

56th International Conference

# Ayurveda for Women

**November 3 - 5, 2023**

Arsha Vidya Gurukulam

651 Route 115

Saylorsburg, PA 18353, USA

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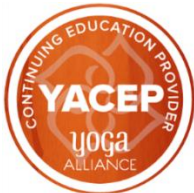
**Ayurveda Conferences, LLC**

*Note: \*This conference is solely for educational purposes.*

*This conference is not intended to diagnose, treat, cure, or prevent any disease.*

*16 speakers: 20.0 CE / PACE Hours*

***AAPNA Approved Provider & YACEP Provider***



# Conference Schedule

## Friday, November 3, 2023

Time	Topic	Speaker / Location
05:45 am – 06:45 am (Optional)	Pooja (Vedic Ceremony)	Temple
07:30 am – 08:30 am	Breakfast	Dining Hall
08:30 am – 09:00 am	Registration, Badge Pick up, Folder	Conference Room
09:00 am – 09:15 am	Inauguration	Dhanwantari Chanting / Pandit Neil Parmeswar
09:15 am – 10:00 am	Ashram Logistics and Lineage of Vedic Tradition	Suddhatma Chaitanya, Pennsylvania
10:00 am – 11:00 am	Ayurveda for Women & Management of Poly Cystic Ovarian Syndrome (PCOS)	Shekhar Annambhotla, BAMS, MD (Ayu), LMT, FAAPNA Pennsylvania
11:00 am – 12:00 pm	Ayurveda for Breast Care in Women	Prashant Acharya, BAMS, MD (Ayu), PhD (Ayu), Bengaluru, India
12:00 pm – 12:30 pm	Arati (Pooja)	Temple
12:30 pm – 02:00 pm	Lunch	Dining Hall
02:00 pm – 03:00 pm	Integrative Approach to Kidney Disease	Pushpa Soundararajan, RDN, LDN, MBA, CAP, CYI, Illinois
03:00 pm – 04:00 pm	Yoga and Relaxation	Lisa D. Bryan, MA, ERYT500, Pennsylvania
04:00 pm – 04:30 pm	Tea Break	Tea Break
04:30 pm – 05:15 pm	Ayurvedic Management of Menopause	Aruna Ramesh, AWS, New Jersey
05:15 pm – 06:00 pm	Meditation for Modern Times	Priyaa Balamurugen, BAMS, LMT, New Jersey
06:00 pm – 06:30 pm	Pooja (Aarati) Vedic Ceremony	Temple
06:30 pm – 08:00 pm	Dinner	Dining Hall
08:00 pm – 09:00 pm	Meditation	Pandit Neil Sahil Parmeswar

# Saturday, November 4, 2023

Time	Topic	Speaker/Location
05:45 am – 06:45 am (Optional)	Pooja (Vedic Ceremony)	Temple
06:45 am – 07:30 am (Optional)	Yoga	Nancy Smith, BA, LMT, RYT, RAP, New Jersey Yoga Room
07:30 am – 08:30 am	Breakfast	Dining Hall
08:30 am – 09:00 am	Day Pass Participants Registration	Conference Room
09:00 am – 09:15 am	Invocation of Shanti Mantra	Pandit Neil Sahil Parmeswar, Pennsylvania
09:15 am – 10:15 am	Diet and Menopause – Smooth the Transition	Suzanne Ickes, RDN, LDN, Pennsylvania
10:15 am – 11:15 am	Common Herbs for Women's Health Grow Your Own Ayurvedic Herbs Garden	Manish Bhagat, PhD, New Jersey
11:15 am – 12:00 pm	Practical Demonstration - Kundalini Yoga	Michelle DeFranco, Pennsylvania
12:00 pm – 12:30 pm	Laughter Yoga & Group Photo	All Participants / Outside in Nature
12:30 pm – 02:30 pm		Dining Hall
02:30 pm – 06:00 pm	Seemantham (Baby Shower) and Dhanwantari Pooja (Fire Ceremony)	Homa Room Priest Ganesan & Pandit Neil Sahil Parmeswar
06:00 pm – 06:30 pm	Pooja (Aarati) Vedic Ceremony	Temple
06:30 pm – 08:00 pm	Dinner	Dining Hall
08:00 pm – 09:00 pm	Meditation	Pandit Neil Sahil Parmeswar

# Sunday, November 5, 2023

## (Remember – Day Light Saving)

Time	Topic	Speaker / Location
05:45 am – 06:45 am (Optional)	Pooja (Vedic Ceremony)	Temple
06:45 am – 07:30 am (Optional)	Practical Demonstration – Experiential Kundalini Yoga	Michelle DeFranco, Pennsylvania Yoga Room
07:30 am – 08:30 am	Breakfast	Dining Hall
08:30 am – 09:00 am	Day Pass Registration	Conference Room
09:00 am – 09:15am	Invocation – Peace Mantra Chanting	Pandit Neil Sahil Parmeswar Pennsylvania
09:15 am – 10:15 am	Osteoporosis – Natural Management	Michelle Costantini, AFNC, ALC, CAP, Pennsylvania
10:15 am – 11:15 am	Trauma Recovery and Healing	Laxmi Parmeswar, MA, Licensed Clinical Psychologist Pennsylvania
11:15 am – 12:15 pm	Mantra Yoga: The Yoga of Vibration	Pandit Neil Sahil Parmeswar, Pennsylvania
12:15 am – 12:30 pm	Closing Ceremony & Vote of Thanks	Shekhar Annambhotla
12:30 pm – 02:00 pm	Lunch	Dining Hall

*Note: The programs schedule is subject to change without prior notification.*