

YOGA FOR HEALTH



Physical, Mental, Social and Spiritual

6th Annual Yoga International Workshop

Nov 23 -24, 2013 | Melbourne, Australia

TOPIC: Yoga and Mental Health

The event will be a combination of both theory and practice

SPEAKERS

Dr. H R Nagendra, Chancellor, S-VYASA Yoga University, Bangalore, India | **Prof. B N Gangadhar**, NIMHANS, Bangalore, India | **Prof. Jayashri Kulkarni**, Director, Monash Alfred Psychiatry Research Centre | **Prof. Marc Cohen**, RMIT University, Health Innovations Research Institute | **Leigh Blashki**, President, Yoga Australia
Dr. Vicki Kotsirilos, GP & Founder Australasian Integrative Medicine Association | **Dr. Sanjay Raghav**, Neurologist, Monash Health and Frankston Hospital | **Dr. Arun Dhir**, Gastro Intestinal Surgeon - Monash Health
Dr. Sanjeev Sharma, Consultant Psychiatrist, Swan District / Abbotsford Hospital, Perth, WA
Shri Rajendra D Yenkanamoole, Founder, Vasudeva Kriya Yoga

DATE & TIME

Nov 23: 8:30 am – 5:15 pm | **Nov 24:** 9:30 am – 5:00 pm

VENUE: St Scholastica's Community Centre, 348 Burwood Highway, Burwood 3125

COST

Nov 23 - \$85; children under 12: \$70 | **Nov 24** - \$85. children under 12: \$70

Both days - \$160; children under 12: \$120

This includes Lunch & Snacks on both days

To register for the event please contact us

Vasudeva Kriya Yoga

ph: 0410 527904 | e-mail: vasudevakriyayoga@gmail.com

www.vasudevakriyayoga.com | YouTube/facebook: Vasudevakriyayoga

Due to limited space, please register quickly to avoid disappointment

Please bring in comfortable Yoga Mat and Water Bottle

Organised by **Vasudeva Kriya Yoga**

In Technical Collaboration with **S-VYASA** Yoga University



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Nov 23, 2013 | SESSION 1

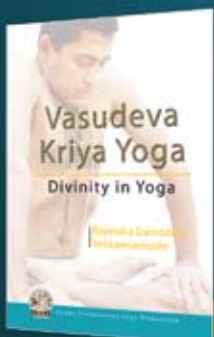
8:30 - 9:00 am	Registration
9:00 - 9:15 am	Opening prayer, lighting of lamp and Welcome
9:15 - 10:00 am	Key Note Speech - <i>Prof. B N Gangadhar</i>
10:00 - 10:45 am	Basis of an Integrated Approach of Yoga Therapy for Mental Health - <i>Dr. H R Nagendra</i>
10:45 - 11:00 am	Tea Break
11:00 - 11:30 am	Depression: Diagnosis, Treatment and Special Issues - <i>Prof. Jayashri Kulkarni</i>
11:30 - 12:45 pm	Asana - <i>Shri Rajendra D Y</i>
12:45 - 1:30 pm	Lunch
1:30 - 2:00 pm	Bhagawat Gita and Mental Health - <i>Shri Rajendra D Y</i>
2:00 - 2:30 pm	Neurology and Mental Health - <i>Dr. Sanjay Raghav</i>
2:30 - 3:00 pm	Obesity and Mental Health - <i>Dr. Arun Dhir</i>
3:00 - 3:15 pm	Tea Break
3:15 - 5:00 pm	Pranayama and Meditation - <i>Dr. H R Nagendra</i>
5:00 - 5:15 pm	Q & A

Nov 24, 2013 | SESSION 2

9:30 - 10:00 am	Registration
10:00 - 10:10 am	Opening prayer, lighting of lamp
10:10 - 10:30 am	Welcome Address - <i>Leigh Blashki, President, Yoga Australia</i>
10:30 - 11:10 am	Key Note Speech on Yoga and Depression - <i>Dr. H R Nagendra</i>
11:10 - 11:35 am	Management strategies and non drug approach for common mental health problem - <i>Dr. Vicki Kotsirilos</i>
11:35 - 12:30 pm	Asana - <i>Shri Rajendra D Y</i>
12:30 - 1:30 pm	Lunch - <i>Panel discussion</i>
1:30 - 2:00 pm	Yoga and Flow: Creating Harmony Between Internal and External Worlds as a Key to Mental Health - <i>Prof. Marc Cohen</i>
2:00 - 2:30 pm	Use of Contemporary Yoga Practices in Psychological Medicine - <i>Dr. Sanjeev Sharma</i>
2:30 - 3:00 pm	Breathing and Mental Health - <i>Shri Rajendra D Y</i>
3:00 - 3:15 pm	Tea Break
3:15 - 4:45 pm	Cyclic Meditation - <i>Dr. H R Nagendra</i>
4:45 - 5:00 pm	Wrap up

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The book, *Vasudeva Kriya Yoga* will reveal to all of us the inner source of cosmic energy and Prana tatva. *Vasudeva Kriya Yoga* through its exhalation techniques can recharge the body cells by the inner Prana Shakti. *Vasudeva Kriya Yoga*, because of its divine nature of mantra japa technique can generate tremendous inner energy and immense bliss and joy. *Vasudeva Kriya* make our life a celebration!

Published by: **SVYP, INDIA** Promoted by: **S-VYASA Yoga University, INDIA**

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Rajendra D. Yenkanamoole

India: ₹ 450.00 | Abroad: US\$, AU\$, CA\$, NZ\$ 35.00; € 30; BP 30