VEDANTA LIFE ACADEMY PRESENTS

From the Cave to the Clinic

Therapy Reimagined

AN ONGOING ZOOM CONVERSATION

What happens when a monk and a neuro-psychiatrist sit down together to take on life's hardest moments?



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Swami Harinamananda

Vedanta Chaplain and Resident Monk
Vedanta Monastery, San Diego

Dr. Siddhartha Nadkarni

Neuro-Psychiatry, Clinical Assistant Professor
Department of Psychiatry at NYU Grossman School of Medicine

A new way of caring opens when **ancient wisdom meets modern neuro-psychiatry**. Swami Harinamananda and Dr. Siddhartha Nadkarni bring together two powerful traditions — one draws on the timeless insights of Vedanta, the other on the clinical expertise of modern neuro-psychiatry. Together they explore the struggles that touch every human life: burnout, grief, depression, anxiety and more.

Through real-life scenarios, you'll come away with:

- A clearer understanding of what is happening when you or someone you care for is struggling
- Practical tools from both worlds, including spiritual practices rooted in Vedanta and proven therapeutic approaches from psychology & neuro-psychiatry
- Language and confidence to support friends, family, or yourself

Few places offer this kind of dialogue, where the wisdom of the Upanishads and the insights of the clinic meet as equal partners in healing. Whether you care for others or are going through a hard time yourself, there's a seat for you.

Join us on Zoom

A new theme each session.

First session: Thursday, November 19, 2026 · 5:00 PM PT / 8:00 PM ET