



BENSON-HENRY INSTITUTE
FOR MIND BODY MEDICINE
AT MASSACHUSETTS GENERAL HOSPITAL



Please join us June 21st for a local celebration of the International Day of Yoga, with a presentation by Jeff Dusek, PhD.

Kripalu's RISE:

*A Yoga-Based Mindfulness Program
for Healthcare Professionals,
Educators and Frontline Professionals*

Thursday, June 21, 2018

1 - 2:15 PM

*in the MGH Ether Dome
free and open to the public*



Since its inception in 2015, the International Day of Yoga has served as an opportunity to study and celebrate the physical, mental and spiritual practice of yoga. In Massachusetts, the celebration precedes the 3rd International Conference on Integrative Medicine: Role of Yoga and Ayurveda in Cancer and Palliative Care, which will be held June 22-24, 2019 at the Joseph Martin Conference Center at Harvard Medical School.

Jeffery Dusek, PhD is the Chief Research Officer at Kripalu Center for Yoga & Health in Stockbridge, MA, the largest yoga retreat center in the U.S. He is also a member of the MGH Department of Psychiatry, and a former research director at the Penny George Institute in Minneapolis, MN. The Benson-Henry Institute for Mind Body Medicine's (BHI) former Director of Research, Dr. Dusek's work has centered on the effects of mindfulness, yoga, the relaxation response and other self-care techniques on health and wellbeing.

