

AHYMSIN (Association of Himalayan Yoga Meditation Societies International)
Himalayan Yoga Meditation of Hellas
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“YOGA AS RELATIONSHIP”
WORKSHOP BY Dr. STEPHEN (STOMA) PARKER

We cordially invite you to **Dr. Stephen (Stoma) Parker’s workshop, on Saturday and Sunday, the 19th and 20th of December 2026, from 10:00 – 17:30** that *will take place at our premises.*

Stoma ji, as we respectfully call him, is one of the *senior teachers* that you must hear teaching even just once in your life. His experience and knowledge are immense and his love for human beings reaches the depths of our hearts. We already have registrations for personal attendances from Europe, although online connection will be available. The seminar will be in English, translated (if necessary) in Greek.

Workshop Program - Day 1 & Day 2

Arrival: 9:30 – 10:00

Workshop: 10:00 – 11:30

Break: 11:30 – 12:00

Workshop: 12:00 – 13:30

Lunch Break: 13:30 – 15:00

Workshop: 15:00 – 16:00

Break: 16:00 – 16:30

Workshop: 16:30 – 17:30

Please note that the workshop will start at 10:00 sharp.

Proposed donation: 160 euros (for attending both days), or 90 euros (for attending only one day). Lunch, snacks, and refreshments will be offered and are included in your donation. You are all invited to participate in this *Life Celebrating Workshop*. If possible, *do not let temporary difficulties of life prevent you from attending.*

Advanced payment of 50 euros is necessary to reserve your place by December 1st, 2026.

For more information and registration: Athina or Martha: info@himalayanyoga.gr or +30 210-8670424, +30 6937122768.



CV of Dr. Stephen (Stoma) Parker, PsyD, ERYT 500

Stephen Parker was initiated in the Himalayan Yoga tradition by Swami Veda Bharati and was given the initiate name Stoma in 1971. Among the first teachers certified by the Himalayan International Teachers' Association, H.I.T.A., he began teaching hatha-yoga in 1974. Stoma is an Experienced Registered Yoga Teacher at the 500-hour level of the Yoga Alliance (E-RYT 500). A member of the International Association of Yoga Therapists, he is a certified yoga therapist (C-I.A.Y.T.) serves on the faculties of the Meditation Center in Minneapolis and the Sadhana Mandir and Sadhaka Gram ashrams in Rishikesh, India. He is also a senior faculty member of the Himalayan Yoga Tradition Teachers' Training Program. He has lectured on yoga, meditation and spiritual practice in the U.S. and Canada as well as in Caribbean countries, Holland, Italy, Austria, Hungary, South Africa, Korea, Hong Kong and India. In 2004 he helped originate and teach the first course on yoga in an American medical school at the University of Minnesota Academic Medical Center. In 2007 he took preliminary vows of renunciation from Swami Veda and the Shankaracharya of Karvirapitha.

Stoma has been a licensed psychologist in private practice in St. Paul, MN since 1985 and is now retired. He served as Adjunct Assistant School Professor of Counseling and Psychological Services at Saint Mary's University of Minnesota and Adjunct Assistant Professor in the Graduate School of Professional Psychology at the University of St. Thomas in Minneapolis, MN. He is an advisor to the Institute for Salutogenesis and Integrative Medicine at Balaji Vidyapeetha University in Puducherry, India. In addition to authoring journal articles and book chapters, Dr. Parker edited volume two of Swami Veda's definitive scholarly work on the Yoga-sutras of Patanjali and he has been a peer review editor for the International Journal of Yoga Therapy, Yoga Mimamsa, the Journal of Men's Studies, and the American Journal of Orthopsychiatry (among others). He is the author of *Clearing the Path, The Yoga Way to a Clear and Pleasant Mind: Patanjali, Neuroscience and Emotions* and he co-authored *Yoga Concepts for Global Application: A Primer for Beginners and Instructors*.