

## Speakers

### Prof. Dr. Paola Andreani

Astrophysicist, European Southern Observatory, Garching near Munich, Yoga Teacher (YF)

### Adj. Prof. Reinhard Bögle

Head of yoga-teacher education at the Yoga Forum Munich e.V., CBM Pune, Board member of IASTAM (International Association for the Study of Traditional Asian Medicine)

### Prof. Dr. med. B.N. Gangadhar

Professor Emeritus of Integrative Medicine and Senior Professor of Psychiatry, National Institute of Mental Health & Neurosciences (NIMHANS), Bangalore. Former Chairman, National Medical Commission of India

### Prof. Dr. med. Harald Gündel

Director Psychosomatic Medicine and Psychotherapy, University Medical Center Ulm

### Prof. Dr. med. Caroline Herr

Bavarian Health and Food Safety Authority, head of health management

### Lilly Maier, M.A. (New York), M.A. (Munich)

Doctoral candidate History, Qualitative Researcher of Yoga

### Prof. Dr. med. Leena Phadke

Professor and Chair of Integrative Medicine, SKN Medical College, Pune. Faculty, Yoga Forum Munich e.V.

### Dr. med. Sanjay Phadke

Chair, Center for Behavioural Medicine. Senior Consultant Neuropsychiatrist, Deenanath Mangeshkar Hospital and Research Center & Jehangir Hospital, Pune. Chair, Mind-Body Medicine Specialty of IAPP and Founder Chair, IPS Task Force on Mind-Body Medicine. Faculty, Yoga Forum München e.V.

### Dr. med. Klaus Post

MBA, Chief Physician Pain Centre, Sana Hospital Coburg

### Prof. Dr. med. Shivarama Varambally

Professor of Psychiatry, National Institute of Mental Health & Neurosciences (NIMHANS), Bangalore. Founder Co-Chair, IPS Task Force on Mind-Body Medicine

## Enquired Guests

Dr. med. Hemant Bhargav, Associate Professor National Institute of Mental Health & Neurosciences (NIMHANS), Bangalore

Dr. Narendra Bhatt, Doctor of Ayurveda, Mumbai

Dr. S.N. Bhavsar, Former Head Knowledge Based Computing Systems, Center for Development of Advanced Computing (C-DAC) and Indologist, Pune

Dr. Monika Leye, Psychologist, Body Mind Psychotherapist (Uni Klinikum Regensburg)

Dr. Roland Lüthi, MPH, Former Health Researcher WHO Collaborator, Bern

Dr. Hedwig Spegel, MPH, Former employee of Bavarian Health and Food Safety Authority, Yoga Teacher (YF)

Dr. Heinz Strauss, Director of the Research and Teaching Institute for Systemic Studies, Munich

## Organisation

Adj. Prof. Reinhard Bögle

## Location

Haus Buchenried der Münchner Volkshochschule  
Assenbucher Strasse 45  
82235 Berg – Leoni Lake Starnberg

## Register for Zoom

[www.yogaforum.de/yfm\\_anmelden\\_symposium.php](http://www.yogaforum.de/yfm_anmelden_symposium.php)

### Note:

During the event, photos and filming will take place. These photos and videos are meant for documentation and publicity. If you don't want to be shown, please contact: [kontakt@yogaforum.de](mailto:kontakt@yogaforum.de).

Aerial View Haus Buchenried © Peter von Felbert



Conference on Teaching Excellence -  
Advanced Training Program for Yoga Teachers  
Münchner Volkshochschule – Haus Buchenried  
Course Director: adj. Prof. Reinhard Bögle

# Munich International Symposium Health & Wellbeing and Yoga: Concepts and Assessments (Clinimetrics)

(Hybrid mode, in English)

Saturday, September 20, 2025

## Dear colleagues,

Over the last years, there has developed a global acceptance of Yoga's role in the promotion of Health and Wellbeing. Yoga professionals are increasingly seen as the first responders in communities, which gives them an important responsibility.

At the heart of skilling Yoga professionals for efficient public health duty to provide quality *personalized* care is their ability to conceptualize and assess Health and Wellbeing. Clinimetrics offers a wider range of such strategies for observations and monitoring health, symptoms and clinical situations.

The Indo-German Collaboration of the Center for Behavioural Medicine (CBM) India and the Yoga Forum Munich has - over the last two decades - made efforts not only to enhance scientific understanding of Yoga through basic research but also to develop tools and trainings for empowering Yoga teachers for public health.

The First Munich International Symposium on Health Promotion, Mind-Body Medicine and Yoga was held in 2019, guided by Prof. Dr. med. Norman Sartorius, former Director within WHO, and Prof. Dr. med. BN Gangadhar, then Director of NIMHANS.

We are happy to invite you to the Second Munich International Symposium 2025, which is part of a teaching conference hosted by the Münchner Volkshochschule. It is also meant to expand the Indo-German cooperation further for the shared (WHO) goal of 'Wellbeing for All'.

*adj. Prof. Reinhard Bögle, Dr. med. Sanjay Phadke*

## Teaching Excellence - Advanced Training Program for Yoga Teachers

**September 15 until September 21, 2025**  
(in-person)

Course director: adj. Prof. Reinhard Bögle

Faculty: Prof. Dr. med. Leena Phadke

Dr. med. Sanjay Phadke

*Within this program will take place:*

## Munich International Symposium Health & Wellbeing and Yoga: Concepts and Assessments (Clinimetrics)

**Saturday, September 20, 2025**  
(Hybrid mode, in English, all times are given in Central European Time)

- 09.00 **Introduction**  
adj. Prof. Reinhard Bögle
- 09.05 **Welcome Address**  
Prof. Dr. med. Caroline Herr
- 09.10 **Welcome Address**  
Prof. Dr. med. Harald Gündel
- 09.15 **Keynote Address**  
Prof. Dr. med. B.N. Gangadhar



- 09.30 **Clinimetrics for Health & Wellbeing**  
Dr. med. Sanjay Phadke
- 10.00 **Assessments for Yoga Asana Practice (Interoception)**  
adj. Prof. Reinhard Bögle
- 10.30 **Nature's Rhythm: Astronomical Influences on Human Life**  
Prof. Dr. Paola Andreani
- Break*
- 11.00 **Regulation of the Inner Rhythm: Autonomic Neuroscience of Yoga**  
Prof. Dr. med. Leena Phadke
- 11.30 **Yoga for Health: Brain Research and Clinical Studies**  
Prof. Dr. med. Shivarama Varambally
- 12.00 **Yoga in pain management programmes**  
Dr. med. Klaus Post
- 12.30 **Qualitative Research: Subjective Experience in Yoga asana**  
Lilly Maier. M.A., M.A.
- 12.45 **Conclusion**  
Dr. med. Sanjay Phadke and  
adj. Prof. Reinhard Bögle