

# HEALTH, HEALING & RELIGION

C O N F E R E N C E

**November 29-30, 2014**  
**Vidya Institute**  
**Toronto, Ontario**

**NIPISSING**  
U N I V E R S I T Y

## Itinerary

**SATURDAY NOVEMBER 29, 2014**

**9:30-10:00 REGISTRATION**

**10:00-11:00**

### **The Subtleties of the Subtle Body**

**Gillian McCann**

The human body has been imagined in any number of ways across cultures and religions. This lecture will offer an overview of the ways in which the body has been viewed in both Asian and Western traditions. We will also look at the implications of changing from the metaphor of "body as machine" to "body as energy."

**11:00-11:30 BREAK**

**11:30- 12:30**

### **Body as Energy: The Yogic Map to Health and Healing**

**Gitte Bechsgaard**

The idea of body as energy can be found in many cultures and healing traditions. Essentially it is this vital force of energy that supports our bodies, minds and hearts and paves the way to our state of health or imbalance. In the texts underlying the traditions of Hatha Yoga and Tantr the body-mind is portrayed as made up of a rich tapestry of subtle channels, energy centers and sheaths, all vitalized by the breath and life-force energy of prana. As one of the great scholars of yoga, George Feuerstein wrote "The whole adventure of Yoga is but a play of the pranic force". Since the Yogis believed that the subtle body was inherently intelligent and an essential catalyst for health-maintenance, much of bodily cultivation became centered on the art and discipline of "energetic balancing".

In this talk we will focus in on the Indian tradition of Yoga with its well-spring of energetic concepts, maps and health practices.

**12:30-2:00**

**LUNCH BREAK**

**2:00-3:30**

**Experiential Practice**

**Shavasana (relaxation) and Restorative Yoga: a Guided Practice of Energetic Awareness.**

**Gaye Barter**

In this experiential session we will explore the perennial yogic practice of relaxation, recuperation and energetic awareness – the practice of Shavasana or corpse pose. According to Yoga Master BKS Iyengar the attempt here is to achieve silence in all the five energetic sheaths or koshas, including the anatomical, physiological mental, intellectual as well as the body of bliss. This practice will be prepared for with gentle restorative asanas (yoga poses) to allow for an integrated form of practice.

**3:30- 5:00**

**Experiential Practice**

**Zen Shiatsu Practice and Energetic healing.**

**Tag'yor Adler**

Whether we look to Traditional Chinese Medicine or the tradition of Zen Shiatsu and other Japanese and Tibetan off-shoots, they all state that for health to be strengthened, or treatments to be effective, the inner life-force energy has to be cared for. In this experiential session we will explore zen shiatsu practice as well as the accompanying ki exercises and meditation as doorways into energetic healing. Basic concepts will be elucidated through an experiential experience.

**SUNDAY, NOVEMBER 30, 2014**

**9:00-9:45**

**Experiential Practice**

**Pranayama: Morning Breath Practice**

**Gaye Barter**

According to the classical yogic scriptures, prana is the principle of life, vitality and consciousness. In fact it is known by Yogic Master BKS Iyengar to be “the hub of the wheel of life,” – the source of health and well-being. In this experiential session we will explore gentle forms of breath-practices that can act as a medium for health-maintenance.



**10:00-11:00**

**Trance states and Evolutionary Love: Healing as the Evocation of Human Potential**  
**Adam Crabtree**

Taking the idea of Charles Sanders Peirce as a starting point this talk will look at ways to evoke the human potential for healing. This move towards full development of the person and healing can be facilitated through the subtler forms of consciousness such as trance states. In this talk we look at subtle bodies not so much as finer and finer forms of matter, but less and less habituated states of mind.

**11:00-11:30**      **BREAK**

**11:30- 1:00**      **Lecture and Experiential practice.**

**The Invisible Made Visible: A Tibetan Buddhist View on the Subtle Body**  
**Ana Bodnar**

In this seminar Buddhist views on the concepts of the subtle body (Tsa Lung or Tiglay in the Tibetan system) will be explored and connected to contemporary ideas. In the second part of the seminar, we will engage in Buddhist practices that work with and illuminate the subtle body.

**1:00-2:30**      **LUNCH BREAK**

**2.30 - 3.30**      **Experiential Practice**

**Breath-practice as a Doorway to Health.**  
**Tagiol Adler**

Every person is endowed with a natural ability to breathe deeply. Unfortunately, as we grow older this breathing pattern is often lost and needs to be re-learned and cultivated consciously. Research continues to show how the quality of our breathing will, and is, affecting the quality of our life, mind and body. This experiential workshop will introduce simple and effective ways of cultivating abdominal breathing as a powerful tool for stress-reduction and rejuvenation.

**3:30-4:00**      **BREAK**



4:00 – 5:00

## The Subtle Body as Bridge: a Buddhist Perspective

**Susan Wood**

In contemporary Buddhism the subtle body acts as a bridge between body and mind. The state of the subtle body is conceptualized as a reflection of our emotional sense of well-being, and can be 'reconditioned' and trained with focus and intent to support a more enlightened state of being.

In this talk we will focus in on the Buddhist understanding of body as not only door to wisdom, but wisdom itself.

5:00

Gillian McCann

Closing note



## BIOGRAPHIES

### **T'agyol Adler (Zen Shiatsu and Acupuncture), R. Ac., Z.S.T.**

T'agyol Adler began his studies in 1998 and has been in professional practice since 2000. His qualifications include a Diploma in Acupuncture from the Institute of Traditional Chinese Medicine (TCM) and a Diploma in Zen Shiatsu from Kokoro Do Jo. He is currently engaged in further studies in TCM and is a member in good standing with the OAATCM, ZSS and SSO and is a Holistic Practitioner with the City of Toronto. T'agyol also teaches at the Shiatsu School of Canada.

### **Gaye Barter**

Gaye Barter is a certified Iyengar yoga teacher. She has been involved in exercise and wellness for over 30 years ago, first as a fitness/aquafit instructor, then as a personal trainer and for the past 18 years she has loved teaching Iyengar yoga. Gaye has travelled five times to India to study with the Iyengar family at the Ramamani Iyengar Memorial Yoga Institute in Pune. She has worked as an Iyengar yoga teacher trainer and now works as an assessor for the Iyengar Yoga Association of Canada.

### **Gitte Bechsgaard, RYT, MTC, Ph.D.**

Gitte Bechsgaard is the founder of Vidya Institute and has been practicing yoga for over twenty years and teaching for the past sixteen. She received her foundational training in Europe at the Yoga Institute of Copenhagen (1990-1997), and in 1999 completed a two year program at the Esther Myers Studio, Toronto. For the last ten years Gitte has been studying yoga philosophy, Eastern psychology and Sanskrit privately with Krishan Mantri. She holds a B.A. in psychology from Copenhagen University, and a PhD and Masters of Therapeutic Counseling from the Open International University. Her book "The Gift of Consciousness" was published in 2013.

### **Ana Bodnar, PhD**

Ana Bodnar is a clinical psychologist, and yoga and meditation teacher. She holds a Doctorate in Psychology (1992) from the University of Toronto. Dr. Bodnar has taught in the areas of Buddhist Psychology, Yoga Psychology and Mindfulness and Psychotherapy for over 10 years, providing professional training to mental health professionals as well as teaching in the community. She teaches with the University of Toronto Applied Mindfulness Program as well as the Centre for Studies in Mindfulness, and has also taught Critical Multicultural Counselling courses and Mindfulness and Psychotherapy Courses in the Graduate Psychology Program at University of Toronto.

### **Adam Crabtree, PhD**

Adam Crabtree has been a psychotherapist in private practice for over thirty years. He is also on the faculty of the Centre for Training and Psychotherapy in Toronto. He published extensively in the areas of history of psychotherapy, hypnosis and psychical research. His latest book is Trance Zero: Breaking the Spell of Conformity.



## Susan Wood

Susan Wood is a psychotherapist who has been in private practice since 1978. She is also on the faculties of the Centre for Training in Psychotherapy and LingYu International Training Centre for Psychotherapy where she is the Registrar. She is the Past President of the Canadian Association for Psychodynamic Therapy (CAPT) and is currently the chair of CAPT's Advocacy Committee where she is following the process of regulating psychotherapy in Ontario. She has been a Buddhist practitioner since 1981 in the Vajrayana tantric tradition.

