



Director

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PRESS RELEASE

"UMD's Center for Indic Studies Offers Kriya Yoga Classes"

Sponsored by UMD's Center of Indic Studies Kriya Yoga classes for intellectual attainment and health are being offered at UMass Dartmouth and at South Coast Learning Center in collaboration with Kriyayoga Fellowship Worldwide

Kriya yoga is a concept that considers a holistic integration of body, mind, and soul as necessary concept for human beings to develop perfect understanding and intellectual attainment. Although regular practice of Kriya Yoga techniques, that will be demonstrated in class, have been shown to positively influence physical health (i.e. lower blood pressure, lower blood cholesterol, lower diabetes), its potential for higher attributes (like control of mind, increase in power of concentration, search for divinity, etc.) separates it from our common perception of yoga as just a few techniques of physical exercise.

Instructors of the course are Professor Bal Ram Singh and Swami Yogi Satyam. Professor Singh is a neurochemist, who will explain the scientific aspect of Kriya Yoga. Yogi Satyam does not only offer kriya yoga classes; he lives the life of a yogi. He has training in conventional medicine; therefore he is in a unique position to scientifically elucidate Kriya Yoga concepts as they affect the human body.

Kriya Yoga for Intellectual Attainment (PER 106-81, April 15-26 M W F 7:00-8:30 PM) is being offered at UMass Dartmouth, and registration information can be obtained from Nancy Vanasse at 508-999-8778.

Kriya Yoga classes at South Coast Learning Center is being offered on April 16-25, TuThu, 5:30-7:30 PM, and registration information can be obtained at 508-997-9792

Further general information on these courses can be obtained from Professor Singh by calling at 508-999-8588.