

What is Yoga and what can it do for mind, body and spirit???

An Indian Master brings teachings to Southeast Michigan
Dorrie Rosenblatt, M.D., Ph.D.

Sadhguru Jaggi Vasudev is returning to the Detroit Metro area at the end of January. Sadhguru is a mystic, yogi and a spiritual master from South India with very unique insights into human health and well-being. The founder of Isha Yoga, a non-profit organization dedicated to helping people advance their physical, mental and spiritual health, he travels the world ceaselessly to spread the benefits of Yoga Science. As one of India's delegates to the United Nations Millennium World Peace Summit, Sadhguru delivered his vision of peace through individual transformation. He continues to work towards that goal. Hundreds of thousands of people have benefited from Sadhguru's teachings.

With all the current interest in Mind-Body phenomena and Complementary and Alternative Medicine, the ancient practice of Yoga has been receiving a lot of attention. But many people are still only familiar with Hatha Yoga – the branch of yoga that uses "asanas" or physical postures. Yoga is an ancient science that was developed and perfected in India thousands of years ago. The word "yoga" comes from the Sanskrit root "yuj" meaning union. The goal of yoga is to attain union with the divine or universal spirit. Yogic science has eight branches:

Yama: moral behavior

Niyama: discipline

Asana: postures

Pranayama: breathing

Pratyahara: freeing the mind from entanglements

Dharana: concentration

Dhyana: meditation

Samadhi: super-consciousness

Clearly moral behavior, discipline and freeing the mind from entanglements and concentration are all valuable processes. However, most scientific study has focused on the health benefits of meditation, breathing and postures. Numerous studies have now demonstrated the benefits of yogic practices on mood, energy, and health. Yogic practice produces a sense of calmness and well-being. It has been shown to be very helpful in cases of anxiety and depression. Energy levels increase and exercise capability also increases. Practice of hatha yoga has been

used as therapy for arthritis and musculoskeletal problems. Yogic practices have also been helpful in many medical conditions such as asthma, heart disease, hypertension and epilepsy.

Sadhguru has synthesized them into a series of techniques of meditation and Pranayama (controlling vital energy) into a dynamic program (Isha Yoga) that allows people to engineer their inner energies and bring them into balance and full flow. Once given the tools to rejuvenate and balance their energies, people can optimize physical, mental and spiritual health.

I met Sadhguru Jaggi Vasudev a year and a half ago. My own personal experience of the results of doing yogic practices as taught by Sadhguru is nothing short of amazing. When I met him I had been retired from medical practice for two years due to "end-stage heart disease". My activity was very limited. Within six months of beginning the practices, I had lost forty pounds and my energy and exercise capabilities had improved markedly. In fact, I have just come back from a Himalayan trek with Sadhguru, during which I walked up to 10,000 feet. As a physician, I cannot explain it. But I recommend it very highly.

Sadhguru will be in southeast Michigan in January and will be giving a series of free talks to introduce Isha Yoga (see below). He will also be open to questions pertaining to his approach of human health and well-being. This is a rare opportunity for people to learn about the ancient science of yoga from a master who was created a program uniquely suited to the modern world.

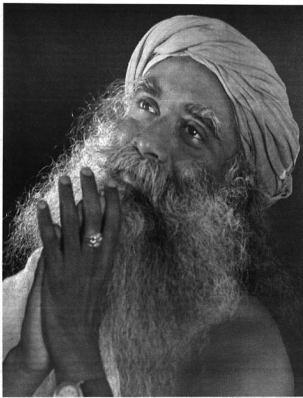
Sponsored by the University of Michigan Complementary and Alternative Medicine Research Center and Turner Senior Resource Center.

Isha Yoga-The Inner Enigmas

Wednesday, January 29, 7-9PM, Auditorium 3, The Modern Language Building, Corner of Thayer and Washington Streets, Ann Arbor. For more information call us at (734) 965-4156

Yoga and Health, Thursday January 30, 6-8PM, at St. Mary's Hospital Building. For information call 248-475-4782.

For information about the Isha Foundation visit us on the web at: www.ishafoundation.org



A SADGURU DEVOTEE RECOLLECTS

Bar-boom: Da-boom! My heart is pounding—how amazing. I have never learned a single profound lesson in school. School has not even scraped the surface. All I have learned in school is to pretend. I can pretend to know interest in the subject material. I can pretend to care about my grades. I can pretend that education is leading me on some unexplored path and life will turn out different for me than it has for others.

But that is all deception. Everyone goes to school. I'm in a job, restless down, and growing old. If you do not follow this path, something is wrong with you. I guess I want something to be wrong with me.

Bar-boom. Bar-boom. Bar-boom. It is still going. All this time, it continues. I did not learn to beat my heart in school. For me, there is no other way to learn about life than to live it. Life begins within. There may be beautiful flowerings and growth on the outside, but it is all rooted within, unseen and usually unnoticed.

Bar-boom. My eyes were first opened to this awareness when I met Enlightened Master, Sadhguru Jaggi Vasudev in the seven day Isha Yoga program. He created a domain for me to see reality as it truly is.

Bar-boom. As I watched the news of our latest tragedy last on September 11th, I noticed the people around me exhibiting every emotion. This event shocked people back to reality. They were in touch with this core life-away from computers, homework, schedules, and threat warnings—right into a state of "this is life this is death." It created an immediate perspective of who we are and what we have become.

I have become rooted in this reality. I have been driven to live as I am rather than through my thoughts. Every aspect of my life has been enhanced on the surface

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MEMBER ASSOCIATION
OF PHYSICIANS FOR
INTEGRATIVE MEDICINE



HEALTH & YOGA

An Introduction to Isha Yoga

Enlightened Master and Yogi, Sadhguru Jaggi Vasudev

Thursday, January 30th, 2003 6:30 PM
St. Mary Mercy Hospital, Auditorium

36475 Five Mile Road, Livonia, MI 48154

No fee, no pre-registration. Contact Diane Strady at (734) 655-2922

For more information, please contact Dr. Roggera Ruscio (248) 478-4786

St. Mary Mercy Hospital, an organization accredited by the MEDICARE Commission on Care Accreditation, demonstrates that this activity meets at least a minimum of 2.0 credit hours in Category 1 for the requirements for Medicare recertification and of the Physicians Recertification Assessor of the ABIM, provided it is completed as designed. St. Mary Mercy Hospital is not responsible for the educational activity.

—Sheela Rajjov



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Press Release:

Indian master brings yogic science to Michigan

The Complementary and Alternative Medicine Center of the University of Michigan and the Turner Senior Resource Center are sponsoring a free talk – **Isha Yoga – the inner engineering**—by **Sadhguru Jaggi Vasudev** on Wednesday evening, January 29th, 7-9PM in the Modern Language Building Auditorium 3, SE corner of Thayer and Washington Streets. Current research has shown the value of complementary and alternative approaches both for preventive and curative health interventions.

Sadhguru Jaggi Vasudev is a mystic, yogi and a spiritual master with very unique insights into human health and well-being. He has synthesized the millennial-old techniques of meditation and Pranayama (controlling vital energy) into a dynamic program (Isha Yoga) that allows people to engineer their inner energies and bring them into balance and full flow. Once given the tools to rejuvenate and balance their energies, people can optimize physical, mental and spiritual health. Sadhguru will introduce Isha Yoga and also be open to questions pertaining to all aspects of human health and well-being.

Sadhguru is the founder of the Isha Foundation, a non-profit organization dedicated to helping people advance their

physical, mental and spiritual health. Hundreds of thousands of people have benefited from Sadhguru's teachings. As a delegate to the United Nations Millennium World Peace Summit, Sadhguru brought his message of inner peace through individual transformation to the world. He continues to be involved in work for world peace and also runs humanitarian programs for prisoners and destitute children.

More information on Sadhguru Jaggi Vasudev is available from the Isha Foundation, 10 Belcaro Circle, Nashville, TN 37215, Telephone 615-665-3812 or from Dr. Dorrie Rosenblatt 734-665-4186 or Dr. Kalpana Rajdev 248-478-4786. Interviews with Sadhguru can be scheduled by

calling the Isha Foundation.

Other talks in the Detroit area will include:
Yoga and Health, Thursday, January 30th, 6:30 PM at St. Mary Mercy Hospital Auditorium, 14250 Plymouth Rd., Livonia, MI Livonia

Inner Engineering, Thursday, January 30th, 2-4 PM at Daimler-Chrysler (employees only) 36475 5 Mile Rd.

Inner Engineering, Friday, January 31st, 11-1 PM and 3-5 PM at GM Technical Center (employees only) Manufacturing Building Auditorium, Warren

A seven-day Isha Yoga program with Sadhguru will be held April 30 - May 6.

—Dr Kalpana Rajdev

MICHIGAN ASSOCIATION OF PHYSICIANS OF INDIAN ORIGIN

ISHA FOUNDATION
(A NON-PROFIT ORGANIZATION)

ST. MARY MERCY HOSPITAL
BRING TO YOU

HEALTH & YOGA
An introduction to Isha Yoga

No matter what one's age or occupation, this powerful experience can be applied to create a life of unbounded joy, vitality and inner peace.

Thursday, January 30th, 2003 6:30PM

St. Mary Mercy Hospital, Auditorium

36475 Five Mile Road, Livonia, MI 48154

No fee, to pre-register

contact Diane Stacey at (734) 655-2923

For more information, please contact

Dr. Kalpana Rajdev (248) 478-4786

'I want you to know the power, the liberation of another kind of science, the inner science, the yogic science through which you can become the master of your own destiny'

Enlightened Master and Yogi, Sadhguru Jaggi Vasudev

Don't miss this unique opportunity to be in the presence of an enlightened master-this yoga seminar includes an introductory talk and question and answer session.

Sadhguru Jaggi Vasudev a recent delegate to the United Nations World Peace Summit is a realized yogi, master and mystic. Sadhguru introduces Yoga as a science for expansion of the human consciousness, and a modern day tool, to live in health, inner peace, freedom and bliss.

St. Mary Mercy Hospital, an organization accredited by the MSMS Committee on CME Accreditation, designates that this activity meets the criteria for a maximum of 2.0 credit hrs in Category I toward the requirements for Michigan relicensure and of the Physicians Recognition Award of the AMA, provided it is completed as designed. Each physician should claim only those hours of credit that he/she actually spent in the educational activity.