

**Dr. Sat Bir Khalsa**

*Yoga in Modern Society: The Science and the Research. A review of the prevalence of yoga practice and the basic science underlying the psychophysiological effects of yoga practice*

**Date: October 2, 2016**

**Time: 1000 hrs – 11000 hrs**

Yoga is an ancient behavioural practice that allows for the development of mind body skills including awareness/mindfulness and self-regulation of internal physiological and psychological states. This presentation will describe the prevalence and popularity of yoga in modern society showing the statistics of its usage and its implementation within the culture. We will review the breadth and history of some of the basic science underlying the psychophysiology of yoga practices and describe some of the cutting edge biomedical research studies with relevance to yoga, including research on molecular biology and brain imaging. Research supporting the potential of yoga as a contemplative and transformative practice that enhances unitive states of consciousness and spirituality will also be reviewed. Models of psychophysiological mechanisms of action and future areas of research will be presented.