



5th Annual International Yoga Workshop

Yoga & Non Communicable Diseases

The event will be a combination of both theory & practice

Venue: St Anthony's Parish Hall, Cnr of Neerim Road & Grange Road,
Glenhuntly Vic 3163 Mel Way: 68 F4

Date & Time: Friday, October 5; from 2pm to 6pm
Saturday, October 6; from 9am to 4pm

You will

- experience simple and effective techniques which you can incorporate into your daily yoga practice
- learn about preventable cardiac, urology, cancer diseases and how simple life style changes helps in preventing the non communicable diseases
- energise, harmonise and de-stress your system and unveil the Self with the practice of Yama, Niyama, asana and pranayama
- discover the basics of a safe and skilful asana practice
- learn and practice the delicate art of meditation
- enjoy a tasty vegetarian lunch
- meet other people on the yoga path

Speakers

Dr H R Nagendra
Shri Rajendra
Swami Samnyasananda
Dr Ghanshyam S Thakur
Shri Bala
Dr Arunothayaraj
Dr Sudhakar Devan
Dr Santosh Yadav
Dr Ranjit Rao
Dr Sanjay Raghav

Enjoy 2 days of theory and practice of yoga including asana, pranayama and meditation facilitated by experts from yoga and medical fields.

This unique event will give you an informative and practical experience of yoga as medicine.

Cost

- ▶ 5 Oct \$40 per person Children under 13: \$25
- ▶ 6 Oct \$85 per person Children under 13: \$55
- ▶ Both days \$115 Children under 13: \$75
- ▶ The cost includes: lunch on the 6th & snacks on both days

Contacts & Bookings: Vasudeva Kriya Yoga: 0410 527 904

E-mail: vasudevakriyayoga@gmail.com | [Youtube/facebook: Vasudeva Kriya Yoga](#) | www.vasudevakriyayoga.com

PROGRAMME SCHEDULE

2pm to 2.05pm	Prayer and Lighting the Lamp	Day 1, 5 October 2012
2.05pm to 2.15pm	Welcome	Shri Rajendra , Vasudeva Kriya Yoga
2.15pm to 3pm	Keynote Speech	Dr H R Nagendra Vice Chancellor, S-VYASA, Bengaluru, India
3pm to 3.20pm	Yoga and Cancer	Swami Samnyasananda Consultant Neurophysiologist
3.20pm to 3.45pm	Pranayama Practice	Swami Samnyasananda Consultant Neurophysiologist
3.45pm to 4pm	Tea Break	
4.05pm to 4.25pm	Yoga and Depression	Dr Ghanshyam Singh T\akur Scientist Kaivalyadhama, Lonawada, India
4.25pm to 4.45pm	Yoga and Non Communicable diseases	Shri Bala , Therapist
4.45pm to 5.15pm	Asanas	Shri Rajendra , Vasudeva Kriya Yoga
5.15pm to 6pm	Cyclic Meditation	Dr H R Nagendra Vice Chancellor, S-VYASA, Bengaluru, India
9am to 9.05am	Prayer and Lighting the Lamp	Day 2, 6 October 2012
9.05am to 9.10am	Welcome	Shri Rajendra , Vasudeva Kriya Yoga
9.10am to 9.40am	Keynote Speech	Dr H R Nagendra Vice Chancellor, S-VYASA, Bengaluru, India
9.40am to 10am	Preventable Cardiac Problems	Dr Arunothayaraj , Cardiologist
10am to 10.45am	Asanas	Dr Ghanshyam Singh T\akur Scientist Kaivalyadhama, Lonawada, India
10.45am to 11.00am	Tea Break	
11am to 11.20am	Lifestyle and Health	Dr Sudhakar Devan , General Physician
11.20am to 12am	Asanas & Pranayama for Diabetics	Dr H R Nagendra Vice Chancellor, S-VYASA, Bengaluru, India
12am to 12.45pm	Lunch	
12.45pm to 1.30pm	Principles of Yoga and Non communicable diseases	Shri Rajendra , Vasudeva Kriya Yoga
1.30pm to 1.50pm	Ayurveda & Non Communicable Diseases	Dr Santosh Yadav , Ayurvedic Doctor
1.50pm to 2.30pm	Yoga for Health	Dr H R Nagendra Vice Chancellor, S-VYASA, Bengaluru, India
2.30pm to 2.50pm	Yoga & Prostate Cancer	Dr Ranjit Rao Urologist: Yoga and Urology
2.50pm to 3pm	Tea Break	
3pm to 3.20pm	Yoga and Parkinson's Disease	Dr Sanjay Raghav Senior Neurologist and Senior Lecturer
3.15pm to 3.45pm	Pranayama	Dr Ghanshyam Gjb[\ T\akur Scientist Kaivalyadhama, Lonawada, India
3.45pm to 4.15pm	Cyclic Meditation	Dr H R Nagendra Vice Chancellor, S-VYASA, Bengaluru, India
4.15pm to 4.30pm	Question and Answer and Vote of Thanks	