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Online

CYAI Monthly Seminars: 2024 thru Jun 2025

ZOOM SEMINAR SECOND SUNDAY OF EVERY MONTH

10:00AM Eastern USA time

7PM (winter) or 6PM (summer) Dubai time

8:30PM (winter) or 7:30PM (summer) India time

3PM UK time

Jan 7, 2024* - Understanding your mind. (Exception, first Sunday)

Feb 11, 2024 - Mechanism of Yoga.

Mar 10, 2024 - Integrative health (Swasthya): spirit, mind, body

Apr 14, 2024 - Spiritual aspects of breathing practices.

May 12, 2024 – Modern Scientific Measurements of Health & Yoga Impact.

Jun 09, 2024 - Balancing the Infinite mind and the finite body.

Jul 14, 2024 - Understanding and Managing Cardiovascular Health.

All seminars are conducted on Zoom with available duration of 2 hours. Begins with about half hour presentation followed by participant questions and discussions. Seminar designed to address participant questions of life and living. Registration required. Annual membership fee is \$25 and Lifetime membership fee is \$250.



**CLICK HERE TO
REGISTER FOR
MEMBERSHIP**

Aug 11, 2024 - Yoga : Himalayan vs. Harvard vs. Hollywood.

Sep 08, 2024 - Lazy people's yoga.

Oct 13, 2024 - Neurological disorders and Yogic Intervention.

Nov 10, 2024 - Advancement in yoga by the refinement of the fundamentals of karma-kleshas.

Dec 08, 2024 - Honoring yourself and Managing interpersonal relationships: holidays, family gatherings.

Jan 12, 2025 - Importance of Sleep and Respiratory Health.

Feb 09, 2025 - Cultivating Yamas and Niyamas to serve one's soul purpose.

Mar 09, 2025 - Consciousness: Individual vs. Group.

Apr 13, 2025 - Understanding Source of Endocrine & Metabolic Disorders.

May 11, 2025 - Neural maps and dharmic living.

Jun 08, 2025 - Don't just sit there; do something : silent practice for effortless living.

Jul 13, 2025 - Integrative Health and Intuitive Lifestyle.

CYAI 2024 certification exams will begin in 2024

[Click here to register for membership](#)