



Yoga & its benefits in the workplace: An evening of research and practice

Monday 27 November 2017 16.00 – 19.30

Please join the Operations Management and Behavioural Science groups at WBS for a unique evening of lecture, yoga and networking. Experience this ancient practice of health and vitality firsthand and/or learn from one of the most eminent scholars in the field about the evidence that supports yoga's powerful positive effects in workplaces and school settings. There will be opportunities to ask questions and for networking.

16.00 Dashama Konah from the Pranashama Yoga Institute will lead a session of yoga. Beginners as well as expert yogis welcome.

Venue details will be confirmed to registered attendees later this month

17.15 Dr Sat Bir Khalsa from Harvard Medical School will deliver a lecture on his extensive research into Yoga's Application in Workplace and School Settings (abstract below) –

WBS lecture theatre 1.009

18.15 Networking over nibbles and refreshments

Registration

Pre-registration is essential for this event, and space is limited so sign up quickly!

Please contact Dr Haley Beer (Haley.Beer@wbs.ac.uk) or Professor Nick Powdthavee

(Nattavudh.Powdthavee@wbs.ac.uk) making clear if you are booking for the yoga, the lecture, or both.

Abstract

Yoga: Research on its Application in Workplace and School Settings

Yoga is an ancient behavioural practice that allows for the development of the skills of mind-body awareness or mindfulness, self-regulation of internal physiological and psychological state, and physical fitness. Yoga is becoming increasingly popular as a behavioural strategy for the promotion and maintenance of health and wellness, as preventive medicine, and also as an adjunct therapeutic intervention. Application of yoga interventions provide psychophysiological and clinical outcomes that are not currently readily available within the repertoire of modern medicine, including improvements in physical flexibility and self-efficacy, respiratory function, stress reduction and coping, resilience to stress, emotion regulation, mind-body awareness and mindfulness, subjective well-being, quality of life, and life meaning and purpose. Many of these outcomes underlie the behavioural and lifestyle-related risk factors for chronic non-communicable diseases, which are reaching epidemic proportions and represent the greatest burden in mortality and cost in modern healthcare. This presentation will overview the scientific evidence on the underlying mechanisms of yoga practice supporting the rationale for these applications of yoga, and will also review our clinical trial evidence for its efficacy in wellness and prevention in workplace and school settings.

Biographies



Dashama Konah is an international yoga teacher, inspirational speaker, author and founder of Pranashama Yoga Institute. An innovator and entrepreneur in the field of yoga, she has consulted for Sony Motion Picture Studios, Nike Global Leadership Summit, Coral Springs Medical Center, University of Virginia Business School and spoken at United Nations for the International Day of Happiness.

A favorite in the media, Dashama has been featured on ABC, NBC, FOX news, Discovery Channel, Wall Street Journal, Cosmo Magazine, Forbes and inc.com to name a few. Dashama's unique style of yoga focuses on transforming each individual through a process and practice that is accessible to all levels and abilities while being deeply healing, empowering, liberating and fun.



Sat Bir Singh Khalsa PhD has been fully engaged in basic and clinical research on the effectiveness of yoga and meditation practices in improving physical and psychological health since 2001. He has practiced a yoga lifestyle since 1971 and is a certified instructor in Kundalini Yoga as taught by Yogi Bajan. He is the Director of Research for the Kundalini Research Institute, Research Director for the Kripalu Center for Yoga & Health, Research Associate at the Benson Henry Institute for Mind Body Medicine, Research Affiliate of the Osher Center for Integrative Medicine, and an Assistant Professor of Medicine at Harvard Medical School in the Department of Medicine at Brigham and Women's Hospital in Boston. He has conducted clinical research trials evaluating yoga treatments for insomnia, post-traumatic stress disorder, chronic stress, and anxiety disorders. At the centre of his interest is an evaluation of the benefits of yoga within the academic curriculum of public schools. He is also

conducting research evaluating the benefits of yoga in occupational settings. Dr Khalsa works with the International Association of Yoga Therapists to promote research on yoga therapy as the chair of the scientific program committee for the annual Symposium on Yoga Research and as editor-in-chief of the International Journal of Yoga Therapy.

He has two Harvard Medical School publications, as author of the ebook [Your Brain on Yoga](#), and medical editor of [An Introduction to Yoga](#). He is chief editor of the medical textbook [The Principles and Practice of Yoga in Health Care](#).

For more details, or for registration, please contact [Dr Haley Beer](#) or [Professor Nick Powdthavee](#) stating whether you are booking for the yoga session, the lecture, or both.