

# University of Delaware Yoga Day

Saturday, May 12th, 10:00 am - 2:30 pm

Bacchus Theater, Perkins Student Center, University of Delaware

to register and for more information: email  
**udyogaclub@gmail.com**

## SCHEDULE

### TALKS

(free for all)

10-11am: Dr. Rajan Narayanan - **What is Yoga?** from postures to sound vibrations for Health, Healing, and Awareness

11am-12pm: Dr. Stephen Parker - **Clearing the Path: The Yoga Way to a Clear & Pleasant Mind:** Patanjali, Neuroscience, and Emotion

12-12:30pm: Light Refreshments

### PRACTICE SESSIONS

(free for students; \$20 for others)

12:30-1:30pm: Dr. Rajan Narayanan - **Yoga for Stress Management** (with option for complete chair yoga session)

1:30-2:30pm: Dr. Stephen Parker - **Yoga Nidra** (guided sleep meditation for ultimate relaxation)

Yoga is more than asanas (physical postures). Patanjali's *Yoga Sutras* describe yoga as an attitude of living with dharmic awareness.

Wear loose-fitting, comfortable clothing, and be sure to bring a mat and water bottle !

For more information, please contact:

Rosalie Baseman  
udyogaclub@gmail.com

## UD Yoga Day Speaker Biographies

### **Dr. Rajan Narayanan, Ph.D., C-IAYT**

Dr. Rajan Narayanan, Ph.D., C-IAYT, is the Executive Director & Continuing Medical Education (CME) Director, Life in Yoga Institute and Foundation. He is one of the founders and inspiration behind Life in Yoga Foundation and Institutes, non-profits formed and active in the Washington metro area. He has developed the Measured Yoga Therapy using Bio-Well, an electro-photonic imaging machine that can read the energies of different organ systems of the human body ('Bioenergy and its implications for yoga therapy,' to appear in the International Journal of Yoga). He has established yoga therapy clinics in Maryland and Texas that implements Measured Yoga Therapy techniques.

### **Dr. Stephen Parker, Psy.D**

Dr. Stephen Parker, Psy.D is a psychologist who has been practicing in Saint Paul, MN for over 20 years. He began studying meditation and was initiated in the Himalayan tradition in 1971. He has been teaching hatha-yoga and meditation since 1974. Since 1999 Dr. Parker has served as a senior faculty member of the Himalayan Yoga Tradition Teacher Training Program, traveling extensively throughout the world training teachers of yoga and meditation, leading spiritual retreats, and giving seminars in Europe, Asia, South America, and Africa.

Dr. Parker has taught in graduate psychology programs at the University of St. Thomas and Saint Mary's University of Minnesota; developed academic courses in yoga and has often lectured in academic institutions. Dr. Parker's recent book titled 'Clearing the Path: The Yoga Way to a Clear & Pleasant Mind: Patanjali, Neuroscience, and Emotion' is considered 'profound explication of the psychological dimension of yoga from the standpoint of classical Raaja-yoga.'