



VEDASAMSKRITI
YOGA FOUNDATION
Affiliate of Council for Yoga Accreditation International



1st International Conference on

YOGA CONCEPTS FOR GLOBAL APPLICATION



At Puducherry (former Pondicherry), India

November 20- 25, 2026

Vedasamskriti Yoga Foundation
(VSYF)
And
Council for Yoga Accreditation
International (CYAI)



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First International Conference on Yoga Concepts for Global Application

November 20- 25, 2026

To be Held at Vedic Vidya Kendra
RS No. 28, Mathur Rd, Ganapathichettikulam, Kalapet, Puducherry 605014, India,

Jointly Convened by
Vedasamskriti Yoga Foundation (VSYF) and
Council for Yoga Accreditation International (CYAI)

Supported by



Life In Yoga
BE IN THE MOMENT, WHERE LIFE EXISTS



Background and Key Goals of the Conference

In general, yoga is perceived as physical practices related to postures (Asanas) and breathing techniques (Pranayama). Within narrower segments, meditation and devotional practices (Bhakti Yoga) are also acknowledged as part of yoga. However, the deeper philosophical view of yoga—as the basis of creation, existence, purpose of life and dissolution, as conveyed in the Yoga Sūtras of Patanjali—is often overlooked by many organizations, even though they may know it.

- As a result, focus has been on specific practices of Asanas, Pranayama and Meditation.
- This completely ignores the fact that traditions in every part of the world have rituals in daily life, annual and life-cycle observances (e.g. Vedic Samskaras) that are yogic in nature.
- This First International Conference on Yoga Concepts for Global Application will seek to introduce the lifecycle and lifestyle concept of yoga, individual and social aspects of yoga (related to Dharma), in other words the duties we as humans are bound to follow for individual fulfillment and cosmic harmony.
- This conference introduces several programs to Indian organizations and public to inspire sponsorship, adoption, dissemination and re-education of the gems in the Indian culture. Post conference courses provide training opportunities in some of these programs

Program Agenda in Brief

Arrival

Meet & Greet

- Tour of facility
- Opening Meditation
- Post Dinner Introduction of Attendees

Day 1

Part I: Yoga Concepts

Principles & Research

Opening Session with Keynote Speakers :

- Tradition, Science and Mechanism of Yoga

Part II: Global Application

From Conception to End

- Session 1 – Sowing the Seed: Yoga Solutions for Pre-Birth and Early Childhood Years
- Session 2 – Laying the Foundations: Yoga Solutions to Enhance Early and Adolescent Education

Day 2

- Session 3 – Yoga Pathway for Advancing in Higher Education and Career for Young Adults
- Session 4 – Conscious Leadership in Work and Family Life: Finding Yogic Harmony in the Rhythm of Life
- Session 5 – Precision Yoga Therapy: Measured Application for Chronic Diseases
- Session 6 – Yoga for Improving Quality of Life and Spiritual Awakenings with Healthy Aging

Day 3-5

Post-Conference Training Program

- **Teacher Training for Adolescents:** Key elements to prepare adolescents to be high performers in life
- **Pancha Prana Training for Yoga Instructors:** Enabling VSYF Yoga instructors to enhance effectiveness of yoga sessions, and to offer daily online program for senior citizens of India
- **Introduction to Measured Yoga Therapy (MYT) :** Concept of Prana flow measurement and translation into organ functionality