

Registration Form

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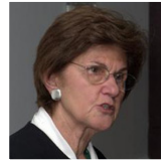
Registration Type

- Regular Fee: **\$60**
- Seniors over 62, with I.D. presented at time of attendance **\$35**
- Students, with I.D. presented at time of attendance **\$25**
- Group Discount Fee (if five or more register and pay together): **\$35 per person**

Note: Discounts cannot be combined.

Please complete fields on both sides of this form.

Speakers



Joan Vernikos, Ph.D.



Walter M. Bortz II, M.D.



Kenneth A. Souza



Sat Bir S. Khalsa, Ph.D.



R. Nagarathna, MBBS, M.D., FRCP (Edinburgh), FICA (USA)



Shirley Telles, MBBS, Ph.D. (Neurophysiology)



Dilip Sarkar, M.D., FACS, D.Ayur.



Harold J. Guy, M.D.

Workshop Steering Committee

Joan Vernikos, Ph.D.
Workshop Chair
Executive Director, Taksha Space Health and Healthy Aging Institute (TSHAI), Taksha University and Thirdage Ilc Culpeper, VA, USA

Dilip Sarkar, MD, FACS, CAP
Co-chair
Executive Director, Taksha School for Integrative Medicine (TSIM)
Norfolk, VA, USA

Adarsh Deepak, Ph.D.
Co-chair
Chairman, Taksha University (TU) Hampton, VA, USA

Workshop Advisory Committee

Kenneth Souza
Technical Advisory Council (TAC), TSHAI
CA, USA

Harold J. Guy, MD
Technical Advisory Council (TAC)/TSHAI

Organizing Committee

Ravi Deepak
Manager, Taksha University-Silicon Valley Office (SVO), NASA Research Park (NRP) Moffett Field, CA

Catherine Houlahan
Course Administrator, Taksha University, Hampton, VA

Anil Surpur
Co-founder and President, Yoga Bharati

Date: 7 September 2012

Time: 12:30-6:30pm

Venue

Oshman Family Jewish Community Center
Taube Koret Campus for Jewish Life
3921 Fabian Way
Hall E 104
Palo Alto, CA 94303
Tel: (650) 223-8700

1st International Workshop on Space Health, Aging, and Yoga Therapy: Metabolic Changes

September 7, 2012, Palo Alto, California (USA)

Sponsored by

TAKSHA UNIVERSITY (TU)
TASKHA SPACE HEALTH AND AGING INSTITUTE (TSHAI)
www.taksha.org/divisions/tshai

As pre-conference workshop in conjunction with
www.yogabharati.org/conference

In cooperation with

www.taksha.org/tshai

Introduction

At first glance, the health of the elderly, of those practicing Yoga and meditation, and of astronauts in space may appear to be unrelated. Recognizing that advances in understanding metabolic changes under different physiological or environmental conditions (such as experienced by these categories of people) can lead to practical solutions of benefit to healthy living across the board, we have assembled this panel of experts in the field of Aging and Space Health, as well as leaders in the practice of Yoga and Meditation, to discuss similarities and differences in physiological and metabolic changes produced by these seemingly disparate and unrelated experiences - the physiology of aging, the experience those of any age who are conditioned by yoga/meditation practices, and those experiencing zero-gravity.

Workshop Proceedings – Edited Volume

We anticipate that an edited volume of Workshop Proceedings containing the papers presented and relevant ensuing discussion will be made available as a volume soon after the Workshop at www.deepakpublishing.com.

TU Certificate of Attendance

A Taksha University (TU) Certificate of Attendance (COA) for six credit-hours, signed by the Workshop Chairman, will be provided to all paid registrants upon completion of the Workshop.

Program

September 7, 2012, Location: Hall E104, OFJCC

12:30 - 12:45	Registration	
12:45 - 1:00	Welcome	Joan Vernikos, Ph.D., Workshop Chair Executive Director, Taksha Space Health and Aging Institute (TSHAI), Taksha University, and Thirdage llc, Culpeper, VA, USA
1:00 - 1:30	Aging: Road Map to 100	Walter M. Bortz II, MD, Clinical Associate Professor of Research, Stanford University Medical School, CA, USA
1:30 - 2:00	Do Astronauts Age Faster in Space?	Joan Vernikos, Ph.D., Executive Director, Taksha Space Health and Aging Institute (TSHAI), Taksha University, and Thirdage llc, Culpeper, VA, USA
2:00 - 2:30	The Biology of Aging in Space	Kenneth A. Souza, Technical Advisory Council (TAC)/TSHAI, CA, USA
2:30 - 3:00	Yoga for Spaceflight: Benefits for Stress, Mood and Sleep	Sat Bir S. Khalsa, Ph.D., Assistant Professor of Medicine at Harvard Medical School, Department of Medicine, Brigham and Women's Hospital, Boston, MA, Director of Research at Kundalini Research Institute, and Research Director of Kripalu Center for Yoga and Health (USA)
3:00 - 3:30	Refreshment Break	
3:30 - 4:00	Physiological Response to Yoga Practice: S-VYASA Experience	R. Nagarathna, MBBS, MD, FRCP (Edinburgh), FICA (USA) Chief Yoga Therapy Consultant & Dean, Division of Yoga and Life Sciences, SVYASA, Bengaluru, India
4:00 - 4:30	Metabolic Responses to Yoga Practice	Shirley Telles, MBBS, Ph.D. (Neurophysiology), Director, Patanjali Research Foundation, (www.patanjaliresearchfoundation.com/patanjali) Haridwar, India & Head, Indian Council of Medical Research Center for Advanced Research in Yoga & Neurophysiology, India
4:30 - 5:00	Yoga Therapy for Metabolic Changes in Space and Aging	Dilip K. Sarkar, MD, FACS, D.Ayur. CAP, Executive Director, Taksha School for Integrative Medicine (TSIM), Taksha University, Norfolk, VA, USA
5:00 - 5:30	Commentary	Harold J. Guy, M.D., Technical Advisory Council (TAC)/TSHAI, CA, USA
5:30 - 6:30	OPEN DISCUSSIONS	Panel
6:30	Adjourn	

September 8-9, 2012, at OFJCC, International Yoga Conference 2012, see program at: www.YogaBharati.org/conference

Donation

Your Tax-Deductible Donations are also welcome, and may be combined with your registration fee indicated in this brochure. Because we would prefer to maximize your contribution and avoid fees incurred through credit card transactions, please consider paying by check. For any questions, you can write us at Taksha University, 15 Research Drive, Hampton, VA 23666. A receipt for tax purposes will be returned via posted mail. Please give generously!

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Please add this donation too my total.

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Complete Registration Form, tear it at dotted line, include your cheque addressed to "TU Workshop TSH674 - Sep2012", and mail to address below:

Taksha University
15 Research Drive,
Hampton, VA 23666
USA

Contact For Inquiries
and comments:
Write to: Contact@taksha.org
Call: +1-757-766-7990

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