

## United Nations International Day of Yoga

Please Join Us as We Commemorate  
the First International Day of Yoga

# YOGA

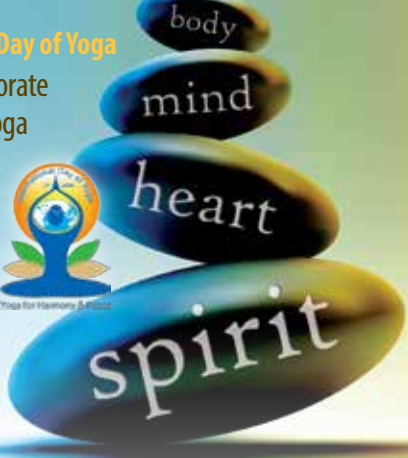
## health & well-being

the integral being  
body and spirit

physical, mental,  
emotional, spiritual



Yoga for Harmony & Peace



“Recognizing that yoga provides  
a holistic approach to health  
and well-being.”

*(UNGA Resolution A/69/L.17)*

Yoga also brings clear thinking affecting  
the mental and emotional bodies.

Respected practitioners who embody  
the fullness of yoga will provide insights  
into the science and meaning of yoga  
and a panel of health experts will share  
how they use yoga as an approach to  
health, wellness and well-being, linking  
the four dimensions – physical, mental,  
emotional, and spiritual when treating  
the integral being.

Monday, June 22  
1:00pm–3:00pm

UNFPA, 605 Third Avenue  
Fifth Floor Conference Room  
New York City

Yoga Inspirations

**Swami Brahmananda Saraswati**, Founder, Nishpatti Foundation

**Kala Iyengar**, MD, Brahma Kumaris

Panelists

**Dr. Anjali Grover** is an endocrinologist and  
currently a Clinical Instructor of Medicine at New York University School of Medicine  
as well as an Attending Physician at NYU Langone Medical Center.

**Dr. Padmini Murthy**, Indian American, specialized in Obstetrics and Gynecology  
practicing medicine and public health for the past 28 years in various countries. She  
is a Fellow of the Royal Society of Public Health, Inaugural Fellow of Medical Women's  
Association and Fellow of New York Medical College as well as being on the faculty of  
New York Medical College. Dr. Murthy holds a Master's in Public Health and a Master's  
in Management from New York University. She is the NGO Representative to the UN  
on behalf of the Medical Women International Association. She is the author and  
editor of *Women's Global Health & Human Rights*.

**Carol M. Davis** is Professor Emerita of the Department of Physical Therapy in the  
School of Medicine at the University of Miami. Dr. Davis is internationally known for  
developing curriculum in professional behaviors, attitudes and values, in the science of  
fascia and in complementary therapies in rehabilitation.

**Dr. Miriam Casal**, a native of Argentina, completed her residency in anatomical  
and clinical pathology at Saint Vincent's Hospital and Medical Center in New York  
City, as well as a fellowship in dermatopathology at New York Hospital Cornell  
University. She also completed a fellowship in aesthetic medicine and is certified  
by the American Academy of Anti-aging Medicine. Dr. Casal has been practicing  
Dermatology in the Queens community for more than 22 years. The community  
service that her office provides is free skin cancer screening.

Supporting Organizations

- The Global Peace Initiative of Women
- United Religions Initiative
- Pathways to Peace
- Muslims for Progressive Values
- Forum 21
- Green Faith
- Nishpatti Foundation
- Bridges of Hope Project
- The International Federation of  
Women in Legal Careers
- SMVA Trust
- World Peace Prayer Society
- Values Caucus at the United Nations

Contacts

United Nations Staff Recreation Council  
Enlightenment Society

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**CLICK HERE TO RSVP**  
Register by June 17, 2015