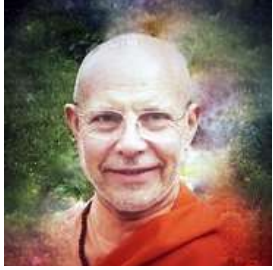


**ENJOY THESE TALKS AND PRESENTATIONS AT
SANGHA OF THE AMERICAS
JULY 23 – AUGUST 3, 2024**

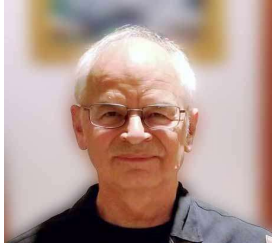
**MEDITATION AND SILENCE WITHIN and
MEDITATION AND TRANSITION**

SWAMI RITAVAN BHARATI



SUBTLE ENERGIES IN YOGA PRACTICE

Both Swami Rama and Swami Veda taught us to explore the subtle sensations in yoga practice. Swami Rama said that when practicing pratyahara, I should preserve the subtle senses, particularly the subtle sense of touch in my case. This would allow the perception of the rhythms and fluctuations of pranamaya kosha that would allow the balancing of two pairs of energies, then leading to sushumna application and expanded states of awareness during yoga practice. This workshop will focus on practices regarding balancing those pairs of energies.

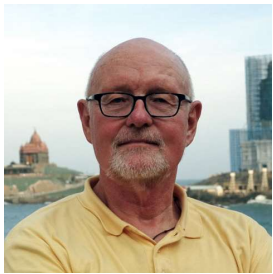


DR. DALE BUEGEL

Dr. Buegel was initiated by Swami Rama in 1974. He has studied and taught in the tradition of the Himalayan masters these past 50 years. The focus of his practice and of his teachings is the subtle energies connected to the practices of yoga. Swami Rama early on emphasized the importance of preserving the subtle senses during practice to understand the flows and restrictions of prana in yoga practice. Dr. Buegel is the author of "Practical Samaya Tantra" and "Practical Yoga Sutras" where he shares methods to balance the energies and apply sushumna awareness in one's practice.

MANTRA AND AKHANDA JAPA

In the interest of kindling the internal light of wisdom (prajñā) we sometimes undertake a group practice of japa so that the vibration of a certain mantra can permeate the mindfield of each participant. The group intention for the practice can help to jumpstart our individual intention (sankalpa). The practice will be explained and we will discuss any questions that the participants have.



STEPHEN A PARKER (STOMA)

Stoma (Dr. Stephen Parker) was initiated by Swami Veda in 1971. He studied Sanskrit and South Asian Languages and Literature with Swami Veda at the University of Minnesota, earning a bachelor's degree with highest honors in 1975. As a psychologist, he practiced psychotherapy privately for 35 years, while also being trained by Swami Rama as one of the first yoga teachers. He was initiated into vānaprashtā by Swami Veda in 2007. Stoma is a senior teacher with the Himalayan Yoga Teacher Training Program and a certified yoga therapist. His book, "Clearing the Path" (2017), combines traditional yoga theory with modern neuroscience for personal sadhana.

SILENCE EXPERIENCE

An overview of the silence retreat schedule and practice.

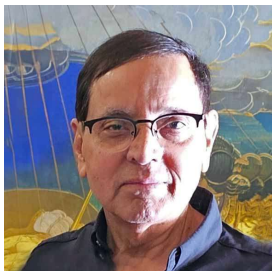


SWAMI RADHA BHARATI

Swami Radha has been a disciple of Swami Rama of the Himalayas since 1970 and took vows of sanyasa in 2007 from Swami Veda Bharati. She joined the faculty at SRSG in Rishikesh, India, in 2003 and served as Academic Director from 2007 until 2016. She is an initiator in the Tradition and currently serves the TMC community in Minneapolis, MN. Formerly she lectured in philosophy at the University of Hawaii in Honolulu.

BIOFEEDBACK TOOLS FOR MEDITATION

Deepening of meditative state leads to cultivation of “Jyoti Bhava”. Neuroscientists have been studying deep meditators over the last 50 years for the biomarkers that indicate a meditator’s state. This information has enabled them to develop tools (devices and software) which measure these biomarkers and provides feedback (biofeedback) in real time. This workshop will present an overview of the neuroscientific research in recent decades and the various meditation biofeedback parameters, and the current wave of products that use them, for learning or deepening one’s meditation practice.



ANIL SAIGAL

Anil Saigal, ERYT-500, was initiated into the Himalayan Tradition in 1976. He has studied with Swami Rama and Swami Veda Bharati. He co-founded the Himalayan Yoga & Meditation Center in Palatine, IL and teaches meditation and yoga philosophy workshops.

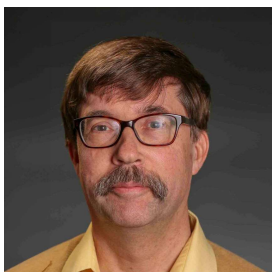


CHUCK LINKE

Chuck Linke received initiation into the Himalayan Tradition in 1970 and afterwards spent twenty years traveling the globe studying and practicing meditation with monastics in a variety of countries and settings. Chuck serves on the Board of Directors for the Association of Himalayan Meditation Societies International (India) and the Los Angeles branch and is the Director of the Teachers Training Program (HYT-TTP). He currently resides in Portland Oregon where he teaches through a variety of programs.

PLEASANT MINDEDNESS (CHITTA PRASADANA) AND FORGIVENESS

During the last 5 years or so of his life, Swami Veda talked frequently about "pleasant mindedness". As far as yoga topics go, it ranks right up there with "relax your forehead" or "nadi shodhanam" which he also mentioned countless times. In a retreat context, in particular, understanding pleasant mindedness as well as the companion practice of forgiveness goes a long way in deepening meditation and silence.



PAUL EMERSON

Paul Emerson has been a student of yoga since 1969 when he picked up a copy of Jess Stern's Yoga, Youth and Reincarnation. In 1974 he first encountered Usharbudh Arya during his student days at the U. of MN and was one of his informal research assistants. A biomedical engineer by profession he has a Ph.D. in Mechanical Engineering and has done medical research with dialysis patients as well as product development in respiratory and cardiovascular areas.

MARKS OF SPIRITUAL PROGRESS

We will address the subtle marks of ones progress on the path, addressing aspects of grace and our own effort as that pertains to Ishwara Pranidhana (surrender) as expressed in the Yoga Sutras and elsewhere.



CHARLES CRENSHAW

Charles B Crenshaw Jr. M.S., M.Div.W., C-IAYT a graduate of the Program in Eastern Studies, Comparative Psychology that Swami Rama founded, is an ordained interfaith minister and was co-director of the Himalayan Institute New York City for several years with his wife, Carol. After retreating at Sadhana Mandir Trust (Swami Rama's ashram) in 1994, he worked at Himalayan Hospital Teachers Transformation Program for SRS, when needed, and is on the board of the non-profit educational organization he and his wife co-founded.

FIVE PILLARS OF SADHANA: THE FLOWER WITH FIVE PETALS

Exploring these concepts brings us into a better understanding of ourselves, deepening our efforts both on retreat and in daily life.



CYNTHIA GRAN

Cynthia Gran, MA, E-RYT 500, YACEP, DAY began studying yoga in 1978 at the Himalayan Institute of Glenview. She has endeavored to serve the Himalayan Tradition ever since. During the 1980s, she was a resident and served in several teaching capacities. In the 1990-2010s, along with husband Gary, they operated the Evanston School of Yoga and the Annapurna Herb Shop. She worked as a vegetarian chef, taught special education, and published articles on ayurveda, yoga and meditation.

SILENCE: AN OPPORTUNITY TO LISTEN TO ONESELF

The practice of silence is a journey from the grosser aspects of our life to the subtler essences. When the external noises gradually quieten, the opportunity to listen to oneself arises. This session will explore the layers of the personality and the silent voice of the self.

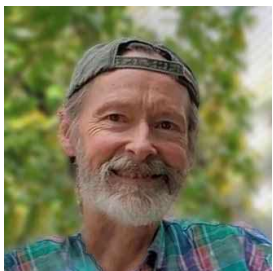


PIERRE LEFEBVRE (PANDIT PRIYADARSHANA)

Pierre Lefebvre has been dedicated to Swami Veda's mission and AHYMSIN for years. He managed the HYT-TTP in Rishikesh since 2007 and remains involved today. He serves on AHYMSIN's Executive Committee and Board of Directors, holding the title of pandit since 2014. Teaching yoga worldwide, Pandit Priyadarshana shares his passion for yoga and meditation with a personal teaching style developed during his studies in India. He focuses on individual needs, aiming to help more people benefit from yoga. Certified as a Yoga Acharya by the Fédération Francophone de Yoga, he also holds ERYT-500 and YACEP recognitions from Yoga Alliance.

JOURNALING AND INTROSPECTION

Silence is an opportunity to practice spiritual journaling and introspection. Introspection is the art of looking within and examining one's thoughts. Spiritual journaling as a companion practice helps deepen all of our practices of self-reflection.



GARY GRAN

Gary Gran, MBA, CYT, DAY and his wife Cynthia have been treading the Himalayan path since the late 1970s. They met at the old Glenview Center in Illinois and have served the tradition in various capacities over the years. They are both certified yoga teachers and Ayurvedic educators. They have published more than eighty articles on yoga, meditation and Ayurveda. They are currently residing in Tucson, Arizona where they enjoy desert gardening, cooking and hiking.

BIOFEEDBACK AND BEYOND

An introduction to biofeedback with a focus on how to incorporate the techniques while guiding yoga and meditation classes. This will include demonstrations of some of the equipment Daniel uses when he conducts individual sessions with clients. He will also discuss in detail the three keys to learning self-regulation. In addition, there will be an opportunity to sign up for an individual thirty-minute session with Daniel.



DANIEL HERTZ

Daniel Hertz, MS, BCB, E-RYT 500 has been on the faculty of The Meditation Center since 1995 and has been internationally certified as a Biofeedback practitioner through BCIA.org since 2007. Also, he is the author of a memoir entitled *Everything is A Little Bit Alright: yoga, meditation, and a dog named Roy*. It is available on Amazon at this [link](#).

SUBTLETIES IN SADHANA – FOCUSING ON SILENCE

Let's look deeper at what silence is and is not. In this session we will explore what to expect when in silence and how to observe and quiet the mind, which is the subtlest level of our being. Inspirational teachings of Swami Rama and Swami Veda will also be included.



CAROL CRENSHAW

Carol Crenshaw, Ed. M; Master's in Eastern Studies / Comparative Psychology / Holistic Health (yoga therapy and research program) founded by Dr. Swami Rama. Co-founder of Inner Peace Yoga Center in Indpls. Former co-director of Himalayan Institute NYC; biofeedback trainer and yoga therapist in Combined Therapy, Honesdale and NYC. IYAT Certified Yoga Therapist, Yoga Alliance E-RYT 500, Certified Clinical EFT Practitioner, co-author of EFT For Meditation. On staff with Teachers Transformation Program for SRSG.

SADHANA IN APPLIED SPIRITUALITY

Making a living in modern society can sometimes seem at odds with the spiritual teachings of the Tradition. In his book *Sadhana in Applied Spirituality*, Swami Veda explains how to bring love and compassion into your work. We'll review the teachings from this book and how they can be applied in any role at any organization.



ERIC NESS

Eric Ness has been teaching meditation and yoga for over ten years. His teaching is based on the experiences that he had while immersed in a meditational environment. He deepened his study of meditation while participating in the residential program at the Meditation Center. He also trained for three years at the Swami Rama Institute for Meditation in India. His calm teaching style brings students the tools they need to move toward a peaceful state of mind. Eric is a member of the TMC Spiritual Committee.