

**Dr. Marc Cohen**

*Uniting with the deep, inner well of our being*

**Date: Saturday, October 1, 2016**

**Time: 1130 hrs – 1215 hrs**

Yoga not only makes your heart sing, it also creates a sense of flow, improves mood and helps deal with stress. These findings are reported in a journal article I just published with one of my PhD Students Anupama Tyagi and other colleagues. I will be discussing this and other yoga research when I give the opening Keynote Address at the “Yoga: Science of Infinite Possibilities” Conference at the Western Sydney University, Parramatta South Campus on 1 October 2016.

**Facebook Post Marc Cohen**

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