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Swami Vivekananda Yoga Anusandhana Samsthana
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WORKSHOP

Yoga-Based Myofascial Release for Neuro-Musculoskeletal Rehabilitation



16TH DECEMBER, 2025



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DR. MRITUNJAY RATHORE

Professor, Department of Anatomy

AIIMS Raipur,

Secretary, Indian Yoga Association – CG Chapter

Program Schedule

9:00 - 9:30 AM	Opening & Orientation
9:30 - 11:30 AM	Session 1: Muscle Mechanics Insights in Asanas
11:30 - 11:45 AM	Tea Break
11:45 - 12:45 PM	Session 2: Standing Asanas – Mechanics and Rehabilitation
12:45 - 01:45 PM	Lunch Break
1:45 - 2:45 PM	Session 3: Myofascial Release Techniques
2:45 - 3:45 PM	Session 4: Balancing Asanas – Mechanics & Rehabilitation
3:45 - 4:45 PM	Session 5: Back bending Asanas – Mechanics & Rehabilitation
4:45 - 5:00 PM	Tea Break
5:00 - 5:30 PM	Session 6: Integrating Yoga & MFR for Rehabilitation
5:30 - 6:00 PM	Closing session

Who Should Attend ?

-  • Physiotherapists
-  • Yoga Therapists
-  • Sports Medicine Experts
-  • AYUSH Practitioners
-  • Rehabilitation Specialists
-  • Medical Students

Bank Details

- **Account Holder Name-** Swami Vivekananda Yoga Anusandhana Samsthana
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