - 1pm
CCB-115, Charlton College of Business

Yoga as Therapeutic Intervention

Sat Bir Singh Khalsa, Ph.D.
Harvard Medical School
Brigham and Women’s Hospital



FREE and OPEN TO PUBLIC – light refreshments (served at 11:45AM)

Dr. Khalsa discusses the growing body of research on Yoga as Therapy, as well as his own studies of the efficacy of Yoga for stress, depression, addiction, insomnia and the growing list of disorders that may be treatable by yoga therapy. He is a scientist who “walks his talk,” having lived a yoga and meditation lifestyle for 30+ years.

Sat Bir S. Khalsa, PhD, received his doctorate from University of Toronto. Currently a neuroscientist with the Division of Sleep Medicine, Department of Medicine, at Brigham and Women’s Hospital in Boston, he also consults for the Institute for Extraordinary Living at Kripalu. He has practiced yoga and meditation lifestyle for over 30 years and is a certified yoga instructor. He authored a comprehensive review of yoga as a treatment, and has researched its efficacy for stress, depression, addiction, insomnia, and other disorders.

For further information see www.umassd.edu/indic/, or contact: jsolfvin@umassd.edu

