

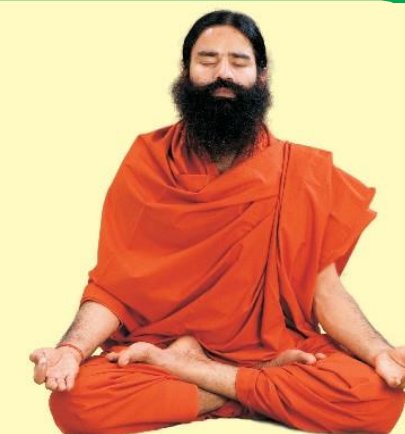


ONE DAY ONLINE WORKSHOP on

Enhancing Attention through Yoga and Allied Methods

(Organized by Patanjali Research Foundation, Haridwar, Uttarakhand)

www.patanjaliresearchfoundation.com



Date: May 15, 2021

Timing: 10 AM to 1 PM

Fees: INR 300 (for both Indian and other countries)
INR 200 (for students)

TOPICS

- Yoga and attention
- Nutrition and improving attention
- Assessing attention using simple methods of assessment
- A yoga practice session
- Q & A session open to all registered participants with responses by the experts

All Sessions will be in English

- Participants will receive complete course materials
- A digital certificate of participation from Patanjali Research Foundation

Payment Details

Mode of Payment : Online mode

Account Name : Patanjali Research Foundation

Account No. : 00000031313307494

IFSC : SBIN0012228

SWIFT Code : SBININBB225

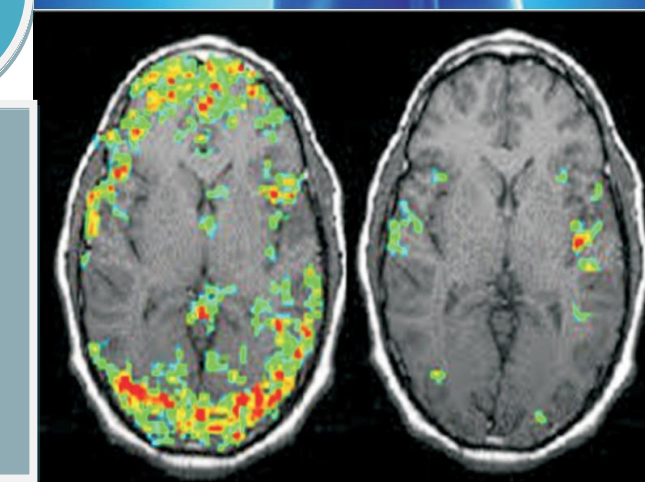
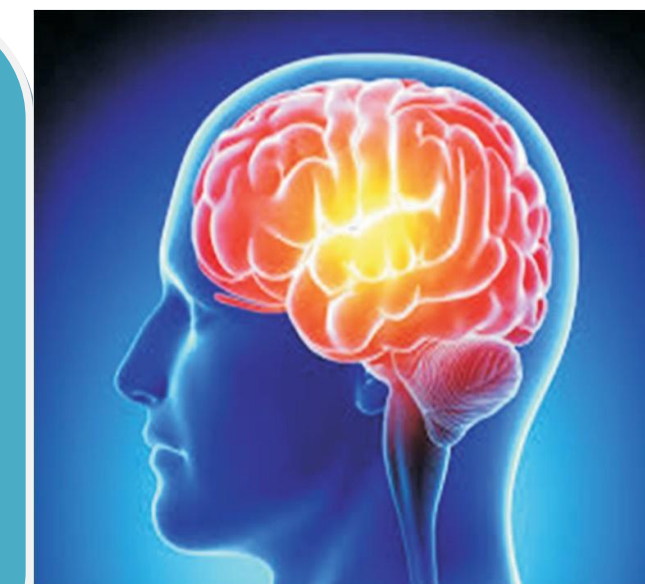
Last date of registration: **April 30, 2021**

Highlights

- ❖ Improvement in attention regulation based on electrophysiology, other methods discussed
- ❖ Other lifestyle interventions can assist attention enhancement (e.g., nutrition)
- ❖ These practices may help in the management of associated conditions (e.g., attention deficit hyperactivity disorder)

Faculty:

- ❖ Shirley Telles MBBS PhD (Neurophysiology)
- ❖ Sachin Kumar Sharma MSc
- ❖ Ankur Kumar MA
- ❖ Kumar Gandharva MSc



Please email your transaction details along with attached filled registration form to workshop2021@prft.in

Phone: +91 8954890184; +91 9997011072 (Available between 10am to 5pm IST)

Please download the registration form from our website www.patanjaliresearchfoundation.com