



Online

Importance of Sleep Quality

Impacting Immune System and other Key Organs –

Causes and methods to address sleep issues

ZOOM SEMINAR ON SUNDAY 14 AUGUST, 2022,

10 am to 12 noon Eastern USA time

6 pm to 8 pm Dubai time

7:30 pm to 9:30 pm India time

3 pm to 5 pm UK time



Lead Speaker:

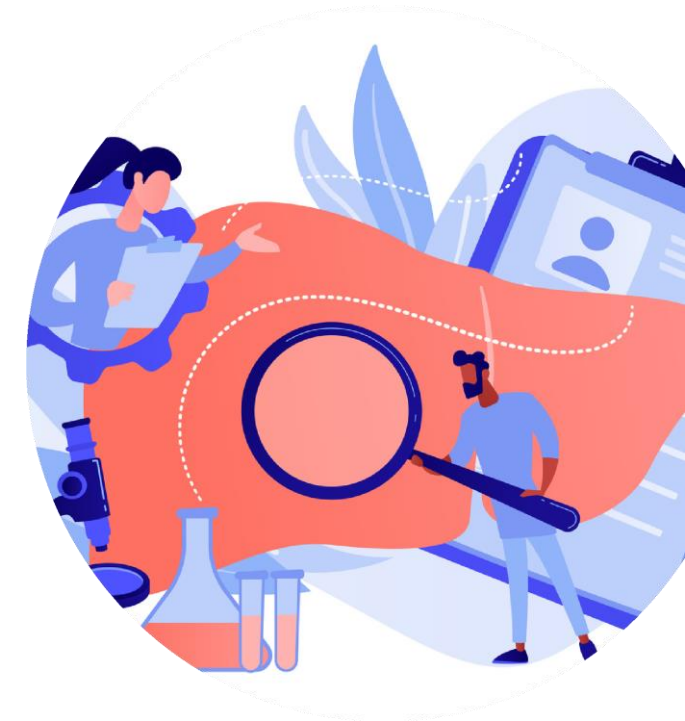
Stephen Stoma Parker, PhD

Additional Panelists: Rajan Narayanan, Sanjeev Krishna and doctors from our Therapy program

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Web: cyai.org



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Upcoming Seminars 2022

Monthly Seminars on Second Sunday of Every Month 10 am Eastern USA Time

- Sep 11 - Mental Health Thru the Lifespan
- Oct 9 - Understanding Allergies and Autoimmune Conditions
- Nov 13 - Family Relationships and Health
- Dec 11 - Learning to Live Joyfully



All seminars are conducted by Zoom for 2 hours. The format is as follows:

- Lead speaker gives an intro presentation in 10 minutes
- Two or three other panelists may provide additional thoughts
- About 90 minutes will be reserved for question-answers and discussion

Attendance requires registration as CYAI member. Upon clicking you will register to request membership. You should receive an email with options to pay annual \$25 membership fee which grants you access to all seminars in the next 12 months. Lifetime membership of \$250 is also an option.

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