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

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

Yoga Research: Past, Present & Future
Sat Bir Singh Khalsa, Ph.D.
Kundalini Research Institute
Kripalu Center for Yoga and Health
Harvard Medical School – Brigham and Women’s Hospital

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

Yoga is an ancient behavioral contemplative practice incorporating physical exercises and postures, breath regulation, meditation, and relaxation strategies for the promotion and maintenance of health and wellness, but it is now also being increasingly applied as an adjunct therapy in both medicine and psychiatry. This presentation will introduce yoga practice and review the history and growing body of basic and clinical research that is revealing its psychophysiological effects and its efficacy in a wide variety of common medical and psychological conditions.

Dr. Khalsa is the Director of Research for the Kundalini Research Institute, Research Director of the Kripalu Center for Yoga and Health and an Assistant Professor of Medicine at Harvard Medical School at Brigham and Women's Hospital. For over 10 years he has been conducting research on the efficacy of yoga and meditation practices, including evaluation of yoga for insomnia, addiction, back pain, depression, anxiety disorders, post-traumatic stress disorder, chronic stress and mental health in public schools. He has also practiced a yoga lifestyle for over 35 years, is a Kundalini Yoga instructor, and directs an elective course at Harvard Medical School in Mind-Body Medicine.

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