

30th International Conference
“Ayurveda, Yoga, Spirituality”
March 1 – 3, 2019
Enjoy Pre & Post Conference Excursions

Venue:
Hotel Avra
Kazantzaki 2, Aegina Town
Aegina, Greece
Email: hotelavra@hotmail.com

Contact:
Dr. Shekhar Annambhotla
Email: doctorshekhar@gmail.com

Vie Binga & Tim Ganley
Email: training@asktimandvie.com

Websites:
www.globalayurvedaconferences.com
<https://spartanmindstrength.com/>

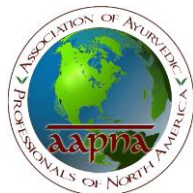
Organized By

GLOBAL

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*Note: *This conference is solely for educational purposes.
This conference is not intended to diagnose, treat, cure, or prevent any disease.*

*Continuing Education through NCBTMB
20.0 CE hours for Licensed Massage Therapists
NCBTMB Approved Provider # 600*



GLOBAL
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Tentative Conference Program Guide*

Friday, March 1, 2019

Time	Topic	Presenter
9:00 am – 09:30 am	Welcome & Vedic Ceremony	Welcome & Vedic Ceremony
Session 1		
09:30 am – 10:00 am	Similarities in Greek & Indian Medicine	Dr. Leena Athparia, ND, Toronto, Canada
10:00 am – 10:30 am	Mind Modulating Therapies in Ayurveda	Dr. V. N. Joshi, PhD-Ayu, London, UK
10:30 am – 11:00 am	NRF2 Science and Nutrigenomics	Dr. Alice Beretta, DVM, Georgia, USA
11:00 am – 11:30 am	Biohacking the body using nutrigenomics to reach your full genetic potential	Dr. Alisan Parnes, DVM, Georgia, USA
11:30 am – 12:00 pm	Q & A	Q & A
12:00 pm – 01:30 pm	<i>Lunch & Sponsors Presentation</i>	Lunch
Session 2		
01:30 pm – 02:00 pm	Autoimmune disorders; an evidence based ayurvedic & panchakarma clinical perspective in global scenario	Dr. Harshavardhana Appaji Kalapati, BAMS, MD-Ayu, Andhra Pradesh, India
02:00 pm – 02:30 pm	Herbal Remedies for Chronic Sinus Problems	Dr. Sanjeev Reddy, BHMS, Karnataka, India
02:30 pm – 03:00 pm	Natural Detoxification Therapies	Dr. Shekhar Annambhotla, BAMS, MD-Ayu, Pennsylvania, USA
03:00 pm – 03:30 pm	Q & A	Q & A
03:30 pm – 04:00 pm	Break	Break
Session 3		
04:00 pm – 04:30 pm	Anti-aging Strategies	Abi Ripely, Virginia, USA
04:30 pm – 05:00 pm	Karma, Saturn & Epigenetics	Vie Binga, Florida, USA
05:00 pm – 05:30 pm	The principles and practice of spirituality	Shamala Joshi, London, UK
05:30 pm – 06:00 pm	Q & A	Q & A
Session 4		
06:00pm – 06:30 pm	Mantra / Chanting	Teachers and Participants
06:30 pm – 8:00 pm	Dinner on their own	Dinner on their own

Saturday, March 2, 2019

Time	Topic	Presenter
Session 5 - Yoga		
7:00 am – 08:00 am	Yoga Class	Vie Binga and Tim Ganley
Session 6		
09:30 am – 10:00 am	Yogic Psychology & Unconscious Mind	Dr. John Cosby, DO, Florida, USA
10:00 am – 10:30 am	Memory Boosting Herbs	Dr. Suresh Swarnapuri, BAMS, MD-Ayu, Cork City, Ireland
10:30 am – 11:00 am	What's a dhatu got to do with it? Using Traditional Ayurveda in Rural America to improve patient outcomes	Amy Underwood, OT, Michigan, USA
11:00 am – 11:30 am	Various spiritual mantras (hymns/slokas) for health and longevity	Dr. Kiran Viramgama, MD, Pennsylvania, USA
11:30 am – 12:00 pm	Q & A	Q & A
12:00 pm – 01:30 pm	Lunch & Sponsors Visit	Lunch & Sponsors Visit
Session 7		
01:30 pm – 02:00 pm	Specific Rasayana therapy for physical and psychological harmony during menopause.	Dr. Deepali Nitin Bhise, BAMS, MD-Ayu, Pune, India
02:00 pm – 02:30 pm	Satvavajaya – The Pillar Strength of Ayurvedic Spirituality	Dr. Akhilesh Sharma, BAMS, New Delhi, India
02:30 pm – 03:00 pm	Pranayama according to the teachings of Sri T.K.Sribhashyam	Ioannis Chrysoulakis, Palaio Faliro, Greece
03:00 pm – 03:30 pm	Contribution of Psycho-Somatics in Osteopathy	Dr. Robert Sellez, PT, DO, Greece
03:30 pm – 04:00 pm	Q & A	Q & A
Session 8		
04:00 pm – 05:00 pm	Vedic Architecture (Vaastu Shastra): Building for Health and Happiness	Architect. Aparna Patil, AIA, Virginia, USA
05:00 pm – 06:00 pm	Yoga Mudras for Healing & Chakra Balancing Meditation & Ayurveda Panchamahabhuta Dance Presentation	Dr. Andhrika Kondeti, BAMS, ERYT, LMT, Virginia, USA
Session 9		
06:00pm – 06:30 pm	Mantra / Chanting	Teachers and Participants
06:30 pm – 08:00 pm	Dinner on their own	Dinner on their own

Sunday, March 3, 2019

Time	Topic	Presenter
Session 10 - Yoga		
7:00 am – 08:00 am	Yoga Class	Vie Binga and Tim Ganley
Session 11		
09:30 am – 10:00 am	Air Beautiful – for Healthy Travel	Snow Shimazu, New York, USA
10:00 am – 10:30 am		
10:30 am – 11:00 am		
11:00 am – 11:30 am		
11:30 am – 12:00 pm		
12:00 pm – 01:30 pm	Q & A	Q & A
12:00 pm – 01:30 pm	Lunch & Sponsors Visit	Lunch & Sponsors Visit
Session 12		
01:30 pm – 02:00 pm	Tantra Yoga	Tim Ganley, Florida, USA
02:00 pm – 02:30 pm		
02:30 pm – 03:00 pm		
03:00 pm – 03:30 pm		
03:30 pm – 04:00 pm		
03:30 pm – 04:00 pm	Q & A	Q & A
Session 13		
04:00 pm – 04:30 pm	Q & A	Q & A
04:30 pm – 05:00 pm		
05:00 pm – 05:30 pm		
05:30 pm – 06:00 pm		
05:30 pm – 06:00 pm		
Session 14		
06:00pm – 06:30 pm	Mantra / Chanting	Teachers and Participants
06:30 pm – 08:00 pm	Dinner on their own	Dinner on their own

*Note: *The program guide is subject to change without prior notice.*

Enjoy the Pre and Post Conference Events

LIMITED SPOTS ARE AVAILABLE

RESERVE YOUR SPOT ONLINE

Pre-Conference Schedule and Details

Thursday, Feb 28, 2019

9:00 am – 3:00 pm

Tuition: \$79.00 USD

Lunch and Dinner on their own

Explore the culture, history and countryside of Aegina with a visit to the Ancient Temple of Aphaia and the Monastery of St. Nectarios.

Price includes transportation to both venues (to and from Hotel Avra), entrance fee, guided tour, and meditation.

Post-Conference Schedule and Details

Monday, March 4, 2019

9:00 am – 3:00 pm

Tuition: \$79.00 USD

Lunch and Dinner on their own

Immerse yourself in the natural monuments of the Ancient Olive Grove in Aegina's sacred secluded valley.

Price includes transportation (to and from Hotel Avra), guided hike, and meditation.

Hotel Accommodation & Venue Information

Hotel Avra

Kazantzaki 2, Aegina Town, Aegina, Greece

Email: hotelavra@hotmail.com

Website: <http://www.aegina.com.gr/avra-hotel/en-index.html>

The best way to book a room is via email.

*Please use the code **AAPNA** when booking.*

3-day Conference Registration Fee Structure per person

\$250.00 USD registered before November 30th, 2018

\$300.00 USD registered before January 31st, 2019

\$325.00 USD registered after January 31st, 2019

Conference registrations include vegetarian lunch.

Day Passes Registration Fee Structure per person

\$130.00 USD registered before November 30th, 2018

\$145.00 USD registered before January 31st, 2019

\$160.00 USD registered after January 31st, 2019

All passes include vegetarian lunch.

How to get to the island of Aegina from the Athens Airport

You will be flying into Athens, Airport, ATH.

You can get to the Piraeus port by bus, train, or cab. Almost everyone takes a cab.

If you wish, we can have a taxi cab driver (his name is Stavros, pick you up at the airport and take you to the Piraeus port. The fare costs approximately 50 euro from 5:00 a.m. to midnight and 80 euro from midnight to 5:00 a.m. Please, let us know in advance if you would like us to reserve your cab ride.

If you wish to take a bus or train, please, let us know and we will give you the updated schedule as we get closer to the date.

If your flight arrives late in the evening and there are no more ferries to the island for the day, Stavros or the cab you choose, can take you to Hotel Poseidonio which is in walking distance to the Piraeus port. Please, let us know in advance if you would like us to reserve a room for you.

We will try to meet every one at the Piraeus port and get you to the island.

The ferry ride takes less than 90 minutes and costs approximately 15 euro.

Both Hotel Avra and the Bed and Breakfast that we will be recommending are less than 10 minute walk from the port.

As we get closer to the date, we will post exact pictures of the boat terminal, ticket counter, boat schedule, and Stavros as well.

Please, remember that:

- European dates are written backwards.
- Almost every one speaks English and if they don't, they will go out of their way to find someone who does.

Contact Information:

For any questions about traveling to Greece and at any time during your stay there, please feel free to contact Tim Ganley and/or Vie Binga at any of the following. Vie speaks fluent Greek.

Email: mindstrength@asktimandvie.com

Skype: sylvie.binga

WhatsApp: 1 (727) 504-5753

Please, note that if you are dialing from a non-US number, you may need to add a couple of extra digits before the 1. It depends on where you are dialing from.



**Dr. Shekhar Annambhotla, BAMS, MD-Ayurved, LMT
Pennsylvania, USA
Featured Speaker**

Dr. Shekhar Annambhotla, BAMS, MDAyurved, LMT, RAD, RMAS, E-RYT500, has been an Ayurvedic Doctor (Vaidya) and educator since 1988. He earned his Doctor of Medicine in Ayurveda from Gujarat Ayurved University, India. Shekhar is a Registered Ayurvedic Doctor, Registered Master Ayurvedic Specialist, Registered Yoga Teacher, Licensed Integrative Bodywork and Massage Therapist, and faculty member of various Ayurveda schools throughout the USA. He is Founding Director of the non-profit organization, AAPNA (Association of Ayurvedic Professionals of North America), and Founder & Director of Ojas Ayurveda Wellness Center, Global Ayurveda Conferences, LLC & Global Ayurveda Academy, and Dosha Botanicals, LLC, Pennsylvania, USA.



Tim Ganley & Vie Binga

Tim Ganley & Vie Binga are authors and global teachers of Spartan Mind Strength™ which includes Rāja Āyurveda™, Meditation, Breath Work, Spartan Fitness™ and Power Yin™. They love experimenting with disciplines that lead to physical and mental strength and endurance. They believe that if people learn about the state of flow and practice building their life around it, the world will be much happier.

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