

# Mindfulness and Integrative Medicine Seminar (MIMS)

2008-2009 Monthly speaker series of MARC/PNI/CNS

## *“Yoga as a Complementary Treatment”*

**David Shapiro, PhD**

Department of Psychiatry and Biobehavioral Sciences  
David Geffen School of Medicine, UCLA

**Monday, November 24, 11AM-12PM**  
**(12-1PM optional didactic discussion)**

UCLA Semel Institute (NPI), Room C8-885 @ 740 Westwood Plz, Los Angeles, CA 90095  
*Admission Free. Refreshments are provided*

**ABSTRACT:** In 2002, the Centers for Disease Control listed more than two dozen commonly used complementary and alternative health practices (CAM) of which yoga is one. These practices, some of which are practitioner based, have been increasing in use in recent years for various reasons nicely summarized by Eisenberg in 2002, mainly the failure of the current health care system to provide good care. It is estimated that more than 15 million people practice yoga in the US, many of whom are motivated by such concerns as back, joint, and muscle pain and depression and anxiety. The history and philosophy of yoga go back thousands of years, and many competing "schools" of yoga exist. The National Library of Medicine lists more than a thousand papers on yoga, and the NIH currently lists 36 research grants on yoga and meditation. The rationale for yoga as a treatment will be considered, followed by a presentation of research evaluating it as a complementary treatment of depression and anxiety, problems of research design and interpretation of findings, and future directions. The talk will focus on Iyengar yoga, which Dr. Shapiro has practiced for about 15 years.

**BIO:** *Dr. Shapiro's broad interests are in psychophysiology and behavioral medicine. His research has received special recognition from the Society of Psychophysiological Research, Association for Applied Psychophysiology and Biofeedback, American Psychosomatic Society, and the Society of Behavioral Medicine. (read more online...[www.marc.ucla.edu](http://www.marc.ucla.edu))*

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Center for Neurobiology of Stress (CNS)  
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**Note:** *This is an educational program, not a clinical treatment*

