

MIND, BODY WELLNESS

Integrating Medical Science and Spirituality



Paramahansa
Prajnanananda



David Lee, Ph.D.



Anisha Durve,
D.O.M. A.D.

**MAY
25TH**

3:00 PM

FREE event with snacks provided

3:00 - 4:00 PM - Refreshments & Video

4:00 - 6:30 PM - Conference

University of Miami

Student Center Complex - Grand Ballroom

1330 Miller Drive, Coral Gables, FL 33146

P PARKING at Pavia & Levante Garages (\$3.00/hr or \$13.00/day)

Register on EventBrite: bit.ly/KriyaYogaMindBodyWellness



COMMEMORATING
50 YEARS OF
SHRI GURUDEV
IN THE WEST



THE VISION OF
THE GREAT MASTER

1974 -2024

Paramahansa Hariharananda

SPEAKERS



PARAMAHAMSA PRAJNANANANDA

Paramahansa Prajnanananda is the current spiritual leader of the Kriya Yoga International organizations. Born in Odisha, India, he was raised in a profound spiritual environment that inspired his search for Truth. In 1980, while still a college student of economics, he met Paramahansa Hariharananda, who initiated him into Kriya Yoga, and fifteen years later, into the sacred path of sannyasa. After only three years, at the early age of 39, his master conferred upon him the highest title of Paramahansa, a designation reserved for monks and saints who have attained the summit of God-realization. Author of many books on the science of yoga, practical guidelines to the application of the wisdom of Vedantic philosophy, and insightful metaphorical commentaries on the major holy scriptures and world religions, Paramahansa Prajnanananda binds and bridges Eastern and Western cultures with a harmonious, fresh, and non-sectarian approach.



DAVID LEE, PH.D.

David Lee, Ph.D., is a professor and Chair of the Department of Public Health Sciences at the University of Miami Miller School of Medicine. Dr. Lee is a chronic disease and occupational epidemiologist with interests in the application of mind-body practices such as meditation and yoga in the management of chronic conditions and for workers employed in high-stress occupations. He has researched the psychological benefits of mindfulness training in educators, examined the prevalence of these practices across the United States, and has developed coursework for students on the benefits of mind-body practices in public health and medicine.



ANISHA DURVE, D.O.M. A.D.

Anisha is a Doctor of Oriental Medicine and an Ayurvedic Doctor at the University of Miami's Osher Center for Integrative Health since 2022. In 2000, Anisha graduated from the Southwest College of Acupuncture in New Mexico with a Masters of Science in Oriental Medicine and then interned at the Academy of Traditional Chinese Medicine in Beijing. She has been in clinical practice for 24+ years integrating acupuncture with her unique blended style of acupressure, guided meditation, breathwork, pranic healing, and sound healing. She co-authored a clinical textbook on acupressure in 2008 with Dr. Vasant Lad titled Marma Points of Ayurveda that teaches patients self-care techniques with acupressure. Anisha is also an Ayur-yoga therapist, meditation instructor, and passionate about teaching patients how to thrive with Ayurvedic diet and lifestyle counseling. She has been teaching different styles of meditation since 1997 and has designed her own Meditation Bliss app. www.Anisha.guru



This event is sponsored by Kriya Yoga Institute
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