

Kundalini Yoga Research in the News!

Thanks to Rachel Permut-Levin for the great work you're doing with the National Institute of Health (NIH) Yoga Week annual event. Because of the pioneering efforts of NIH Yoga Week and the amazing work of Yogamonth.org founder Johannes Fisslinger, "September has been dedicated as National Yoga Month!"

As of 2008, National Yoga Month in September is one of a select number National Health Observances (NHO) as listed by [Healthfinder.gov](http://Healthfinder.gov), a guide to health information, which is sponsored by the Office of Disease Prevention and Health Promotion within the Department of Health and Human Services.

And thanks to [Ihanuman.com](http://Ihanuman.com), podcasts of this year's NIH Yoga Week presentations are available online. Please check out the latest from Alan Finger of ISHTA Yoga, Susan Bowen from ThriveYoga, and more. There will also be presentations by John Schumacher of Unity Woods and Timothy McCall, MD.

Specific research studies with Kundalini Yoga were also represented this week: Dr. Dharma's Alzheimers Research and Prevention Foundation enjoyed being a sponsor for Yoga Week. Dr. Dharma has gotten great results with Dr. Andrew Newberg, at the University of Pennsylvania, on how Kundalini Yoga Meditations help Alzheimer's patients.

The Director of Research for the Kundalini Research Institute, Dr. Sat Bir Singh Khalsa continues his work with Kundalini Yoga and insomnia at the Harvard Medical School. Sadhu Khalsa is successfully using yoga and meditation to help veterans and soldiers traumatized by war and Mukta Khalsa runs Superhealth, one of the premier drug treatment programs using Kundalini Yoga.

If you missed this first annual NIH Yoga Week, please save the dates for next year! September 7-11, 2009. We anticipate big things as we become the main Washington, DC site for [Yogamonth.org](http://Yogamonth.org). Please check out [www.yogamonth.org](http://www.yogamonth.org) for ways to participate in this amazing event.