

Yoga as Lifestyle Medicine

3rd International Day of Yoga Festival, San Antonio, TX

San Antonio
ॐ देव योगा



Yoga for Harmony & Peace

Benefits of
YOGA POSES

Power of
BREATHING

Yoga for
SELF CARE

“ONE BECOMES FIRMLY ESTABLISHED IN PRACTICE ONLY AFTER ATTENDING TO IT FOR A LONG TIME, WITHOUT INTERRUPTION AND WITH AN ATTITUDE OF DEVOTION.”

YOGA SUTRA I.14

“INHALE, AND GOD APPROACHES YOU. HOLD THE INHALATION, AND GOD REMAINS WITH YOU. EXHALE, AND YOU APPROACH GOD. HOLD THE EXHALATION, AND SURRENDER TO GOD.”

KRISHNAMACHARYA

“UNDISTURBED CALMNESS OF MIND IS ATTAINED BY CULTIVATING FRIENDLINESS TOWARD THE HAPPY, COMPASSION FOR THE UNHAPPY, DELIGHT IN THE VIRTUOUS, AND INDIFFERENCE TOWARD THE WICKED.”

YOGA SUTRA

“YOGA TEACHES US TO CURE WHAT NEED NOT BE ENDURED AND ENDURE WHAT CANNOT BE CURED.”

B.K.S. IYENGAR

WELCOME

3RD ANNUAL IDOYOGA SAN ANTONIO FESTIVAL

BY: THE PLANNING COMMITTEE

It is with great pleasure we welcome you to our 3rd Annual iDoYoga San Antonio Festival.

We hope you will enjoy this free community event and explore various yoga classes and listen to some great speakers on the many benefits of Yoga. Also, please make time to visit the many health and wellness vendors at the Expo, and see what tips and services they have to share with you on Health & Wellness.

The International Day of Yoga is now in its third year of being celebrated around the world. This event was originally founded in 2014 by the United Nations General Assembly, when it adopted June 21st of each year to be a day of celebrating yoga and healthy living in all nations. This idea received universal support, with 175 Nations adopting this resolution, and now thousands of communities are organizing classes and festivals all around the world!

The San Antonio iDoYoga festival is organized by an all-volunteer group. We joined together to provide our community with a full day to celebrate yoga and healthy living. The proceeds from this event will be donated to two local, non-profit groups: Yoga Day US Foundation and Yoga Seva Institute. Funds will be dedicated to provide free yoga classes for kids, women and the general public in underserved areas of our communities.

We believe that when one person benefits from yoga, then the whole community benefits.

2017 EXECUTIVE COMMITTEE:

Hetal Nayak, MD, ERYT200
PhD Scholar in Yoga
Founder, iDoYoga San Antonio
President, San Antonio Sewa Int'l
(830) 534-9683

Maggie Grueskin, ERYT 200, YACEP
Co-Founder, iDoYoga San Antonio
Editor, Community Outreach & Planning
Lifestyle Planner, Ekam Life
(210) 667-6331

Trinabh Shukla
Founding Member, iDoYoga San Antonio
Web Designer, Digital Production Manager
Volunteer, Hindu Swayamsevak Sangh

Carlos Gomez, BYT, RYT200
Founding Member, iDoYoga San Antonio
Founder, Yoga Day Non Profit



Maggie, Carlos, Hetal and Trinabh

YOGA AS LIFESTYLE MEDICINE

2017 IDOYOGA FESTIVAL THEME

BY: MAGGIE GRUESKIN

According to the World Health Organization, by 2020, two-thirds of all diseases will be lifestyle-based. In America, chronic disease is the leading cause of death and disability, and according to the Centers for Disease Control, chronic disease is now responsible for up to 80% of all health care expenditures.

Our theme this year of 'Yoga as Lifestyle Medicine' was selected because we wanted to broaden awareness about the many benefits of yoga, and how it is much more than just doing pretzel poses on the mat. The ancient science of yoga actually provides an eight-fold path for whole-person wellness, known as Ashtanga Yoga. The approach lifestyle-based guidelines with a focus on creating daily habits which connect us with the rhythms of nature and purity of Body, Mind and Spirit.

We believe that there is a better way to approach chronic disease, beyond a reliance on pills and injections. Taking a different approach, the emerging field of 'Lifestyle Medicine' represents a new perspective on Health; not one solely focused on identifying disease markers and risk factors of disease, but instead a shared approach that focuses on Health, optimizes our ability to be healthy, and works at treating the underlying causes of disease.

Lifestyle Medicine focuses mostly on non-communicable forms of chronic disease, including diabetes, hypertension, cardiovascular disease, stroke, depression, anxiety, and osteoarthritis, among others. It is one of the fastest growing segments in medical education

MARKETING COMMITTEE:



Shari Miller Gaiennie
M.A., RYT500 YA, YACEP
Yoga Teacher
Founder, Yoga Seva Int'l



Melissa Aguirre
C-IAYT, ERYT500
Yoga Therapist
MelMarie Yoga



Megan Curiel
Social Media Intern
Business Outreach
Event Photography

CME PROGRAM "YOGA IN HEALTH CARE"



THE PRINCIPLES AND PRACTICE OF YOGA IN HEALTH CARE:
THE SCIENCE, RESEARCH AND APPLICATION
Faculty: Sat Bir Khalsa, PhD; Venkat Srinivasan, MD
Program Director
C. Rajan Narayanan, PhD
Executive Director, Life in Yoga Institute & Foundation
General Secretary, Council for Yoga Accreditation International
1111 University Blvd West, #1306, Silver Spring, MD 20902
(301) 526-8308 / narayanan@lifeinyoga.org

LIFESTYLE AS MEDICINE

BY VENKAT SRINIVASAN, M.D.

THE PAST ONE HUNDRED YEARS OR SO HAVE WITNESSED A TRANSFORMATION IN THE ILLNESS BURDEN FACED BY THE SOCIETY. AT THE BEGINNING OF THE 20TH CENTURY, THE TOP THREE ILLNESSES THAT ACCOUNTED FOR MORTALITY IN THE UNITED STATES WERE PNEUMONIA, TUBERCULOSIS, AND DIARRHEA.

By the dawn of the new millennium, cardiovascular diseases, cancer, strokes, and chronic respiratory diseases had replaced them on the top of the list[1]. A cursory look at the two lists reflects the successes of modern medicine against infectious diseases. A more nuanced examination offers an additional insight.

Diseases like tuberculosis or pneumonia were primarily considered unfortunate events over which the patient had hardly any control. Also, the role of the patient was to become a passive recipient of the treatment that was formulated and administered by the healthcare institutions— in the form of antimicrobials and other supportive measures.

The patient plays a much bigger role in the occurrence and outcome of most of today's illnesses. The CDC estimates that about half of the adult population in the United States is suffering from a chronic illness. Health risk behaviors, including lack of exercise or physical activity, poor nutrition, tobacco use, and drinking too much alcohol—cause most of the illness, suffering, and early death related to chronic diseases and conditions[2]. Moreover, evidence is emerging about the roles of other overlooked factors such as attitudes of patients, their social connectedness, faith, sleep, and their stress burden[3].

It is becoming evident today that the war on the illness scourge of the society has to be waged outside the controlled environment of the hospitals also. The kitchens, the playgrounds, the workplaces and the schools are the new frontiers where lifestyle modifications have to be implemented to push back on the seemingly relentless march of chronic diseases.

Society needs to emphasize lifestyle modification and highlight its preeminent role in improving the health of its members. The cost saving of such an intervention was estimated in a study published in 2007 to be as high as two trillion dollars by the year 2023[4]. Thus, lifestyle as medicine has the potential to reduce the disease burden in the society and also to be cost-effective and sustainable in the long run.

Email: vsrinivasan@iasishealthcare.com



[1]. Deaths and Mortality. (2017, March 17). Retrieved May 16, 2017, from <https://www.cdc.gov/nchs/fastats/deaths.htm>, [2]. Chronic disease overview. (2016, February 23). Retrieved May 16, 2017, from <https://www.cdc.gov/chronicdisease/overview/> [3]. Srinivasan, V. (2016). Principles of mind-body medicine. Chennai, India: Notion press [4]. Malach, M., & Baumol, W. J. (2010). Further Opportunities for Cost Reduction of Medical Care.

YOGA IN HEALTH CARE

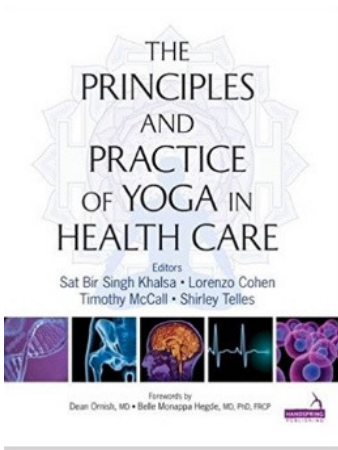
1-DAY CME COURSE, APPROVED FOR AMA PRA CATEGORY 1 CREDIT

Who Should Attend? Physicians and other Medical Professionals who seek to be well-informed on yoga therapy as a non-invasive, alternative for health management

FACULTY:

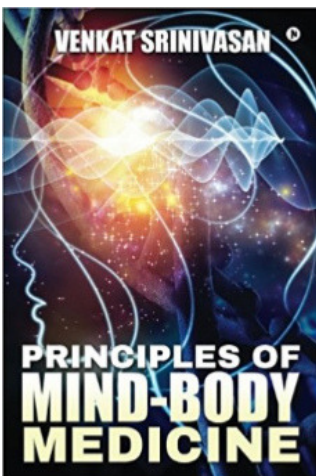
Sat Bir Khalsa, PhD

Assistant Professor of Medicine, Harvard Medical School
Associate Neuroscientist, Division of Sleep and Circadian Disorders, Departments of Medicine and Neurology, Brigham and Women's Hospital



Venkat Srinivasan, MD

Internal Medicine, Permian Premiere Health Services, affiliated with Southwest General Hospital.



PURPOSE:

To enable participants to understand potential use of yoga as therapy, and consider further education and application in healthcare practice.

SESSIONS:

MIND/BODY MEDICINE: Introduction, Concepts, Principles, Philosophy, and Relevance in Modern Healthcare

YOGA AND YOGA THERAPY: Introduction, History, Principles, Philosophy, Prevalence, and Clinical Application

EXPERIENTIAL PRACTICE: Basic yoga class, covering physical postures (asana), breathing (pranayama), Relaxation and Meditation

ON THE SCIENCE OF YOGA: Review of the science and psychophysiological mechanisms underlying yoga practice and the rationale as a Therapeutic Intervention.

CLINICAL RESEARCH:

Review of the Clinical Research Trial Evidence Base for Yoga Therapy for Medical Conditions

Review of the Research Evidence Base for Yoga as Preventive and Lifestyle Medicine

Course Director: Hetal Nayak, MD
Hetal@idoyogasa.org

Delegated by Life in Yoga Institute
Yoga Institute, Inc is accredited by the ACCME to provide continuing medical education for physicians.

CME Director: Dr. Rajan Narayanan
narayanan@lifeinyoga.org

DOSHAS

BY MAGGIE GRUESKIN

It is believed that by understanding our true selves, we can better understand the natural laws and order in the universe.

What are Doshas?

The doshas are the three primary energy types that are present in all living things. They are known as Vata, Pitta and Kapha, and are a part of an ancient system of medicine with roots in India, known as Ayurveda (the science of life).

Ayurveda seeks to address the whole person, by first understanding the unique mind/body constitution of the individual, and then working to craft a lifestyle which best supports and nurtures that particular individual.

The medical system of Ayurveda uses a personalized approach to health, and the doshas serve as part of your decision matrix, when making choices in life. The doshas apply to everything in life, from food, exercise, music, colors, plants, nature, and yes, the doshas even apply to your beloved dog or cat!

Just because something appears to be good, it doesn't necessarily mean that it's going to serve you well. This is where the subtle science of Ayurveda comes in; it helps to personalize your lifestyle choices. If you don't ask yourself the primal question of 'Who am I?', then how can you decide what is good for you?"

The Five Elements

In ancient times, it was told there was nothing but Space (Akasha), and when it wanted to know itself, it looked inward, and in doing so, it created Wind (Vayus). As Wind began to move, it created friction, which created Fire (Tejas). As Fire began to transform, it grew and caused air to condense into Water (Jala), and then gather into earth (Pritivi).

These five elements are what constitute the universal building blocks of all things, including ourselves. When these five elements are combined, in certain ways, they form the three universal vibrations, or energetic qualities, known as the doshas.

"We ourselves are made of stardust."

~ Carl Sagan

"LIFE IS A MATTER OF CHOICES, AND EVERY CHOICE YOU MAKE MAKES YOU."

~ JOHN C. MAXWELL

The Three Energies

Vata energy is made of both air and space and has the qualities of creativity and movement. It is associated with being dry, light, cold, rough, and mobile.

Pitta energy is made of mostly fire and some water, and its main quality is transformation. It is associated with being hot, sharp, light, mobile and oily.

Kapha energy is made of equal parts earth and water. It has the quality of being a stabilizing or supporting force; and is identified with the qualities of heavy, slow, dull, cold, oily, smooth and solid.



vata



pitta



kapha

www.ekamlife.com

At birth, we are imprinted with a unique combination of the three doshas. You can think of this as your 'soul print'. This specific formula is our essential "Nature". It represents who we really are, as energetic beings.

To achieve a balanced state, we should aim to keep our unique combination of doshas in all aspects of life. In this way, we minimize sources of chronic stress, which can cause us to lead a suboptimal life and may lead to creating a state of dis-ease in mind, body or spirit.

Choice and Lifestyle

As you begin to see life through the energetic lens of the doshas, you will embark on a quest to uncover the true self. With this new awareness, you can become the craft master of your own life. Lifestyle medicine requires that we become active participants in defining and seeking our unique state of Perfect Health. This is just the beginning, and as Aristotle once said: "Knowing yourself is the beginning of all wisdom."

Website: www.EkamLife.com

THE BENEFITS OF YOGA POSES


BY MELISSA AGUIRRE

The yoga asanas, or physical yoga postures, are usually what first comes to mind when people think of yoga. It is common to envision yoga as people gathering together and making different shapes with their bodies by holding specific postures for a specified goal such as losing weight or stress management. Although physical well being is a by product of the practice, there is purpose and intention with the use of each of the yoga poses within a sequence. The effectiveness of any posture is influenced by the other postures combined with it.


IN FACT, SEQUENCES ARE NOT RANDOM BUT OFTEN THE POSES BUILD UPON ONE ANOTHER SO THE PRACTITIONER CAN EXPAND THEIR CAPACITY TO STRENGTHEN THEIR MUSCULATURE IN A YOGA POSE OR STRETCH WHERE TENSION IS LODGED. THIS KEEPS THE PRACTITIONER SAFE AND CONNECTED WITH THEIR OWN EXPRESSION OF THE PRACTICE.

A huge misconception is that we must fit our bodies to the yoga poses, however, this belief is deeply inadequate and defeats the entire purpose of the practice which is to come back home to yourself and calm the fluctuations of the mind. If we are forcing ourselves into a perceived notion of what we think the form of a pose should be, we become vulnerable for injury. Yoga improves our functional potential as humans by supporting our unique structures inviting us to evolve in our movement, find stability within the body, and create self regulation for the maintenance of our health. Yoga asanas are for the body. This is your yoga practice. Invite the poses to fit you.






YOGA THERAPY
SPECIALIZED, PRIVATE YOGA CLASSES



**YOGA TEACHER
TRAINING PROGRAMS**
THERAPEUTIC 200 HOUR AND 300 HOUR
TRAINING PROGRAMS



WWW.MELMARIEYOGA.COM

BELOW ARE 3 PRIME CONCEPTS TO YIELD FROM THE BENEFITS OF THE PHYSICAL YOGA POSES:

A technology for peace.

Sustainable healing often becomes the result of a crisis within the body. It could be illness or injury. It could be inflammation or discomfort. Nonetheless, the physical body is often the reason students show up on the yoga mat or begin to address their health. Most beginners have a specific goal or purpose to starting their yoga practice. But it is the mental clarity and emotionally upbeat feelings that the practitioner experiences after the practice that keeps them coming back. Furthermore, if one is feeling overwhelmed sometimes it can be extremely challenging just to change the mind or redirect feelings. However, by engaging in somatic practices such as different yoga asanas or sequences, one can bring awareness to their body and regulate thus releasing the nervous energy so he or she may return back to feeling well and clear.

They say when you own your breath, nobody can steal your peace. The yoga asanas have a strong influence on our body's energetic and respiratory function. When we regulate the breath and practice mindful movement within the body; this has a profound effect on our nervous system. The breath is a profound bridge between the mind and body. The breath is ultimately what separates yoga from ordinary forms of exercise. The integration of mindfulness and breath into the physical postures create a unique recipe to attain peace, presence and contentment. The yoga asanas are tools to accessing peace.

The physical poses provide incredible benefits to our physiology.

Research has been publishing a realm of case studies that demonstrate how the yoga practice supports, prevents and rehabilitates ailments or injuries. The science behind yoga poses and their effects the body is ample. For example, repeating yoga poses or movement patterns put sustained pressure on key areas throughout the body which can aid in our immune functioning, release hormones, and neuromuscular pathways. These positions also affect the flow of blood and lymphatic fluid throughout the circulatory system. As the body moves through functional patterns, this process helps optimize neuromuscular pathways that decrease discomfort in the body making it easier for the person to engage in functional movement patterns.

We are reminded again and again the importance of physical exercise and movement crucial components of our health such as maintaining a healthy structure, mobility, and stress management. For the prevention, maintenance and recovery of our health; mindful movement is essential for flourishing health. Sometimes, all we need is to stretch and it will change our entire demeanor.

Asanas help us prevent injury and break bad habits!

Repetition is often utilized in yoga sequences for its profound effect on the neural networks of the brain. Yoga has been shown to create new neural pathways which can derail dysfunctional movement patterns in the body. For example, if a student practices bending their knees, engaging their legs and core, pressing through their feet stabilizing the spine as they rise to standing; this habitual movement pattern repeated through the yoga practice will impact the way they move when they drop something onto the floor, forward fold to pick it up and mindfully return to standing rather than just reaching to the floor and recklessly moving up. Mindless movement is a common culprit for injury. The yoga poses guide people to become more aware of their body and the way they move.

Yoga poses allow us to discover a deeper knowing and awareness about ourselves. The more we live informed by this blueprint for mindfulness, the dysfunctional habits that we may have such as overcompensating to one side (which can cause misalignment and back pain!) to engaging in activities that can lead to harm or illness begin to alleviate.

Live the way you practice!



POWER OF BREATHING

BY LAWRENCE M. COHEN, M.D.

WITH MORE THAN 30 MILLION PEOPLE PRACTICING YOGA IN AMERICA, IT'S TIME TO EMPOWER OUR PRACTICE WITH BREATH.

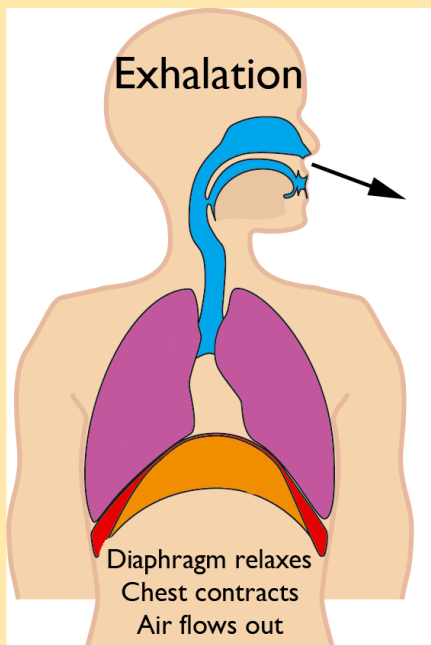
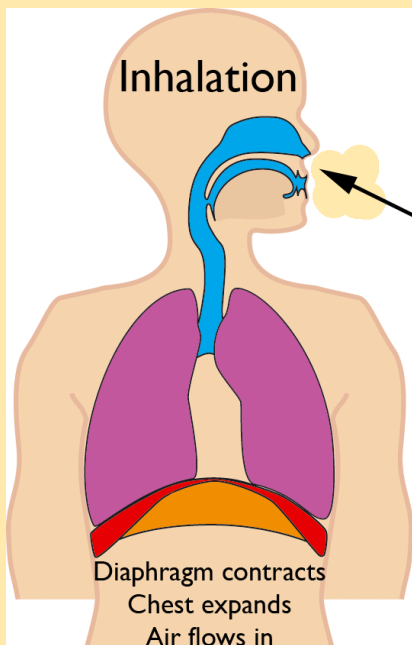
A central aspect of yoga practice, and the various techniques that can be applied is how one breathes. On the surface, you could say, well...we all have to breathe and do so!, and yes that is true. But HOW we breathe can make a difference in how our nervous and cardiovascular systems work, and therefore all of our subtler functioning. Additionally, if one is using the breath for meditation, self awareness, and as a central point for access to change, learning to develop a quiet, deep diaphragmatic breath is the "hub on the wheel".

There are 2 main regions in which we bring air into our lungs,- one is by lifting the rib cage and expanding the thorax, bringing air into the upper and mid regions of our lungs.

The other, is by contracting a muscle at the base of the lungs ,the diaphragm, thus the lower regions and filling them with air.

Using the chest, requires more energy and fills up less lung space; plus, when vertical , more blood is at the bases than in the upper fields. Thus, if we do chest breathing, we may have a sense of "not enough air"- This breathing is associated with more sympathetic activity on the autonomic nervous system, which can lead to feelings of anxiety and panic.

When we breathe with the diaphragm (see diagram) we fill the lung bases, have more air to blood contact, and increase parasympathetic tone, leaving us instead, with a sense of relaxation.



Numerous organs and their functioning are affected. The heart rests on the diaphragm, and so its position, activity as well as vagal innervation is altered. The abdominal organs, clearly are moved, and changed along with vagal tone to them. Thus, digestion is impacted, as well.

The list of all the areas impacted is too long to list here, but one could imagine that the flow to lower chakras, our sense of connectedness to our core emotions, activating the dosha of fire, etc are all connected to this practice.

A quick search on the internet will provide you with many references that can provide clear instruction, and deeper information about this. Also search on YouTube for videos that offer additional tips and modeling.

Some points to Practice:

- Pick 3 times, that you can repeat on a daily basis to practice for 3-5 minutes
- Use a timer. doing your practice, keep your mind simply focused on your breathing, perhaps the feeling at the base of the nose as the air goes in and out - when you find that you have drifted, just gently come back to that focus without any judgement or reaction
- Put small cards with the word "Breathe" on them at key places that will remind you: refrigerator desk, dash of car etc.
- When you knowingly are going to enter into an interaction that can be stressful, remember to take a moment to re-center your mind on the breath



The Center For Complementary Medicine

Lawrence M. Cohen, M.D.
General & Preventive Medicine

7300 Blanco Rd., #503
San Antonio, TX 78216
www.complemed.net

(210) 733-0990

HOW TO EAT PROPERLY -5 TIPS FOR HEALTHY EATING

BY ISHA FOUNDATION

HOW WE EAT FOOD IS AS IMPORTANT AS WHAT WE EAT. THESE 5 SIMPLE FOOD TIPS THAT LOOK AT HOW TO EAT PROPERLY CAN SERVE AS A GUIDE AND HELP A PERSON GET THE BEST OUT OF THE FOOD THEY EAT.

How Much To Eat?

Studies have found that the human brain works best when the stomach is empty. Researchers found that an empty stomach produces ghrelin, a hormone that carries the message to the brain that the stomach is hungry. The interesting thing is that this hormone seems to perform other functions as well. Ghrelin stimulates and heightens the performance of the hippocampus, the region in the brain that handles learning, memory and spatial analysis, keeping us alert, active and focused. This of course doesn't imply that we should never eat, but rather points to the fact that we should be conscious of how much we eat. Yogi and mystic, Sadhguru, elaborates on how we can get the best out of our day by optimizing our consumption of food

“You shouldn't keep eating through the day. If you are below thirty years of age, three meals a day will fit well into your life. If you are over thirty, it is best to reduce it to two meals a day. Our body and brain work at their best only when the stomach is empty. Be conscious and eat in such a way that within two-and-a-half hours, the food moves out of the stomach bag, and within twelve to eighteen hours, it is completely out of the system. If you maintain this simple awareness, you will experience much more energy, agility and alertness.” – Sadhguru

Chew On This!

The second of our food tips for healthy eating is something you've probably heard your parents tell you a million times as a kid: Chewing your food properly plays an important role in digestion. Studies show that for starchy foods, 30% of digestion happens with saliva. After a meal, give a break of at least two hours before going to bed. Digestion raises your metabolic activity. If you sleep in such a state, you will neither sleep well nor digest well! Depending on what you ate, a large portion of the food can go undigested if you sleep immediately after eating.

It is also advisable to avoid drinking water during meals. Drink a little water a few minutes before the meal or thirty to forty minutes after the meal. Drinking water can be left standing overnight in a copper vessel. This destroys bacteria, and energizes the water powerfully. Copper surfaces tested in hospital Intensive Care Units (ICUs) have been found to kill 97% of the bacteria that are capable of causing hospital-acquired infections.

Sadhguru also gives us the yogic perspective on chewing your food.

“In yoga we say, ‘If you take a morsel of food, you must chew it twenty-four times.’ There is a lot of science behind this, but essentially, one thing is your food gets pre-digested in your mouth and will not cause dullness in your system. Another thing is, if you chew twenty-four times, the information of that food gets established in your system and every cell in your body will be able to start judging as to what is right and not right for you – not in terms of the tongue but about what is appropriate for the whole system. If you do this for some time, every cell in the body will have the education as to what it likes and does not like.” – Sadhguru

The Right Food For The Right Time

Sadhguru elaborates on the tradition of eating different foods in different seasons, and how this practice helps the body cope with changing weather.

“In India and especially in South India, during summer, the food is cooked in one way, during the rainy season in another way and in winter another way, according to the vegetables available at that time and what is suitable for the body. It is good to bring in that wisdom and eat as per the needs of the body and according to the weather or climate we live in.

For example, when December comes, there are certain foods which produce heat in the body like sesame and wheat. In winter, the skin usually breaks because the climate becomes cold and people don't traditionally use creams and things like that. So, everyone ate sesame on a daily basis. It keeps the body warm and the skin clean. With lots of heat in the body your skin won't break. In summer the body gets hot. So, cooling foods were eaten. For example, in Tamil Nadu, they eat kambu (pearl millet). These things were fixed so that the body is able to adjust itself for that season.” – Sadhguru

Balanced Diet

Number three among our tips on how to eat properly is a pretty obvious one: maintaining a balanced diet. But you needn't get caught up in the confusing maze of vitamins, carbohydrates, proteins and what not, and try to balance it all out. Sadhguru explains a few basics that will help maintain a balanced diet. He looks at the importance of bringing in enough vegetables, lentils, pulses and multiple types of grains in our diet.

“Today, doctors are saying that nearly 80 million Indians are heading to be diabetic. One of the reasons for this is because most Indian people are on a single-cereal diet. People are eating either only rice or only wheat. This can definitely cause health problems. It is important to bring in a multigrain diet in one's life.

Traditionally, people always ate lots of grams, pulses, legumes and many kinds of grains. But slowly those things have gone away, and if you look at a South Indian's plate today, there will be so much rice and just a little bit of vegetable. This is a serious problem. This shift to a total carbohydrate diet that has happened in the last twenty-five or thirty years needs to be reversed because a person's long-term health will be seriously affected if they just eat lots of carbohydrate and very little of other things. This is a basic conceptual change which needs to happen in people's minds. The majority of the diet should not be rice but all the other things. Rice is your choice – whether you want to eat or not, you decide according to your hunger levels.” – Sadhguru

There Are No Good Food Habits!

In the last of our food tips for healthy eating, Sadhguru reminds us that food is about the body, and the best way to decide what to eat is to ask the body. He explains that rather than developing eating habits which only make us function repetitively, it is better to decide on our food consciously through our intelligence.



Please do note that these general tips on how to eat properly are applicable to most people, but of course, everyone's body is a unique construct and people with specific health issues should consult a physician before making any changes in diet or food intake.

YOGA FOR SELF CARE

BY SIMONE NORRIS, M.D.

HOW CAN YOGA HELP YOU TAKE CARE OF YOURSELF?

What are your health goals? Perhaps you have a medical problem that you just want to get under control. Maybe you have a strong family history of heart disease or cancer and you are worried about it. Are you just wanting to age gracefully and enjoy a good quality of life for as long as you can? Whatever the case, it all starts with awareness. How does the way you are living now support those goals? Cultivating awareness through the practice of yoga can help you achieve optimal health.

Movement

Yoga as a lifestyle philosophy includes much more than just the physical practice of yoga, but it is a great place to start. Mindfully moving the body through practice can lead us to an awareness of what we are doing with our bodies when we are not on the yoga mat. How is our posture all day? Typically, our aches and pains, muscle and joint problems are the result of muscular imbalances in the body. Our strength and flexibility play a big role in our posture, which then determines how we stand, sit, sleep and move throughout the day. In this age of smartphones and computers, we are all sitting too long, rounding our shoulders, and sticking our neck out, leading to a lot of headaches, neck pain and knee issues.

your body. Move every day. Whether you are cleaning your home, riding a bike, playing tennis, lifting weights, dancing, swimming or doing yoga, pay attention to your body and your form. Proper form prevents injury. Listen to your body--do your joints hurt when you move? Does your exercise leave you feeling energized or exhausted? If you pay attention, your body will let you know.

Breathwork

Paying attention to the breath is another important facet of the yoga lifestyle practice. Our breath gives us life. It informs us how we are doing. Are you holding your breath during yoga practice or throughout your day? When we are in a stressful situation or in pain, we tend to hold our breath. Becoming aware of this, and then

Stand up! Stretch! Find an enjoyable way to move

Our mission is to establish yoga as a recognized and respected therapy.

IAYT supports research and education in yoga and serves as a professional organization for yoga teachers and yoga therapists worldwide.



IAYT supports its mission with many pillars:

- Publications
- Conferences
- Standards
- Member Services

To learn more, visit iayt.org

IAYT THE INTERNATIONAL ASSOCIATION OF
YOGA THERAPISTS

Bridging Yoga and
Healthcare since 1989.

relaxing into a pattern of easy, slow deep breaths can activate our nervous system to relax. While in yoga class, or as you move throughout your day, pay attention to your breath. Is it shallow? Are you holding your breath while in traffic? The first step is just to observe. Then relax the shoulders and breathe in and out. Observing and modulating the breath can bring us back into the present moment.

Nutrition

You are what you eat. If you were an elite athlete training for the next Olympics, your daily nutrition would be specifically geared towards building lean muscles and fueling your endurance. What is the event we are training for? Life! Did you know that what you eat also influences what kind of bacteria grow in your gut? Food affects your immune system, your hormonal system and your neurologic system? Too many processed foods, sugar and unhealthy fats are contributing to our worldwide obesity epidemic and create inflammation in our bodies. In our "Life Olympics", paying attention to the foods we put into our bodies is an important part of creating

and maintaining a healthy body that will create a good quality of life. Starting with the awareness of WHAT we are eating, HOW MUCH we are eating, WHY we are eating, and HOW we are eating, can put us on a better path to nourishing our bodies.

Sleep

How much sleep is necessary? This can vary depending on our age and stage in life; for the average adult, 7-8 hours is necessary. While we sleep, the brain has downtime to recharge and replenish our supply of brain chemicals and hormones. Our brains are wired to coordinate with the rising and setting of the sun. Busy lifestyles and technology can interfere with this process. The blue light emitted from our smart devices can interfere with the brain's production of Melatonin and keep us awake at night. Bringing your awareness to avoiding your TV, computer or smartphone 2 hours before bedtime is a good start. Guided sleep meditation is one way to let go of the thoughts for the day and join with your body to enter into a deep and peaceful sleep.

AWARENESS OF BODY, MIND AND SPIRIT IS THE FIRST STEP TO HEALTH



INTEGRATIVE
FAMILY
MEDICINE

WHOLE HEALTH FOR THE WHOLE FAMILY

Dr. Simone Norris

Board Member | Presenter

Dr. Norris and her team combine the best of traditional scientific medicine with integrative and holistic approaches.

18720 Stone Oak Parkway
San Antonio, TX 78258
Phone: (210) 888-1817
Website: <http://ifmofsa.com>



SOUTHWEST GENERAL HOSPITAL

In Partnership With Physician Owners

Venkat Srinivasan, MD

Board Member | Presenter

Board Certified, Internal Medicine

Graduate Fellow, Arizona

Center for Integrative Medicine

Permian Premier Health Services

Office: 210-928-2273

102 Palo Alto Suite 300

San Antonio, TX 78211

vsrinivasan@iasishealthcare.com



AGUIRRE PEDIATRICS
AND FAMILY DENTISTRY



CARING FOR SAN ANTONIO'S FUTURE,
ONE CHILD AT A TIME SINCE 1985

Maria Aguirre, MD FAAP

2515 Castroville Rd

San Antonio, TX 78237

(210) 433-0366

www.aguirrehealth.com

Pediatrics and Dentistry: M-Sat 8am-5pm

In hospital care and call center 24/7

Urgent Care: M-F 5pm - 9pm / Sat 8am - 5pm

Non patients welcome. Most Insurance plans accepted.

SE HABLA ESPAÑOL. Pacientes y no pacientes bienvenidos.

Se aceptan todas las aseguranzas.

DAILY ROUTINE

BY DR. HETAL NAYAK M.D.

*"A daily routine is absolutely necessary to bring radical change in body, mind, and consciousness."
- Vasant Lad, ayurvedic physician.*

Dinacharya is the "law of nature" and the key component to living a long life, ripe with vitality and complete mind/body health. We see the effects of moon on the ocean tides and the Sun on all the beings. Like plants, our cells contain crypto-chromes (light-sensitive proteins) which respond to the rising and setting sun and changing moon phases. Plant geneticists and biologists speculate that these genes are why the same cycles of time that regulate the growth, rest and reproduction of lettuce, trees and flowers, govern our metabolic processes as well. This routine is based on the sun and moon's energetic effect on digestion, mental focus, creativity and the potential for spiritual awareness and growth.

A dinacharya sets timeframes each day when we should sleep, wake, conduct self-care, eat, work, and do our spiritual practices like yoga and meditation. These times center on the three doshas — vata, kapha, and pitta, assigning each dosha two separate 4-hour periods where these qualities are most present.

EVERY LIVING BEING ON THE PLANET HAS A DAILY ROUTINE, INCLUDING THE SUN, MOON AND THE PLANETS.

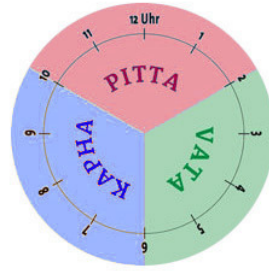
Doshas and the Ayurvedic Clock

Vata time: 2 a.m. – 6 a.m.; 2 p.m. – 6 p.m.

During vata time, we're creative and inquisitive, and attuned to the more subtle energies present in the Universe and within ourselves. The morning hours are best for our spiritual practices and inner focus, and the afternoon is best to work and socialize. Both periods are ideal for creative expression.

Kapha time: 6 a.m. – 10 a.m.; 6 p.m. – 10 p.m.

During kapha time, our digestive fire is more slow and our minds are in a restful state. In the morning, we should decrease sluggishness through being exercising, and eating foods that are stimulating yet easy to digest. In the evening, we should allow our bodies to wind down through a light, nourishing meal, gentle exercise, and self-care.



Pitta time: 10 a.m. – 2 p.m.; 10 p.m. – 2 a.m.

During pitta time, our digestive fire is at its peak, in terms of both our ability to digest foods and to digest emotions and experiences. The midday period is when we should eat our largest meal of the day, and ideally we will be sleeping before the nighttime period begins so that we can properly digest and assimilate everything from the day.

Ayurvedic Dinacharya

Before 6 a.m. — Use a scraper to clean the tongue and swish mouth with coconut oil. Rinse face and eyes with cool water. Drink a large glass of warm water with lemon. Meditate, pray, and perform other spiritual practices.

6 a.m. - 10 a.m. — Morning exercise (ideally yoga, pranayama, meditation). Self-massage with oil and bathe. Eat a light but nourishing breakfast appropriate for your dosha.

10 a.m. - 2 p.m. — Eat largest meal of the day between noon and 1pm, followed by a short walk outside.

2 p.m. – 6 p.m. — An ideal time to brainstorm, socialize, best time to be creative.

6 p.m. – 10 p.m. — Eat a light but nourishing supper between 6-7 p.m. Walk outside or exercise for at least 15 minutes. Start your nightly routine by 8:30 p.m. Evening self-care practices like bathing, self-massage with oil, gentle yoga, or light reading are good ways to wind-down.

10 p.m. — Bedtime. Sleep for 6-8 hours, depending on your dosha (vata types should aim for 8 hours, 7 for pitta, and 6 for kapha).

Ayurveda is not an all-or-nothing practice. Each step we take toward living an Ayurvedic lifestyle will improve our overall health and happiness, so take it slow but do make an intentional effort to change.

Email: Hetal@idoyogasa.org

LULAC Latinos Living Healthy (LLH) initiative

A comprehensive approach to address health disparities in Latino communities, across the United States and Puerto Rico.

LLH's main goals are to provide health education and resources to the Latino community, and engage communities to create local ambassadors to best impact the needs of every region.



S.A. #4359

Contact:
Stacy Lopez-Penner
210-608-8111

Kalalaya

indian performing arts

*Offering lessons in
Bharatanatyam and
Carnatic Music
to students of
all ages and levels.*

PLEASE CONTACT

Kausi Subramaniam (Bharatanatyam)
(210) 273-2200
jeevan97@yahoo.com

Ramya Karthic (Carnatic Music)
(210) 249-1739
ramya_karthic@hotmail.com



HEALTH FOR HUMANITY

BY HINDU SWAYAMSEVAK SANGH

HEALTH FOR HUMANITY THROUGH COLLECTIVE YOGA PRACTICE, A UNIQUE NATIONWIDE SURYA NAMASKAR (SUN SALUTATION) YAGNA (SNY)

In today's fast paced life, leading a healthy lifestyle is not easy, but all the more important. There is a need for relaxation of both mind and body, to either set the tone for the day or wind down after a hard day at work. Obesity among all ages including children has reached epidemic proportions causing serious health concerns. In spite of all the advancements in medicine, there is a need for alternative and adjunct options that have lesser or no side effects for the management of chronic illness and suffering.

In view of the above challenges, and with the goal of "Health for Humanity" Hindu Swayamsevak Sangh USA (HSS) a non-profit organization, is organizing a unique nation wide program titled Surya Namaskar Yagna (SNY) from last 10 years. The approach is holistic wherein performing Surya Namaskar (Sun Salutation), a popular yoga procedure performed daily by millions world wide, benefits an individual at physical, mental, intellectual, and spiritual levels. The word "Yagna", in Sanskrit means service or sacrifice. SNY aims at encouraging the community to lead a healthy and happy life with a spirit of sacrifice by incorporating Surya Namaskar into their daily routine. The health benefits of Surya Namaskar have been known since ancient times. Recent scientific studies corroborate with this ancient belief and are finding evidence of its positive effects on the cardiovascular system, muscle strength, and endurance. Regulated breathing through Pranayama, vibrations produced by recitation of mantras help an individual reach a state of timelessness with complete mental relaxation and immense spiritual satisfaction.

For individuals who regularly practice Surya Namaskar, SNY would be a nice occasion to share it with others by reaching out to the community, friends, relatives and neighbors. For those who are already familiar with Surya Namaskar, SNY would motivate them to perform it daily. For people who are new to yoga, SNY is a great chance to learn Surya Namaskar and to start exploring and experiencing its benefits. SNY is a wonderful opportunity for everyone to adopt a healthy lifestyle and enthusiastic participation by one and all would be a definite step towards achieving the goal "Health for Humanity."

Dr. Devraj Nayak

Cardiologist

SPONSOR and ADVISORY BOARD MEMBER

Connally Memorial
Medical Center
495 10th St.
Floresville, TX 78114
(830) 216-2716



SNY in the USA was first organized in January of 2007. SNY-2017 was widely successful with 11,000 participants performing almost a million Surya Namaskars. In recognition of the effort, 7 states and 61 cities have proclaimed this program.

For more information:
www.hssus.org/sny/

RAJA YOGA

BY BRAHMA KUMARIS

UNION BETWEEN THE SOUL (THE SELF) AND THE SUPREME BEING.

The practice of Raja Yoga originates from ancient India. The words Raja and Yoga both come from the ancient Sanskrit language. Raja means a king or one with ruling power; yoga means union or connection. Raja Yoga enables union between the soul (the self) and the Supreme Being.

When practiced accurately, Raja Yoga enables an individual to gain governing power over one's own mind and physical senses. Self-mastery gives inner strength, which is necessary to bring positive change in life, overcome life's challenges, and attain peace of mind.

Raja Yoga is unique in that it relies entirely on meditation, without any physical postures or exercise. Yoga and meditation are often considered to be separate practices, whereas Raja Yoga considers both one and the same. Diet and lifestyle play an important role for individuals pursuing advanced levels of self-mastery. The practical indicator of excelling in Raja Yoga is that the individual will reduce his or her own stress levels and negative tendencies in day to day life. Responsibilities, especially those in high pressure situations, will be met in a calmer, more effective manner.

In the 1930's, the Brahma Kumaris World Spiritual University revived the ancient practice of Raja Yoga and now offers free classes through its 8,500+ centers worldwide. Raja Yoga is easy to learn and is often referred to as "Easy Raja Yoga". The Brahma Kumaris' first Raja Yoga center in America started in San Antonio in 1977. The Brahma Kumaris now has 25+ centers throughout America. All classes are offered to the community free of charge at all Brahma Kumaris locations worldwide.

"YOGA IS THE JOURNEY OF THE SELF, THROUGH THE SELF AND TO THE SELF."



SRI SRI RAVI SHANKAR

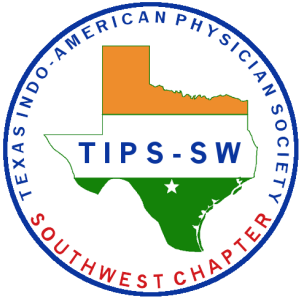
Derived from the Sanskrit word yuj, Yoga means union of the body, breath and mind. It's a 5000-year-old body of knowledge, which imbibes the complete essence of the way of life. Yoga is not alien to us. We have been doing it since we were a baby! Whether it is the Cat Stretch that strengthens the spine or the Wind-Relieving pose that boosts digestion, you will always find infants doing some form of yoga throughout the day. Yoga can be many things to many people.

"Yoga is not just exercise and asanas." It is the emotional integration and spiritual elevation with a touch of mystic element, which gives you a glimpse of something beyond all imagination." ~Sri Sri Ravi Shankar

Unfortunately, often Yoga is only associated with just physical exercise where people twist, turn, stretch, and breathe in the most complex ways, these are actually only the most superficial aspect of this profound science of unfolding the infinite potentials of the human mind and soul. Sri Sri Yoga is a holistic way of life that integrates all elements of ancient knowledge of Yoga, to make a prayerful discipline uniting the body, mind and soul. Along with the series of yoga postures and breathing techniques, a greater emphasis is placed on the inner experience of meditation, for the well-being of the mind and other hidden elements of human existence. We believe when one is in harmony within; the journey through life becomes calmer, happier and more fulfilled. We are here to take you through the eight limbs of yoga (Yamas, Niyamas, Asanas, Pranayamas, Pratyahara, Dharana, Dhyanana & Samadhi) and help you discover your "Yoga Way of Life!"

2017

GOLD SPONSORS



BEST COMPLIMENTS FROM TIPSSW !

For 3rd Annual San Antonio

iDoYoga Festival and CME – "Yoga as life style Medicine"

Best wishes

Chandana Tripathy MD President

Nivedita Parachur MD. President Elect

Umang Shah.MD Secretary

Sridhar Beeram M.D. Treasurer

Executive Committee

ArunaVenkatesh MD

Rajeev Suri MD

Sashi Mittal MD

Desh Sharma MD

Prajna Sidhu MD



2017

THANK YOU SPONSORS!

SHOPS AT RIVERCENTER



**IT'S
TIME**
TEXAS

**MAKE
HEALTHY
EASIER.**

WWW.ITSTIMETEXAS.ORG

Mrs. Mona Talukdar
15170 Nacogdoches Road
San Antonio, Texas 7824

*Seasons
Alzheimer's Care
and Assisted Living*

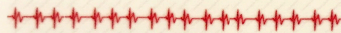
8245 Old Tezel Road
San Antonio, Texas 78250

www.seasonsalzcare.com
(210) 584-4238

JAN EVANS PATTERSON MD MS
Registered Aromatherapist
WELLNESS AROMATHERAPY
jepwellness4u@gmail.com

www.drjanpatterson.com

CPR Training Core, LLC.
"Keeping Hearts Beating"



NRP, ACLS, PALS, BLS, First Aid CPR AED

American Heart Association / American Academy of Pediatrics

CPRTC911@gmail.com

210-442-9991

6141 Hollyhock Rd. San Antonio, TX 78240

www.CPRtrainingSA.com

isha
Institute of Inner-sciences
951 Isha Lane,
McMinnville, TN

OPEN
YEAR
ROUND
Bam-sam

Offering Classical Yoga
for Over 30 Years

- Beginner & advanced level yoga programs
- Special group and private retreats
- Semi-private rooms or private-studio lodging
- Delicious vegetarian buffet meals

www.ishaUSA.org
931-668-1900
info@ishaUSA.org

Yvonne Knighton ND, LAC

3740 Colony Dr., Ste LL 102
San Antonio, Tx 78230
(210) 596-9755

dryvonneknighton@gmail.com
www.dryvonneknighton.com

*Combining Naturopathic Medicine, Acupuncture, Chinese Herbs
and Homeopathy to Restore your Health*

If you work to improve the health of Texans, this event is for you.

HEALTHIER
TEXAS
SUMMIT

APPROXIMATE DATES FOR THE YEAR
BASED ON CURRENT SCHEDULE

Nov. 6th - 7th, 2017

Austin, TX

IT'S TIME TEXAS



THE DEPARTMENT OF HEALTH SERVICES

Register today at an early bird rate: healthiertexas summit.com



LIFEPOWER
YOGA

weekend guest pass

18510 US 281 N June 23 - 25

San Antonio, TX 78258

Main 210-545-5000

www.lifetimefitness.com

Yoga Alliance
200 Hour
Teacher Trainings

Fall & Spring
Programs

Contact Dhyana
dtse@lifetimefitness.com

Ekam Life

Living the Wellness Lifestyle



CHOPRA
CENTER

CERTIFIED INSTRUCTOR

Maggie Grueskin

E-RYT200® | YACEP®

c: 210-667-6331

e: Maggie@EkamLife.com

LIVING HEALTHIER COACH

presented by IT'S TIME TEXAS



FREE health coaching for all Texans!

Asesoramiento de Salud GRATUITO

1-844-26COACH

(1-844-262-6224)

itstimetexas.org/livinghealthier

SOLSTICE BLISS



Friday June 23rd

5:30 pm - 8:00 pm

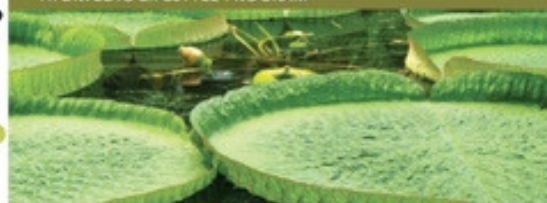
Opening Meditation, Yoga Practice & Live Music Social, refreshments and swag bags.

Members: \$15 | Non-members: \$25

Contact Dhyana
dtse@lifetimefitness.com

What's Your Dosha?
Want to learn more?

PERFECT HEALTH
AYURVEDIC LIFESTYLE PROGRAM



1. Take this FREE quiz online: www.chopra.com
2. Email results: Maggie@EkamLife.com
3. Schedule your FREE 30-minute Dosha Wellness Consult



Sponsor Recieves :



Progress report of the child



Opportunity to connect to the child



Half yearly Newsletter



Donation to Sewa International are tax deductible in the USA



Annual Financial Statement



Sponsor a Child

A star project of Sewa International

P.O.Box 820867, Houston, TX 77282-0867
<https://sac.sewausa.org> | sac@sewausa.org
(708) 872-7392

CAFE BAHAR

AUTHENTIC INDIAN CUISINE

10% OFF

YOGA DAY SPECIAL

10227 IRONSIDE DRIVE
WURZBACH ROAD

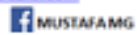
210 - 5588 - 289

OFFER VALID ONLY ONCE



MUSTAFA GROCERY

4083 MEDICAL DR. SAN ANTONIO TX 78229 TEL: (210) 685-7861 WEBSITE: WWW.MUSTAFAGROCERS.COM



Valid till July 17th 2017

10% Off

**PURCHASE \$25 OR MORE GET 10% OFF
ONLY PATANJALI PRODUCTS**

PATANJALI





HINDU SWAYAMSEVAK SANGH'S
balagokulam
HINDU DHARMA FOR KIDS, TEACHERS & PARENTS

Hindu Swayamsevak Sangh

Balagokulam is a forum for children to discover and manifest that divinity. It enables Hindu children in the US to appreciate their cultural roots and learn values. This is done through weekly planned activities, which include games, yoga, stories, *bhajans* (songs), *shlokas* (prayers), and arts and crafts.



Family activities, Yoga, Games, Cultural and Intellectual activities for Adults. Great place to come together as family and participate in variety of learning and fun activity.

To join at any of following location reach out to hssatxus@gmail.com / 210 865 9304 or visit www.hssus.org or www.balagokulam.org

Swami Vivekanand Shakha

Every Saturday, 09:00-11:00 AM

BAPS Swaminarayan Temple, 5044 North Loop 1604 W, San Antonio, TX 78249

Shivaji Shakha

Every Sunday, 05:00-07:00 PM

Community of Christ, 11910 Vance Jackson Rd, San Antonio, TX 78230

CAFE BAHAR

AUTHENTIC INDIAN CUISINE

10% OFF

YOGA DAY SPECIAL

10227 IRONSIDE DRIVE
WURZBACH ROAD



210 - 5588 - 289

OFFER VALID ONLY ONCE



ADIBA GROCERY
INDIAN - PAKISTANI - MEDITERRANEAN

ADDRESS: 5712 WURZBACH RD, SAN ANTONIO TX TEL: (210) 465-9692

10% Off

PURCHASE \$25 OR MORE GET 10% OFF
ONLY PATANJALI PRODUCTS
Valid till July 17th 2017

PATANJALI



2017

THANK YOU SPONSORS!



5 Points Local
Abby Johnson
www.5pointslocal.com/yoga
(210) 267-2652

Dr. Jayesh Shah
South Texas Wound Associates
http://wounddoctors.com
(210) 297-2520



RIIM Fitness
Heather Wedige
www.riimfitness.com
(210) 913-3004

Sweb Development
Magaly Chocano
www.swebdevelopment.com
(210) 617-7260

Esther Vexler Yoga School
Stephanie Carter
www.esthervexleryogaschool.com
(210) 865-1749

Veteran's Yoga Project
Ken Peifer and Rick Trzcinski
www.veteransyogaproject.org
210-238-6965



Thank you - Friends of Yoga



BRAHMA KUMARIS



MOBILE OM
san antonio



SAT NAM

Kundalini Yoga



2017

My Notes

**Uniting, Growing and
Empowering**

**Community through
International Day of Yoga**

2017

My Notes

lifestylemedicine **2017**

Transforming health. Redefining healthcare.



American College of
Lifestyle Medicine

Register today!

lifestylemedicineconference.org

October 22-25

Westin La Paloma Resort · Tucson, AZ

2015 IDY

Alamo Plaza



2016 IDY

Tripoint Event Center



2017 Advisory BOARD MEMBERS

iDOYOGA San Antonio FESTIVAL



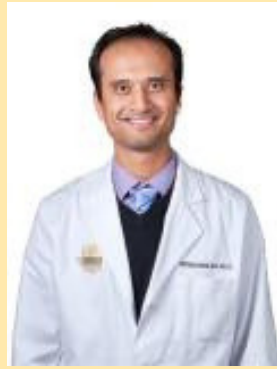
Simone Norris, MD



Venkat Srinivasan, MD



Mary Ullman-Japhet



Devraj Nayak, MD

Useful Resources

- Living with the Himalayan masters-Swami Rama
- The monk who sold his Ferrari-Robin Sharma
- Bhagwat Gita for daily living-Eknath Eshwaran
- yoga sutra-Swami Satchitananda
- Hatha yoga pradipika -Swami mookti Bodhananda
- Moving inwards- the journey to meditation
- The Science of Yoga
- Autobiography of a Yogi
- The Secret Power of Yoga
- Bhagavad Gita Translated by Stephen Mitchell
- Living your Yoga by Judith Hanson Lasater
- Yoga Masters
- Ashtanga Yoga by Manju Jois & Greg Tebb
- Perfect Health by Dr Deepak Chopra
- swamij.com
- www.ishayoga.org/
- bmcm.org
- himalayaninstitute.org
- knpjayi.org
- kinoyoga.com
- www.iayt.org/
- www.yogananda-srf.org
- www.brahmakumaris.us
- www.artofliving.org/us-en
- youtube ChinmayaChannel
- www.gaia.com/yoga



Sewa

INTERNATIONAL
TOGETHER WE SERVE BETTER

Serving Humanity is
Serving Divinity; Let all be
happy; Earth is one family.



Local Programs:

Yoga for Sewa

Family services

Funeral services

Monthly volunteering

Mangal Nidhi

Sponsor a child

Hindi Pathashala

BECOME A SEWA VOLUNTEER &
EXPERIENCE THE JOY OF GIVING!

CONTACT:

DR. HETAL NAYAK

(830)-534-9683

With love from SEWA International



सत्यमेव जयते

Consulate General of India
Houston

Special thanks to:
Dr. Anupam Ray
Consul General of India
Houston Regional Office



Incredible India



@idoyogasa

namaste@idoyogasa.org