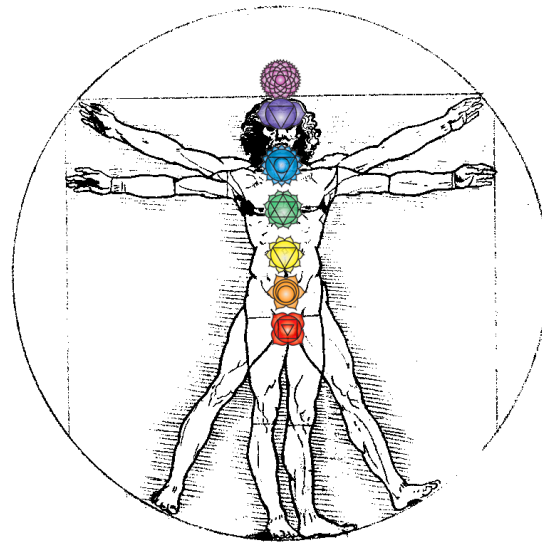


MEDICAL YOGA SYMPOSIUM

Washington, DC
January 11 and 12, 2014

FREER | SACKLER
THE SMITHSONIAN'S MUSEUMS OF ASIAN ART



Presented by
Therapeutic Yoga of Greater Washington
and the Center for Integrative Medicine
at the George Washington University
Medical Center

Register at
www.MedicalYogaSymposium.com
Contact: lindalang@theopen-door.com

DAY 1

Discovery and Didactics, Professional Perspectives and Personal Stories

Hosted by the Freer and Sackler Galleries, the Smithsonian's museums of Asian art, in conjunction with the exhibition Yoga: The Art of Transformation.

Meyer Auditorium, Freer Gallery, Smithsonian Institution
Saturday January 11, 10am-5pm

Presentations and panel discussions explain how yoga and meditation can and do transform one's life, profession and society. Lively interactions with the audience with experiential offerings follow each segment.

Presenters will explore yoga in medical, academic, professional and military settings; present seminal works, advances, accomplishments; and discuss the transformational elements of yoga in practice, therapy and research.

10-11 am Keynote address

Dean Ornish, MD, Preventative Medicine Research Institute

11-12:15 Yoga Practice in Modern Society

Timothy McCall, MD, author of Yoga as Medicine, Medical Editor of Yoga Journal

Larry Payne, PhD, Director of Yoga Training Program, Loyola Marymount University

Dilip Sarkar, MD, FACS, CAP International Association of Yoga Therapists

1:30-3:00 Yoga as a Therapeutic Intervention

Lorenzo Cohen, MD, MD Anderson Cancer Center, The University of Texas

Richard Miller, PhD, Integrative Restoration Institute

Eric Schoomaker, MD, PhD, Lieut. General (retired), US Army Scholar in Residence, Uniformed Services University of the Health Sciences

3:00-4:15 Scientific Research on Yoga and Yoga Therapy

Partap Khalsa, D.C., PhD, Division of Extramural Research National Center for Complementary and Alternative Medicine (NCCAM)

Sat Bir Khalsa, PhD, Assistant Professor of Medicine, Harvard Medical School, Brigham & Women's Hospital

Rob Saper, MD, MPH, Director of Integrative Medicine, Boston University School of Medicine

Chris Streeter, MD, Professor of Psychiatry, Boston University School of Medicine

4:15-5:00 Transformations in Modern Medicine

Lorenzo Cohen, Timothy McCall, Richard Miller

DAY 2

Master Classes, Experiential Workshops, 3-hour Intensives and Discussions

Marvin Center, George Washington University
Sunday, January 12, 11am - 5 pm

11:00

Welcome and Keynote address

Linda Lang, Therapeutic Yoga of Greater Washington

Amrita (Sandra) McLanahan, MD, Yogaville Satchidananda Ashram

11:45-12:45 and 1:00-2:00

Master Classes 4 ONE-HOUR BREAKOUT SESSIONS

Hatha Yoga, Swami Dayananda, Yogaville Satchidananda Ashram

Yoga Nidra, iRest, Richard Miller, PhD, Integrative Restoration Institute

Mobile EEG and Yoga in Everyday Life

Neilly Buckalew, MS, MSL, ND, MD PMR PGY-3 University of Pittsburgh

Jacqueline Johnson, MPH, EdD, 500RYT, George Washington University

Yoga & Biofeedback: Capacity Building for Your Nervous System

Yael Flusberg, Integrative Yoga Therapist & Coach

Luann Jacobs, MS Speech Pathology from Indiana University, Reiki Master

2:15-5:15

Workshops 3-Hour Intensive (CHOOSE ONE INTENSIVE)

Yoga Nidra, iRest, Richard Miller, PhD, Integrative Restoration Institute

Yoga for Stress: Rationale, Research & Practice, Sat Bir Khalsa, PhD, Asst. Professor of Medicine, Harvard Medical School, Brigham & Women's Hospital

Yoga as Medicine, Timothy McCall, MD, Medical Editor of Yoga Journal

Cancer and Therapeutic Yoga, Camille Kittrell, MS, Boston Univ., BA, Washington Univ., St. Louis, Founder of ExclusiveYoga Studio for Cancer Recovery, E-RYT

Pranayama: The Science & Application for Stress & Mindfulness, Ed Harrold, Performance Enhancement Coach, RYT

Film Preview and Discussion Groups

Escape Fire will be shown throughout the day with discussion

5:15

Meditation and Closing Comments

Co-sponsored by the Center for Spirituality and Social Work, NCCSSS, The Catholic University of America

CEUs for social workers and psychologists available each day: \$20.00 for 6 CEUs per day. Sign up and payment for CEUs on day of event. **Yoga Alliance CEUs**

CME/CNE credits pending