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Swami Vivekananda Yoga Anusandhana Samsthana  
Jigani- Bengaluru-560105



**INCOFYRA**

International Conference on Frontiers in  
Yoga Research and its Applications

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## WORKSHOP

# S.T.R.A.P. – Structured Therapeutic Rehabilitation using Alignment & Props



15<sup>TH</sup> DECEMBER, 2025



₹ 2,000/- PER DAY



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## DR. S. N. OMKAR

Chief Research Scientist, Guidance & Control,  
Department of Aerospace Engineering.  
Indian Institute of Science

## Program Schedule

9:00 - 9:30 AM	Opening & Orientation
9:30 - 10:45 AM	Session 1: Foundations of Belt-Assisted Alignment
10:45 - 11:00 AM	Break & Discussion
11:00 - 12:30 PM	Session 2: Supported Extension & Mobility
12:30 - 01:30 PM	Lunch Break
1:30 - 2:45 PM	Session 3: Strength & Stability with Props
2:45 - 3:00 PM	Break - Stretch & Breathe
3:00 - 4:30 PM	Session 4: Integration, Mindfulness & Q&A

## Who Should Attend ?



- Yoga instructors and therapists seeking innovative tools for injury prevention and rehabilitation.



- Sports coaches, athletic trainers, and physiotherapists interested in yoga-based recovery methods.



- Yoga and healthcare students focused on integrative therapy and sports medicine.



- Athletes and fitness professionals looking to incorporate yoga props for flexibility and performance training.

### Bank Details

- **Account Holder Name-** Swami Vivekananda Yoga Anusandhana Samsthana
- **Account No.-** 3 3 1 4 1 5 9 1 8 4 8
- **Bank Name-** State Bank of India
- **Branch-** Jigani
- **Type of Account-** Savings
- **MICR Code-** 5 6 0 0 0 2 1 2 3
- **IFSC Code-** S B I N 0 0 1 1 3 5 5

SCAN ME

