#### **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 Savety 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 Savety 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**

 $www.yoga forum.de/yfm\_anmelden\_symposium.php$ 

#### 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.

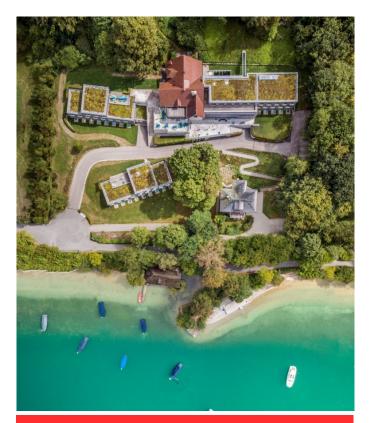
Aerial View Haus Buchenried © Peter von Felbert











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 programms
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

