

**FOUNDATION FOR UNIVERSAL RESPONSIBILITY
of HH THE DALAI LAMA**

12th- 14th July, New Delhi (Friday- Sunday)

A HEALING JOURNEY WITH YOGA
ancient wisdom for our times

with

**Yogacharya Dr Ananda Balayogi Bhavanani, MBBS, MD, DSc (Yoga)
& Yogacharini Dr Sangeeta Laura Biagi, Phd**

Dr. Bhavanani is the Director of the Institute of Salutogenesis & Complementary Medicine at Sri Balaji Vidyapeeth, Pondicherry. Born into an ancient lineage of Yoga Masters, he empowers holistic health by bridging ancient wisdom with modern science through yoga and traditional healing practices, integrating spirituality with human flourishing

Dr. Sangeeta Biagi is the Director of International Studies & Research of Gitananda Nada Yoga at the International Centre for Yoga Education & Research, Ananda Ashram Pondicherry. She trained as a cultural anthropologist, sound healer & yoga teacher fostering spiritual & emotional healing through voice awareness.

Healing Through Sacred Sound: Principles and Techniques from Yoga

Dr Ananda Balayogi Bhavanani and Dr Sangeeta Laura Biagi

12th July | India Habitat Centre, New Delhi

Gulmohar, India Habitat Centre

6:15 pm – 7:00 pm

Registrations & Tea

7:00 pm – 8:30 pm

Public Lecture & Demonstration

Dr. Bhavanani is heir to an ancient lineage of Yoga & Director of the Institute of Salutogenesis and Complementary Medicine at Sri Balaji Vidyapeeth, Pondicherry. Dr. Biagi is the Director of International Studies and Research of Gitananda Nada Yoga at the International Centre for Yoga Education & Research, Pondicherry

Yoga Unveiled

An Introduction to its Authentic Practice and Philosophy
13th – 14th July | India International Centre, New Delhi

Day 1

13th July | Seminar Halls 1,2 & 3, Kamladevi Block India International Centre

9.00 am – 09.30 am	Tea
9:00 am – 09:45 am	Registrations(<i>on line & first come, first served</i>) (<i>online registrations will be honoured till 9.30 am</i>)
9:50 am – 10.00 am	Welcome + brief introductions
10:00 am – 11:15 am	The Yogic Way to Healing Mind & Body Salutogenesis
11:15 am – 11:45 am	Tea Break
11:45 am – 1:00pm	Pranayama: Harnessing the Power of Breath (especially post COVID)
1:00 pm – 2:00pm	Lunch Break(<i>IIC will provide chargeable lunch</i>)
2:00 pm – 3:15 pm	For Happy & Healthy Golden Years: Yoga, Geriatrics and ‘ Chair Practices’
3:15 pm – 3:45 pm	Tea Break
3:45 pm – 5:00 pm	Managing Grief and Embracing Mortality Mantra, Mudra and Yoga

Day 2

14th July | Seminar Halls 1,2 & 3, Kamladevi Block India International Centre

9.00 am – 09.30 am	Tea
9:00 am – 09:45 am	Registrations (<i>on line & first come, first served</i>) (<i>online registrations will be honoured till 9.30 am</i>)
9:50 am – 10.00 am	Welcome + Brief Introductions
10:00 am – 11:15am	Yoga Chikitsa (Therapy) for Lifestyle Disorders
11:15 am – 11:45 am	Tea Break

11:45 am – 01:00 pm	Music as Medicine: Nada Yoga Chikitsa Bhajans as a Means for Personal and Social Healing
01:00 pm – 2:00 pm	Lunch Break (<i>IIC will provide chargeable lunch</i>)
2:00 pm – 3:15 pm	Trusting Our Voice: Wholistic Health for Women <i>For those who hold up half the sky</i>
3:15 pm – 3:45 pm	Vote of Thanks & Felicitations

Demystifying Yoga: Beyond Asana & Pranayama
Dr. Ananda Balayogi Bhavanani and Dr. Sangeeta Laura Biagi
13 July 2024 | India International Centre, Delhi

C.D. Deshmukh Auditorium, India International Centre

6:00 pm- 6:30 pm	Registrations & Tea
6:30 pm – 8:00 pm	<i>Public Lecture</i> Dr. Ananda Balayogi Bhavanani & Dr. Sangeeta Laura Biagi <i>in conversation with</i> Rajiv Mehrotra, Trustee-Secretary, FURHHDL <i>Welcome Remarks</i> Shri K.N. Srivastava, Director IIC