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AT
THE
HEART
OF YOGA

AUTUMN SUMMIT 2024

Yoga: Health, Harm and Healing

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He has conducted research on yoga and yoga therapy since 2001 and has been a practitioner/instructor of yoga since 1973. His research has evaluated yoga for insomnia, chronic stress, and anxiety-related disorders, and also in workplace and public school settings.



**Prof. Sat Bir Singh
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He works with the International Association of Yoga Therapists promoting yoga research as scientific director for the annual Symposium on Yoga Research and as editor-in-chief of the International Journal of Yoga Therapy. He is medical editor of the Harvard Medical School Special Report Introduction to Yoga, and chief editor of the medical textbook The Principles and Practice of Yoga in Health Care.