



Himalayan Yoga Tradition 2009 Congress

Evening Lecture Series

July 20 – 23 and July 27 –30, 2009

***McNeely Hall – Grand Hall
University of St. Thomas
St. Paul, Minnesota***

In keeping with this year's theme, Listen to the Song of Silence, the Monday through Thursday evening lecture series will explore Silence in terms of the Himalayan Yoga Tradition (HYT). Swami Veda's lectures will include Silence & Spirituality in the Himalayan Yoga Tradition, Consciousness & Silence, Opening Chakras into Silence, and more.

***7/20 - Dr Stephen Parker
Philosophy of Prana Vidya Hatha Yoga***

***7/21 - Swami Veda Bharati
Listen to the Song of Silence (1)***

***7/22 - Daniel Hertz
The Role of Biofeedback in Meditation***

***7/23 - Swami Veda Bharati
Listen to the Song of Silence (2)***



***7/27 - Swami Nityamuktanada
Samkhya Philosophy and Yoga***

***7/28 - Swami Veda Bharati
Listen to the Song of Silence (3)***

***7/29 - Swami Nityamuktanada
The Five Elements (1)***

***7/30 - Swami Nityamuktanada
The Five Elements (2)***