

FOUNDATION FOR UNIVERSAL RESPONSIBILITY  
of HH THE DALAI LAMA  
12<sup>th</sup>- 14<sup>th</sup> July, New Delhi (Friday- Sunday)

## RESOURCE KIT

### 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

### Essential Bibliography

- Dr. Ananda Bhavanani & Dr. Sangeeta Biagi, [Saraswathi's Pearls: Dialogues on the Yoga of Sound](#), Dhivyananda Creations, 2013.
- Dr. Sangeeta Biagi & Dr. Ananda Bhavanani, [Nada Yoga: The Vibratory Essence of the Yoga of Sound](#), Singing Dragon, 2021.
- Dr. Ananda Bhavanani, [Yoga Chikitsa: Application of Yoga as Therapy](#)
- Dr. Ananda Bhavanani, [Mental Health and Well Being through Yoga](#)

### General Information:

- To learn more about Yogamaharishi Dr. Swami Gitananda Giri, the Guru Parampara, and Rishiculture Ashtanga Yoga at Ananda Ashram, ICYER: [www.icyer.com/](http://www.icyer.com/) [www.facebook.com/ICYER.Ananda.Ashram](https://www.facebook.com/ICYER.Ananda.Ashram)
- The Samadhi of the great Guru Dr. Swami Gitananda Giri is located at Sri Kambaliswamy Madam, an ancient Hindu holy site which is the spiritual base of ICYER and its work. Pujas and other cultural and religious festivals are held here- [www.icyer.com/Kambaliswami\\_Madam.htm/](http://www.icyer.com/Kambaliswami_Madam.htm) [www.facebook.com/SriKambaliswamyMadam](https://www.facebook.com/SriKambaliswamyMadam)
- To learn more about Gitananda Nada Yoga, current research, and course offerings: <https://en.soulsound.it/courses/gitananda-nada-yoga/> [www.facebook.com/groups/gitanandanadayoga/](https://www.facebook.com/groups/gitanandanadayoga/) [www.instagram.com/gitananda\\_nada\\_yoga](https://www.instagram.com/gitananda_nada_yoga)
- To learn more about the medical and scientific research at the Institute of Salutogenesis and Complementary Medicine and the Diplomas in Yoga Therapy and Music Therapy: [www.sbv.ac.in/iscm](http://www.sbv.ac.in/iscm)
- To enroll in online courses with Dr. Ananda Balayogi Bhavanani, including the 52-week *Yoga: Step-by Step* [www.icyer.com/Online%20Courses.htm](http://www.icyer.com/Online%20Courses.htm)
- To purchase books, ebooks, DVDs, and CDs from ICYER: <https://icyer.in>

- For a list of videos and audio recordings of Gitananda Nada Yoga teachings, practices, research, and cultural events, follow:

Dr. Ananda Bhavanani on social media:

- **YouTube channel:** [www.youtube.com/@YogacharyaDrAnandaBhavanani](http://www.youtube.com/@YogacharyaDrAnandaBhavanani)
- **Facebook:** [www.facebook.com/ananda.bhavanani](http://www.facebook.com/ananda.bhavanani)
- **Instagram:** [Anandabalayogibhavanani](https://www.instagram.com/Anandabalayogibhavanani)

Dr. Sangeeta Biagi on social media:

- **YouTube channel:** [www.youtube.com/@SangeetaLauraBiagiPhD](http://www.youtube.com/@SangeetaLauraBiagiPhD)
- **Facebook:** [www.facebook.com/sangeetalaurabiagi](http://www.facebook.com/sangeetalaurabiagi)
- **Instagram:** [sangeeta\\_laura\\_biagi](https://www.instagram.com/sangeeta_laura_biagi)

## Further Reading

### Yoga as a way of life

- Dr. Ananda Bhavanani, [Don't put Yoga in a small box.](#)
- Dr. Ananda Bhavanani, [Let's set standards for Yoga and not standardize it](#)
- Dr. Ananda Bhavanani, [Yoga as a way of life](#)
- Dr. Ananda Bhavanani, [Super brain yoga: Ancient Golden wisdom in modern plastic boxes](#)

### Salutogenesis :Yogic Way of Healing the Mind

- Dr. Ananda Bhavanani, Lecture on [Salutogenesis and Yoga Therapy](#)
- Dr. Ananda Bhavanani, Lecture on [Integrating Yoga Therapy in a Modern Medical setting](#)
- Dr. Ananda Bhavanani, [On Salutogenesis and Yoga Therapy](#)
- Dr. Ananda Bhavanani, [Yoga Chikitsa: A Path to Wholesomeness](#)
- Dr. Ananda Bhavanani, [Learning the Art of Relaxation](#)

### The Power of Pranayama

- Dr. Ananda Bhavanani on [Pranayama as Therapy](#)
- Dr. Ananda Bhavanani, Demonstration- Scintillating Saturdays- Session 1: [Traditional & modern aspects of "Nada Pranayama".](#)
- Dr. Ananda Bhavanani et al, [The Efficacy of Yogic Breathing Exercise](#) Bhramari Pranayama in Relieving Symptoms of Chronic Rhinosinusitis
- Dr. Ananda Bhavanani, Demonstrations on [Savitri Pranayama](#)
- Dr. Ananda Bhavanani, Demonstration on Sukha Purvaka [Pranayama against COVID 19](#)

### Yoga Chikitsa/Yoga Therapy

- Dr. Ananda Bhavanani, [Yogic Approach to Stress.](#)

- Dr. Ananda Bhavanani, [Role of Yoga in prevention and management of lifestyle disorders](#)
- Dr. Ananda Bhavanani, Demonstration- Nada [Yoga Techniques to Manage Anxiety and Stress](#),
- Dr. Ananda Bhavanani, [Yoga Therapy or Yogopathy?](#)
- Dr. Ananda Bhavanani on [Psychosomatic mechanisms and manifestations of Yoga](#)

### **For Happy and Healthy Golden Years: Yoga, Geriatrics and Chair Practices**

- Dr. Ananda Bhavanani, Yoga and [Healthy Ageing Practices](#)
- Dr. Ananda Bhavanani, Lecture on Yoga and [Ageing](#)
- Dr. Ananda Bhavanani, Effect of a 12-week yoga therapy program on [mental health status in elderly women inmates of a hospice](#)
- Dr. Ananda Bhavanani, Yoga Program Improves [Cardiovascular Parameters in Senior Citizens](#)

### **The Power of the Human Voice**

- Dr. Sangeeta Biagi, [Nada Yoga and Our Amazing Human Voice](#),
- Dr. Sangeeta Biagi, 1 Girl Revolution and Behold, [THE GIRL INSIDE](#), Emmy-Nominated Award Film, Cook County Jail, Chicago (2021).

### **Nada Yoga/ Yoga of Sound**

- Dr. Ananda Bhavanani, [The Yoga of Sound: An Evening w/ Dr. Ananda Balaygi Bhavanani](#), hosted by the Meditation Center.
- Dr. Ananda Bhavanani, Lecture on [Nada Yoga](#) in UC Yoga Day (June 24, 2021)

### **Practices and Techniques of Nada Yoga**

- Narrated by Dr. Sangeeta Biagi, How to Listen Intently: Swami Gitananda's *Shabda Pratyahara*, - [How to Listen Intently: Swami Gitananda, "Shabda Pratyahara"](#)
- Dr. Sangeeta Biagi, [In Love with your Breath. Sound Healing for Optimal Health](#), DePaul University
- Dr. Sangeeta Biagi, [Nada Yoga](#), album of Mantras from Ananda Ashram
- Dr. Sangeeta Biagi, Nada Yoga Relaxation Sequence- [Shabda Pratyahara + So Ham Mantra + Bhramari Pranayama](#)

### **On the Gitananda Yoga Tradition**

- Dr. Ananda Bhavanani, Gitananda Yoga: The Living Tradition, [http://icyer.com/The\\_Tradition.htm](http://icyer.com/The_Tradition.htm)
- Dr. Ananda Bhavanani, [Some Core Concepts of the Rishiculture Gitananda Yoga Tradition](#)
- Swami Gitananda Giri describes the [lineage of Rishiculture Yoga](#)
- Dr. Ananda Bhavanani, [Yoga and Cultural Misappropriation](#)
- Works of Yoga Pudevai Shakti Meenakshi Devi Bhavanani,
  - [Virya : A Yoga Perspective on Courage and Virtue](#)
  - [From Darkness to Light. A Journey of Courage](#)
  - [Yoga and Virya. A Path to a Simple Life](#),

## **Healing through Sacred Sound- Pranava AUM**

- Yogamaharishi Dr Swami Gitananda Giri Guru Maharaj, [Tuning into the Universe One-Pointedness](#) with the Primordial Sound-Aum

## **Brahma Mudra in the Gitananda Tradition**

- Dr. Ananda Bhavanani, [Additive effect of "Brahma Mudra"](#) on pain, proprioception and functional abilities in non-specific mechanical neck pain,
- Dr. Ananda Bhavanani, [Demonstration on Brahma Mudra,](#)
- Dr. Ananda Bhavanani, [Brahma Mudra for Neck and Head](#)