



YOGA AND PSYCHOTHERAPY ASSOCIATION OF INDIA (YPAI)

(A VOLUNTARY AND NON-PROFIT ORGANISATION FOR THE WELFARE OF YOGA AND PSYCHOTHERAPY)

Yoga and psychotherapy Association of India is an official organization registered under the Society Act at Sagar (M.P.). The association is affiliated to:

1. World Council for Psychotherapy (WCP) Vienna – Austria
2. World Council for Body Psychotherapy (WCBP)-Serbia
3. Asian Federation for Psychotherapy (AFP) Moscow-Russia

OBJECTIVES:-

- To conduct or help in conducting research in Yoga and Psychotherapy.
- To edit or get edited books on Yoga and Psychotherapy.
- To prepare and publish books/journals and other literature on Yoga and Psychotherapy.
- To organize seminars/lectures and conduct short term workshops and provide facilities for training individuals or groups of individuals in Yoga and Psychotherapy in India and abroad.
- To establish contacts and co – operate with the individuals and associations or organization working in the field of Yoga and Psychotherapy in different aspect.
- To give adequate guidance to the individuals and groups in the Yogic and Psychotherapeutic way.
- To conduct correspondence courses in Yoga and Psychotherapy of One week /Two weeks/One month/Three months and above.

Workshop/Short Term Course on Yoga & Psychotherapy

The main objective of the workshop are to give training in yogic and psychotherapeutic techniques has been formulated which includes Suryanamaskara, Asanas (Postures), Pranayama (Breathing exercises), Shuddhikriyas (Purificatory Processes), Relaxation and Meditation techniques and psychotherapy counseling . Special instructions are also given for treatment of some disorders, Yogic diet and general hints regarding physiological and psychological effects of Yogic practices. The Yoga Psychotherapy workshop are conducted by experienced and qualified Yoga Psychotherapists to suit the needs of everyone; young or old, irrespective of cast, creed or color. Personal problems, if any are also attended to. The medium of instructions is English/Hindi. Workshop/Short Term Course on Yoga & Psychotherapy will be of minimum 20/50/100 hours. Timings/Dates will depend on the convenience of the interested persons/Institution. The organizers will have to meet the travel expenditure/accommodation etc. The traditional science of yoga and psychotherapy will reach out to easy door throughout the world to promote Holistic Health, Happiness and Peace. For details please contact the office of YPAI.

REGISTRATION/MEMBERSHIP FEE:

	India	Abroad
Patron	Rs. 10000/-	US\$ 1000
Life	Rs. 5000/-	US\$ 500
Three Year	Rs. 2500/-	US\$ 250
One Year	Rs. 1000/-	US\$ 50

NOTE:-

- 50% concession on all YPAI publication for all members of YPAI

AN APPEAL: -

Individuals and associations are invited to become the members of the Yoga and Psychotherapy Association of India for the study and propagation of Yoga and Psychotherapy along the scientific and traditional lines.

DONATIONS AND FINANCIAL ASSISTANCE ARE SOLICITED FROM INDIVIDUAL AND/OR ORGANISATIONS WHO ARE INTERESTED IN SPREADING THE MESSAGE OF YOGA AND PSYCHOTERAPY FOR HEALTH AND HAPPINESS TO THE HUMANITY AT LARGE.

Contact Address:

Prof.Dr.Ganesh Shankar- Secretary-YPAI

TEL :- 0091(07582)265539 Cell:09425656196 FAX:- 0091(07582)265802

Email :- hodyoga@gmail.com Or prof.ganeshshankar@yahoo.in Webpage: <http://ypai.webnode.com/>



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MEMBERSHIP APPLICATION FORM

Name Block letters) :- _____

Present mailing address :- _____

Including (phone/fax and email)

Qualifications :- _____

Area of specialization :- _____

Present Designation/Occupation/Job :- _____

Professional/Teaching/job Experience :- _____

I am willing to become the member of yoga and Psychotherapy Association of India.
Kindly enroll me.

REGISTRATION/MEMBERSHIP FEE:

	India	Abroad
Patron	Rs. 10000/-	US\$ 1000
Life	Rs. 5000/-	US\$ 500
Three Year	Rs. 2500/-	US\$ 250
One Year	Rs. 1000/-	US\$ 50

Please choose & tick.

Payments are accepted by the pay order/demand draft / bank transfer/banker's Cheque

In favour of:

Yoga and Psychotherapy Association of India (YPAI)

A/C :10186727675 IFSC Code: SBIN0001143 MICR Code: 470002303UNI SWIFT No: SBININBB268

payable at

State Bank of India , Sagar University Branch(1143), Sagar (Madhya Pradesh.) India

Signature

FOR OFFICE USE

Amount received vide Receipt

NO. _____ dated _____

Membership No. _____

Treasurer/Secretary
Yoga & Psychotherapy Association of India



PUBLICATIONS /BOOKS AVAILABLE

List of Books for P.G. Diploma in Yoga & Meditation (CC)

Sr.No	Books Name	Writer Name	Publisher	Prize
English				
1.	Yoga Kya Kyon or Kaise (Bilingual)	O.P.Tiwari	Yoga Institute, Lonavala	200=00
2.	Speaking of Yoga & Naturopathy	K.S.Joshi	Publishing Company, New Delhi	300=00
3.	Applied yoga	Swami Jyotirmayanandji	International Yoga Society	250=00
4.	Concentration & Meditation	Swami Jyotirmayanandji	International Yoga Society	250=00
5.	Yoga & Moral Values	Ganesh Shankar & Nitin Korpai	Satayam Publisher New Delhi	400=00
6.	Hatha Yoga Pradeepika	Swami Muktibodhananda Saraswati	Bihar School of Yoga, Munger	200=00
7.	Patanjala Yoga Sutras	P.V. Karambelkar	Lonavala Yoga Institute, Lonavala	400=00
8.	Anatomy and Physiology of Yogic Practices	M. M. Ghore	Lonavala Yoga Institute, Lonavala	150=00
9.	Yoga Wisdom of the Upnishada	Swami Jyotirmayanandji	International Yoga Society	100=00
10.	Vedanta in Brief	Swami Jyotirmayanandji	International Yoga Society	250=00
Hindi				
1.	योग क्या क्यों और कैसे (Bilingual)	ओपीओतिवारी	कैवल्यधाम योग संस्थान लोनावला	200.00
2.	योग महाविज्ञान	डॉ. कामाख्या कुमार	स्टैण्डर्ड पब्लिशर न्यू दिल्ली	500.00
3.	व्यवहारिक योग	स्वामी ज्योतिर्मयानन्द	इण्टरनेशनल योग सोसाइटी गाजियाबाद	200.00
4.	सम्पूर्ण योग— एक परिचय	स्वामी ज्योतिर्मयानन्द	इण्टरनेशनल योग सोसाइटी गाजियाबाद	150.00
5.	योग— परिचय	डॉ. गणेश शंकर एवं बाबू लाल दायमा	जोधपुर	400.00
6.	योग एवं आहार	डॉ. गणेश शंकर	सत्यम पब्लिशिंग हाउस नई दिल्ली	100.00
7.	पातंजल योग सूत्र	पी वी करमवेलकर	कैवल्यधाम योग संस्थान लोनावला	300.00
8.	1.साधारण रोगों की यौगिक एवं प्राकृतिक चिकित्सा 2.योग एवं प्राकृतिक चिकित्सा – सीडी0	केन्द्रिय योग एवं प्राकृतिक चिकित्सा अनुसंधान परिशद् नई दिल्ली	केन्द्रिय योग एवं प्राकृतिक चिकित्सा अनुसंधान परिशद् नई दिल्ली	200.00
9.	हठप्रदीपिका	स्वामी दिगम्बर	कैवल्यधाम योग संस्थान लोनावला	200.00
10.	योगाभ्यास एवं शरीर रचना व क्रिया विज्ञान	मकरन्द गोरे	कैवल्यधाम योग संस्थान लोनावला	150.00

List of Books for P.G. Diploma in Yoga & Naturopathy(CC)

S.No	Books Name	Writer Name	Publisher	Prize
English				
1.	Yoga Kya Kyon or Kaise (Bilingual)	O.P.Tiwari	Yoga Institute, Lonavala	200=00
2.	Speaking of Yoga & Naturopathy	K.S.Joshi	Publishing Company, New Delhi	300=00
3.	Applied yoga	Swami Jyotirmayanandji	International Yoga Society	250=00
4.	Concentration & Meditation	Swami Jyotirmayanandji	International Yoga Society	250=00
5.	Yoga & Moral Values	Ganesh Shankar & Nitin Korpai	Satayam Publisher New Delhi	400=00
6.	Hatha Yoga Pradeepika	Swami Muktibodhananda Saraswati	Bihar School of Yoga, Munger	200=00
7.	Patanjala Yoga Sutras	P.V. Karambelkar	Kaivalyadham, Lonavla	400=00
8.	Anatomy and Physiology of Yogic Practices	M. M. Ghore	Lonavala Yoga Institute, Lonavala	150=00
9.	Yoga & Naturopathy treatment for Common ailments	CCRYN	CCRYN, Janakpuri, New Delhi	200=00
10.	A set of the following: <ul style="list-style-type: none"> Important modalities used in Naturopathy Yoga & Naturopathy for Holistic Health CD of Yoga & Naturopathy 	CCRYN	CCRYN, Janakpuri, New Delhi	200=00

Hindi

1.	योग क्या क्यों और कैसे (Bilingual)	ओपीटीवारी	कैवल्यधाम योग संस्थान लोनावला	200.00
2.	योग महाविज्ञान	डॉ. कामाख्या कुमार	स्टैंडर्ड पब्लिशर न्यू दिल्ली	500.00
3.	व्यवहारिक योग	स्वामी ज्योतिर्मयानन्द	इण्टरनेशनल योग सोसाइटी गाजियाबाद	200.00
4.	सम्पूर्ण योग— एक परिचय	स्वामी ज्योतिर्मयानन्द	इण्टरनेशनल योग सोसाइटी गाजियाबाद	150.00
5.	योग— परिचय	डॉ. गणेश षंकर एवं बाबू लाल दायमा	जोधपुर	400.00
6.	योग एवं आहार	डॉ. गणेश षंकर	सत्यम पब्लिशिंग हाउस नई दिल्ली	100.00
7.	पातंजल योग सूत्र	पी वी करमवेलकर	कैवल्यधाम योग संस्थान लोनावला	300.00
8.	1.साधारण रोगों की यौगिक एवं प्राकृतिक चिकित्सा 2.योग एवं प्राकृतिक चिकित्सा – सीडी	केन्द्रिय योग एवं प्राकृतिक चिकित्सा अनुसंधान परिशद् नई दिल्ली	केन्द्रिय योग एवं प्राकृतिक चिकित्सा अनुसंधान परिशद् नई दिल्ली	200.00
9.	व्यवहारिक प्राकृतिक चिकित्सा	केन्द्रिय योग व प्राकृतिक चिकित्सा अनुसंधान परिशद् नई दिल्ली	केन्द्रिय योग व प्राकृतिक चिकित्सा अनुसंधान परिशद् नई दिल्ली	120.00
10.	प्राकृतिक चिकित्सा दर्शन एवं व्यवहार	केन्द्रिय योग एवं प्राकृतिक चिकित्सा अनुसंधान परिशद् नई दिल्ली	केन्द्रिय योग एवं प्राकृतिक चिकित्सा अनुसंधान परिशद् नई दिल्ली	160.00

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1.	Yoga Kya Kyon or Kaise (Bilingual)	O.P.Tiwari	Yoga Institute, Lonavala	200=00
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6.	Hatha Yoga Pradeepika	Swami Muktibodhananda Saraswati	Bihar School of Yoga, Munger	200=00
7.	Patanjala Yoga Sutras	P.V. Karambelkar	Kaivalyadham, Lonavla	400=00
8.	Anatomy and Physiology of Yogic Practices	M. M. Ghore	Lonavala Yoga Institute, Lonavala	150=00
9.	Psychotherapy & Yoga Traditions	Ganesh Shankar	Satyam publication	500=00
10	Abnormal Psychology	Arun Kumar Singh	Moti Lal Banarasi Das Delhi	

Hindi

1.	योग क्या क्यों और कैसे (Bilingual)	ओपी०तिवारी	कैवल्यधाम योग संस्थान लोनावला	200.00
2.	योग महाविज्ञान	डॉ. कामाख्या कुमार	स्टैण्डर्ड पब्लिशर न्यू दिल्ली	500.00
3.	व्यवहारिक योग	स्वामी ज्योतिर्मयानन्द	इण्टरनेशनल योग सोसाइटी गाजियाबाद	200.00
4.	सम्पूर्ण योग— एक परिचय	स्वामी ज्योतिर्मयानन्द	इण्टरनेशनल योग सोसाइटी गाजियाबाद	150.00
5.	योग— परिचय	डॉ. गणेश शंकर एवं बाबू लाल दायमा	जोधपुर	400.00
6.	योग एवं आहार	डॉ. गणेश शंकर	सत्यम पब्लिशिंग हाउस नई दिल्ली	100.00
7.	पातंजल योग सूत्र	पी वी करमवेलकर	कैवल्यधाम योग संस्थान लोनावला	300.00
8.	1.साधारण रोगों की यौगिक एवं प्राकृतिक चिकित्सा 2.योग एवं प्राकृतिक चिकित्सा – सी०डी०	केन्द्रिय योग एवं प्राकृतिक चिकित्सा अनुसंधान परिशद् नई दिल्ली	केन्द्रिय योग एवं प्राकृतिक चिकित्सा अनुसंधान परिशद् नई दिल्ली	200.00
9.	योग एवं मानसिक स्वास्थ्य	डॉ. सुरेश बर्णवाल	न्यू भारतीय बुक कार्पोरेशन, दिल्ली	100.00
10.	आधुनिक असामान्य मनोविज्ञान	अरुण कुमार सिंह	मोतीलाल बनारसीदास दिल्ली	250.00