



Global Conference on Yoga & Spirituality 2014

— Knowledge Our Light —

The Doon School, Dehradun, India
3rd to 7th December, 2014

Day One	Wednesday 3 rd December, 2014
TIME	PROGRAMME
09.00 - 09.45	Registration & Collection of Welcome Pack
10.00 - 11.15	Opening Ceremony
11.30 - 12.45	Swami Ramkripalu Ji Maharaj on Yoga & Spirituality
14.00 - 15.15	Dr Deepak Goyal on Physiology of Stress
15.30 - 16.45	Dharmacharya Shantum Seth on Mindfulness
16.45 - 17.00	Group Sharing
17.00 - 19.00	Coaching Sessions
Day Two	Thursday 4 th December, 2014
07.00 - 08.15	Yoga Session by Rain Pal
08.15 - 09.00	Change & Refresh
10.00 - 11.15	Nidhi Jain on Changing your life through Pranic Healing
11.30 - 12.45	Practical Session
14.00 - 15.15	Speaker to be announced
15.30 - 16.45	Dr Francis Lobo on the Impact of Yoga on Athletic Performance
16.45 - 17.00	Group Sharing
17.00 - 19.00	Free Pranic Healing Camp
Day Three	Friday 5 th December, 2014
07.00 - 08.15	Yoga Session by Mini Shastri
08.15 - 09.00	Change & Refresh
10.00 - 11.15	Jyoti Dandass on Past Life Regression Therapy (Healing through time)
11.30 - 12.45	Practical Session
14.00 - 15.15	Rajesh Majumdar on Exploring Spirituality through Science
15.30 - 16.45	Dr Vijay Gambhir on the Relevance of Ashthang Yoga in Urban Life
16.45 - 17.00	Group Sharing
17.00 - 19.00	Coaching Sessions
Day Four	Saturday 6 th December, 2014
07.00 - 08.15	Yoga Session by Rain Pal
08.15 - 09.00	Change & Refresh
10.00	Leave for Parmarth Ashram, Rishikesh
20.00	Lunch, Discourse, Ganga Aarti & Dinner at Ashram Leave for The Doon School
Day Five	Sunday 7 th December, 2014
07.00 - 08.15	Yoga Session by Ram Kumar Gupta
08.15 - 09.00	Change & Refresh
10.00 - 11.15	Meenu Nageshwaran on Fueling your Spiritual Growth with your diet
11.30 - 12.45	Practical Session
14.00 - 15.15	Group Sharing & Closing Ceremony
ALL MEALS SHALL BE PROVIDED	

CONTACT PERSONS

K P S TOMAR

Yoga Department
The Doon School
Phones +91.135.252 6524, 98973 92298
Email: kps@doonschool.com

ANEZ KATRE

HoD Training, Training Centre
The Doon School
Phone +91.135.252 6525
Email: ank@doonschool.com

RISHABH C SHARMA

Director of Development & Alumni Relations
The Doon School
Phone +91.135.252 6466
Email: rcs@doonschool.com

योगश्चित्तवृत्तिनिरोधः ॥

“When you are in a state of yoga, all misconceptions (vrittis) that can exist in the mutable aspect of human beings (chitta) disappear”.

- PATANJALI YOGA SUTRAS

The Yoga Department of The Doon School is organizing a Global Conference on Yoga & Spirituality from 3rd to 7th December, 2014 at The Doon School.

Yoga is an upcoming discipline in modern education and is practiced by different sects across the world in many ways. It is one of the six Indian philosophies and the most practical, contributing towards making one's life purposeful and noble.

In the present scenario, Yoga is not just a philosophy but a pure science with its own traditional values. It is the most reliable and authentic way to keep our body and mind healthy, leading us to achieve the ultimate goal of life - *self realization*.

The Conference will unfold ancient wisdom in relation to modern science where practitioners will share their knowledge to help-us to understand ourselves health from different dimensions.

We invite you to attend the conference and benefit from different disciplines like Yoga, Naturopathy, Ayurveda, Alternative Medicine & Modern Medical Science.

TOPICS

Yoga - Different styles of Yoga, Lectures & Practical Sessions

Nutrition - Juicing, Fasting, Weight Loss, Vegan, Raw Food & Diabetes Management

Ayurveda & Therapies - Ayurveda, Naturopathy, Reiki & Pranic Healing

Mindfulness - Meditation & Stress Management

Ancient Wisdom & Modern Science - Understanding Spirituality Through Science.

A five days programme to learn & experience holistic disciplines, to allow you to change & enhance your life (health, wealth & relationships).

Participant must be at least 18 years of age.

ABOUT THE DOON SCHOOL

The school is a boys-only independent boarding school founded by Mr Satish Ranjan Das (lawyer) in 1935. It was first headed by Arthur E Foot. The school occupies a single campus covering 70 acres. Dr Peter McLaughlin is the present Headmaster of the school. The school was established with the vision.

HOW TO REGISTER

To register for the conference, choose a package & send your payment at the earliest. Registration is on a first come, first served basis. Space is limited to a maximum of 75 seats.

PACKAGES & PRICING

₹ 11,000 (Excluding Accommodation)

₹ 16,000 (Dormitory Accommodation at The Doon School)

Approximately ₹ 21,000 (Off-campus - Hotel Accommodation)

To know more, please write to KPS Tomar (kps@doonschool.com). On the spot registration is subject to availability.

PAYMENT OPTIONS

Draft / Cheque (only for Indians).

Demand Draft / Cheque in favour of “The Headmaster, The Doon School” & courier it to The Headmaster, The Doon School, Dehradun - 248 001.

Online Payment (RTGS / NEFT)

Beneficiary Name : The Headmaster, The Doon School

HDFC Bank : 56 Rajpur Road, Dehradun - 248 001

IFSC Code : HDFC0000225 (Domestic)

Account No. : 02251000070610

Swift Code : HDFCINBB (International)

Note - Please send the remittance details after remitting the amount to kps@doonschool.com

TRAVEL & CLIMATE

The Doon School is located 30 km (1 hour from Jolly Grant Domestic Airport), 3 km from the Dehradun Railway Station, and 6 km from ISBT Dehradun. Delegates are expected to arrange their own transportation. The weather in December is cold with bright sunny days and cold clear nights. The temperature varies from 5° to 25° celsius. Please bring warm clothing & appropriate attire for the Yoga classes in the morning.

SPEAKERS

Swami RAMKRIPALU JI MAHARAJ
Yogi & Founder of Bharat Millap Ashram
Rishikesh

Dr FRANCIS X LOBO
Director of Physical Education
Rosary College of Commerce & Art, Goa

Dr DEEPAK GOYAL
Neurologist
Himalayan Institute of Hospital, Dehradun

RAJESH MAJUMDAR
Physics Teacher
The Doon School, Dehradun

Dr VIJAY GAMBHIR
Physiotherapist
Dehradun

MINI SHASTRI
Yoga Teacher
Bihar School of Yoga, New Delhi

MEENU NAGESHWARAN
Pranic Healer & Vegan Chef,
New Delhi

NIDHI JAIN
Managing Trustee at GMCKS Yoga
Vidhya Pranic Healing Trust
New Delhi

JYOTI DANDASS
Healer
New Delhi

Dharmacharya SHANTUM SETH
Thich Nhat Hanh Mindfulness Teacher
Mussoorie

RAJIV CHANCHANI
Yoga Teacher
Dehradun

RAIN PAL
Hatha Yoga Teacher
China

RAM KUMAR GUPTA
Hatha Yoga Teacher
Rishikesh