

YOGA & SCIENCE

A DISCUSSION ON YOGA AND ITS EFFECT ON THE BODY-MIND
AS IT RELATES TO CURRENT SCIENTIFIC RESEARCH

MARSHALL HAGINS, PhD

YOGA & SCIENCE:
THE BASICS

LARRY SCHERWITZ, PhD

THE HEALING POWER OF
THE YOGIC LIFESTYLE

KRISTEN NEFF, PhD

SELF-COMPASSION:
A HEALTHIER WAY OF
RELATING TO YOURSELF
AND YOUR BODY

DAVID RING MD, PhD

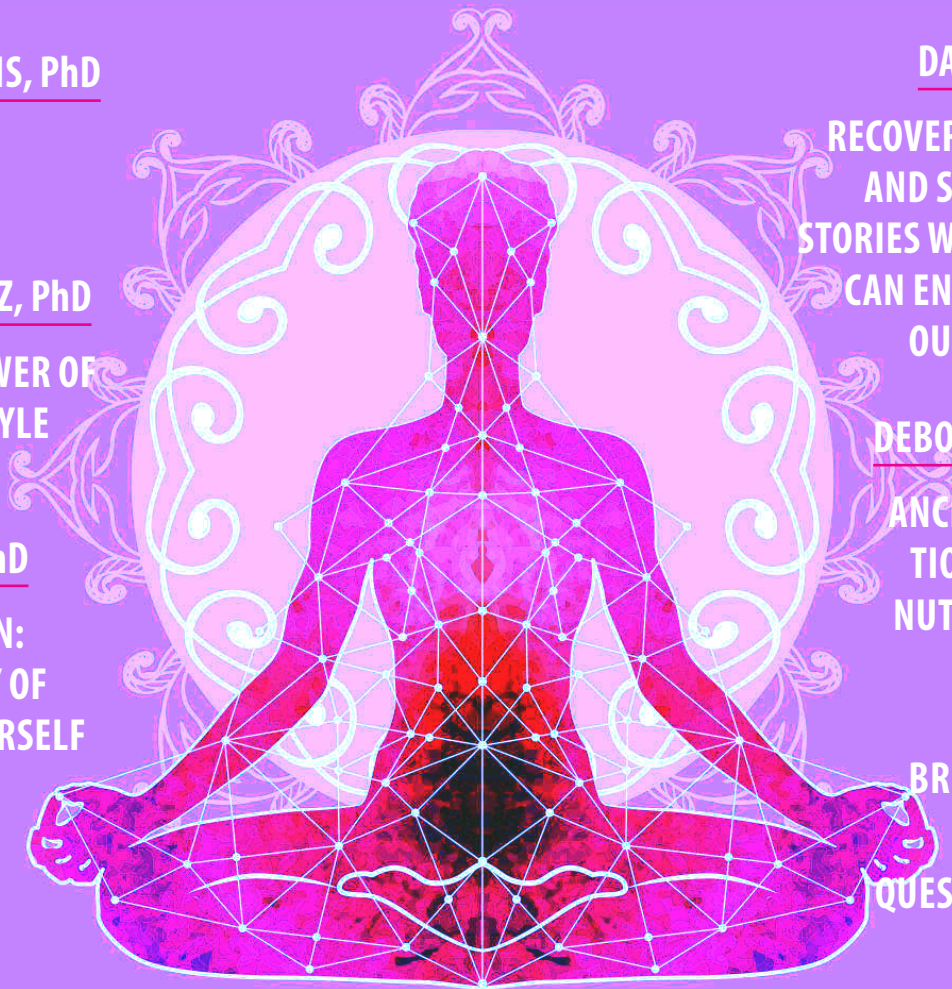
RECOVERING FROM INJURY
AND SURGERY: HOW THE
STORIES WE TELL OURSELVES
CAN ENHANCE OR HINDER
OUR ABILITY TO HEAL

DEBORAH KESTEN, MPH

ANCIENT YOGIC NUTRI-
TION MEETS MODERN
NUTRITIONAL SCIENCE

EDDIE STERN

BREATHING EXERCISE
JOINT PANEL
QUESTIONS & ANSWERS



SATURDAY FEBRUARY 29, 2020 • 1:00 PM - 6:00 PM
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