



# SRI SIVA VISHNU TEMPLE

6905 Cipriano Road, Lanham MD 20706

Tel: (301)552-3335 Fax: (301)552-1204

E-Mail: [ssvt@ssvt.org](mailto:ssvt@ssvt.org) Web Site: <http://www.ssvt.org>



## 21<sup>st</sup> Anniversary Celebration of Yoga at SSVT Saturday January 12<sup>th</sup>, 2019 10AM - 5PM

[Click to  
Register HERE](#)



### *Yoga and Wellbeing: Living. Thinking. Being.*



Individual and Social Wellness for  
Health, Mindfulness and Spirituality

1. Yoga for Physical and Physiological Health
2. Yoga for Emotional Health and Mental Clarity
3. Yoga for Spiritual Development and Experience
4. Yoga and Society
5. Yoga's Legacy and History

**Mini Expos,  
Videos and  
Learning  
Stations**

**Talks by  
Subject  
Matter  
Experts**

**Demos  
and  
Practice  
Workshops**

*Program is open to all ages:  
Registration is required with suggested \$20 donation  
For further information, email [education@ssvt.org](mailto:education@ssvt.org)*



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## Yoga and Wellbeing: Living. Thinking. Being.

10 am – 12 pm: Yoga practice sessions

1 pm – 5 pm: Presentations with Q & A



No prior Yoga experience is needed.

Open to all ages and levels of health.

Yoga Demos for various health issues such as:

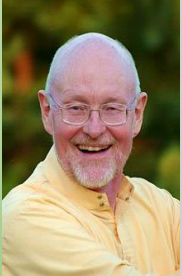
Arthritis, Cardio health, Relaxation and Emotional Stability



**Dr. Sandra Amrita McLanahan** is a graduate with high honors of Swarthmore College, and she has an M.D. degree from Wayne University and a family practice specialty from the University of Massachusetts. For twenty years, she served as director of stress management for Dr. Dean Ornish's research, using Yoga and lifestyle changes to reverse heart disease and cancer. She now practices integrative medicine at Yogaville. Dr. McLanahan has made multiple study trips to India and Asia, where she visited centers that use Yoga and other natural means to prevent and treat disease. She is the co-author of the book, *Surgery and Its Alternatives* and helped to write the books, *Dr. Yoga* and *After Cancer Care*. She also appears in two DVDs, *Living Yoga and Health, Yoga, and Anatomy*.



**Dr. Steffany Moonaz** founded Yoga for Arthritis after 8 years at Johns Hopkins University where she studied the effects of yoga for people living with arthritis. She now serves as the Director of Clinical and Academic Research at the Maryland University of Integrative Health, which offers the nation's only Masters of Science in Yoga Therapy. She continues to conduct research on the effects of yoga for chronic pain and joint conditions, and mentors yoga teachers, yoga therapists, and emerging researchers. She is passionate about ensuring that yoga practices are safe, welcoming, and appropriate for people with arthritis nationwide. Her first book, *Yoga Therapy for Arthritis: A whole person guide to movement and wellness*, was recently released by Singing Dragon Press.



**Dr. Stephen Parker (Stoma)** is a disciple of Swami Rama of the Himalayas initiated by Swami Veda Bharati in 1971. He studied Sanskrit with Swami Veda for his B.A. *summa cum laude* from the University of Minnesota and went on to earn M.A. and Psy.D. degrees in counseling psychology from the University of St. Thomas. He has been a licensed psychologist since 1985. In addition to serving as an adjunct assistant professor in two psychology graduate programs, he has taught and lectured on yoga, meditation, yoga psychology, spiritual practice, management and the science of yoga. In 2007 he received preliminary vows of renunciation from Swami Veda and the Shankaracharya of Karvirapitha. Stoma recently published a book on the process of spiritual purification in yoga: *Clearing the Path, the yoga way to a clear and pleasant mind: Patañjali, neuroscience and emotion*.



**Dr. Anoop Kumar, MD, MM** is a Board-Certified, practicing emergency physician. He has a Master's degree in Management with a focus in Health Leadership. He is the author of "Michelangelo's Medicine", as well as the upcoming book "Is This a Dream?" He enjoys exploring the intersection of consciousness, science, and philosophy. He has recently collaborated with Deepak Chopra on presenting non-duality to worldwide audiences. Anoop sees science, philosophy, and spirituality as tools that can reveal unseen aspects of who we are. The result? We experience ourselves and our world more clearly, fully, and intimately.



**Facilitator and Moderator: Dr. Aparna Ramaswamy** is a Bharatha Natyam dancer & teacher whose first doctoral research was on Natya Yoga – linking the practices of Bharatha Natyam to the principles of ashta anga yoga as described in Patanjali's Yogasutra. As a counselor and educator, Dr. Ramaswamy utilizes yoga and meditation in counseling people with depression, anxiety and other mood disorders. She completed her second doctorate on the role of yoga meditation in cultivating mindfulness, humility and empathy in counselors. She is a Faculty at Johns Hopkins University, teaching counselors to incorporate yoga meditation in counseling. (She is the current Education coordinator at SSVT)