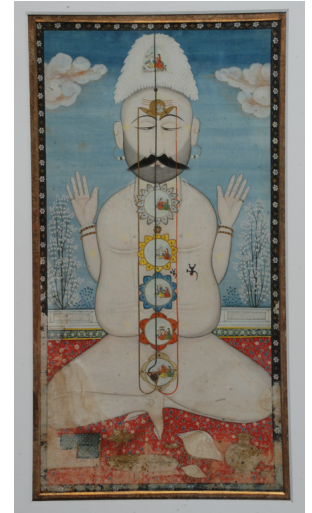


# WORKSHOP 15

**DATE: 20/09/2023**

**TIME: 11.00 AM**

## Yoga and Spirituality: Science, Rationale and Research Evidence



105 minutes

*Yoga is a contemplative practice originally for the achievement mystical/transcendent states of consciousness and spirituality. Yogic exercises, breath regulation, relaxation, meditation and philosophy may improve psychological/emotional self-regulation and mind-body awareness/mindfulness leading to states of relaxation, peace, and tranquility. With regular practice over time, deeper states of consciousness often occur with associated positive transformation in life goals, values, purpose and meaning, and positive psychology and spirituality. This workshop reviews the psychophysiological science on yoga that underlies the improvements in the different aspects of spirituality, the published research, and the relevance and importance of this spirituality to human health, behavior and healthcare.*

1. Powerpoint lecture (45 minutes) by Dr. Khalsa "The Psychophysiological Rationale and Review of Research Evidence for Yoga for Spirituality"
2. Powerpoint lecture (45 minutes) by Dr. Büssing "Research on Yoga and Spirituality"
3. Question and answer session (15 minutes) with both speakers providing a collaborative opportunity with workshop attendees

## Speakers

**Dr. Khalsa**

**Dr. Büssing**