

27th Conference & Retreat
Ayurveda for All
August 25 & 26, 2018

Venue:
Arsha Vidya Gurukulam
651 Route 115, Saylorsburg, PA 18353

Contact:
Dr. Shekhar Annambhotla
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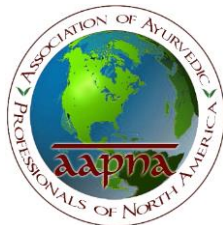
Ayurveda Conferences, LLC

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

Continuing Education through NCBTMB

12.0 CE hours for Licensed Massage Therapists

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Tentative Conference Program Guide*

Saturday, August 25, 2018

Time	Topic	Presenter
08:00 am – 08:45 am	Registration	Registration
08:45 am – 09:00 am	Welcome & Inauguration	Suddhatma Chaitanya
09:00 am – 10:30 am	Fundamentals of Ayurveda	Dr. Kiran Viramgama
10:30 pm - 10:45 am	Break	Break
10:45 pm – 12:00 pm	Importance of Digestion	Dr. Vasudha Rao
12:00 pm – 12:30 pm	Ārati (Pūjā) Vedic Ceremony	Temple Priest
12:30 pm – 01:30 pm	<i>Lunch</i>	<i>Lunch</i>
01:30 pm – 03:00 pm	Top 10 Spices for Optimum Health	Michelle Costantini
03:00 pm – 03:30 pm	Break	Break
03:30 pm – 05:00 pm	Daily & Seasonal Routine	Dr. Shekhar Annambhotla
05:00 pm – 05:30 pm	Yoga & Meditation	Lisa D'Bryan & Giitika Jaeger
05:30 pm – 06:00 pm	Break	Break
06:00pm – 06:30 pm	Ārati (Pūjā) Vedic Ceremony	Temple Priest
06:30 pm - 07:30 pm	<i>Dinner</i>	<i>Dinner</i>
07:30 pm – 08:30 pm	Q & A	Q & A

Sunday, August 26, 2018

Time	Topic	Presenter
09:00 am – 10:30 am	Prakṛti (Constitution) Assessment	Dr. Shekhar Annambhotla
10:30 am – 10:45 am	Break	Break
10:45 am – 12:00 pm	Marma (Acupressure) Points	Dr. Anjum Nadaf
12:00 pm – 12:30 pm	Ārati (Pūjā) Vedic Ceremony	Temple Priest
12:30 pm – 01:30 pm	<i>Lunch</i>	<i>Lunch</i>
01:30 pm – 03:00 pm	Home Remedies	Dr. Shekhar Annambhotla
03:00 pm – 03:30 pm	Break	Break
03:30 pm – 05:00 pm	Pañcakarma – Natural Detoxification	Dr. Priyaa Balamurugen
05:00 pm – 06:00 pm	Q & A	Evaluation & Closing
06:00 pm – 06:30 pm	Ārati (Pūjā) Vedic Ceremony	Temple Priest
06:30 pm – 07:30 pm	<i>Dinner</i>	<i>Dinner</i>

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



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

Dr. Shekhar Annambhotla, BAMS, MD Ayurved, 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.



Michelle Costantini
ALC, AFNC, CAP
Pennsylvania, USA
Featured Speaker

Michelle Costantini, ALC, AFNC received her Ayurveda Food & Nutrition Consultant certificate from the International University of Yoga & Ayurveda, Florida, USA. She studied for the Ayurveda Lifestyle Consultant certificate at the Centro Ayurveda in Genoa, Italy and at the Ayurveda & Yoga Retreat Hospital in Connor, Tamil Nadu, India. Michelle is an Ayurveda Food & Nutrition Consultant at Twin Ponds Integrative Health Center in Breinigsville, PA. She offers consultations on food choices and cooking alternatives, and suggests simple lifestyle changes that will improve your health by allowing your body to better digest the food you eat and thus assimilate its nutrients. Michelle also offers cooking demonstrations and workshops for individuals and small groups.



Kim Giitika Jaeger
ALC, CAP, AFNC, C-IAYT, MATP
Pennsylvania, USA
Featured Speaker

Kim Giitika Jaeger is a classical tantra yoga and meditation teacher, yoga therapist, and Ayurvedic practitioner. As a Certified International Yoga Therapist (C-IYT) with a Master of Transpersonal Psychology (MATP) degree, Kim works with individuals and groups for their all-around transformative evolution, using a naturally organic style. She shares customized Ayurveda, making its ancient wisdom accessible, relevant, and practical. She is a Certified Ayurvedic Practitioner (CAP), Ayurvedic Lifestyle Consultant (ALC), and Ayurvedic Food & Nutrition Consultant (AFNC), and has an Associate degree in Ayurvedic Science. She is passionate about increasing awareness and integration through a holistic approach, so that one's true Self continues unfolding and manifesting. For this, she incorporates further training in: life energy & human consciousness; counseling & coaching; and self-esteem & spiritual growth.



Dr. Priyaa Balamurugen
BAMS, MSc (Psychology)
New Jersey, USA
Featured Speaker

Priyaa Baalaa, BAMS, MSc has been practicing Ayurveda in the US and India for the past fifteen years. She completed her (B.A.M.S) Bachelor of Ayurvedic Medicine & Surgery degree from the prestigious Dr M.G.R Medical University, Tamilnadu, India. She has a graduate degree in Psychology from the University of Madras, India and a Diploma in Yoga & Naturopathy. She also studied Acupuncture and Acupressure in CBIATC Beijing, China and trained in Dr Vora's Acupressure. Priyaa's unique approach to health integrates the ancient wisdom of Ayurveda, Marma (energy points), Acupressure, Siddha with naturopathic cleansing, healing and relaxation

through yoga & meditation. She is Co-founder and Chief Practitioner at Ayurvedashram, a Holistic Wellness Center in North Brunswick, New Jersey. She is affiliated to SKY (Master - Simplified Kundalini Yoga), New Jersey chapter, AAPNA (Membership Director – Association of Ayurvedic Professionals of North America), NAMA (Professional member – Ayurvedic Doctor), WISE (Research Scientist -World Institute of Scientific Exploration), Maryland, USA and Global Ayurveda Academy, Pennsylvania, USA.



Dr. Anum Nadaf
BAMS
New Jersey, USA
Featured Speaker

Anjum Nadaf, BAMS, graduated from Rajiv Gandhi University, Bengaluru, Karnataka State, India in 2004. She has also completed Yoga Instructor Course (YIC) from Vivekananda Institute of Yoga, Bengaluru, India in 2005. She has 10+ years of practicing and teaching Ayurveda in India and USA and providing ayurvedic wellness consultations, yoga instruction and ayurvedic nutritional consultations. She incorporates Naadi Pariksha (Pulse Analysis) and Marma Therapy and Aroma Therapy into her wellness practice. She offers various yoga, pranayama and meditation workshops.



Lisa D' Bryan
MA (Spirituality), ERYT-500
Pennsylvania, USA
Featured Speaker

Lisa D. Bryan. M.A., E-RYT-500 is a Kripalu Professional Level Yoga Teacher (E-RYT 500), Spiritual Director, and Reiki Level III practitioner (master). Offering wellness practices for 18 years, her passion is to integrate holistic health & spirituality from India & the West.

Her group Yoga classes and individual sessions are comprehensive, nurturing, and spiritually uplifting. They focus on combining the prana/energy of the present moment to the timeless skills of the past and are grounded in the Kripalu methodology. Lisa is currently adjunct faculty at DeSales University, teaching at area churches, and at West End Yoga and Open Heart Yoga studios. Her undergraduate degree (Bates College) is in Music and French. Currently, she is a member of the Kripalu Yoga Teachers Association, Yoga Alliance, and Spiritual Directors International. In 2013, Lisa completed her MA Holistic Spirituality and certificate in Spiritual Direction from Chestnut Hill College. As part of her studies, she experienced a 30 day silent retreat (in the Ignatian tradition of Catholic spirituality). She has also studied Ayurveda (medical science related to Yoga) at a clinic in India and avidly engages Ayurveda in daily living. In 2017, she will pilgrimage to sacred sites related to the Kripalu lineage with the dean of Kripalu Yoga.



Dr. Vasudha Rao
BAMS
Arizona, USA
Featured Speaker

Vasudha Rao, BAMS is an Ayurvedic practitioner graduated from SDM college of Ayurveda, Hassan India. One of the top 10 Ayurvedic institutions of India. She has experience working as an Asst .doctor for a renowned senior practitioner in India. She has experience of successfully treating her patients, especially women and children at her clinic in India for 5 years. She is a member of Agnivesha Ayurveda Anushtana, a pioneer charitable organization sincerely extending its services to public by mass awakening, mass education and facilitative to budding practitioners by frequent CMEs, half yearly seminars and state level seminar. It was her privilege to serve this association as joint secretary. She has given health awareness programs in schools, colleges and for public. She has also conducted medical camps on different diseases and counselling workshops for prenatal and postnatal care. She practiced the unique method of immunization mentioned for children in Ayurveda –Swarna Prasana, in her clinic which successfully upheld the health quotient of the children. She is currently working with an Ayurvedic doctor in an Ayurvedic Centre in Arizona.



Dr. Kirankumar Viramgama
MD
Pennsylvania, USA
Featured Speaker

Dr. Viramgama, MD is a Board Certified Pulmonologist practicing in Gettysburg since 2001. He practices in pulmonary medicine, critical care medicine, and sleep medicine. He trained under a pulmonary and critical care fellowship at the State University of New York (SUNY) at Stony Brook, Long Island, New York. He underwent a residency program at Coney Island Hospital in Brooklyn, New York. He obtained his medical degree from B.J. Medical College, Ahmedabad, India.

He has a special interest in integrative medicine and an integrative approach to optimize and maximize benefits of current modern medical science with Ayurveda (traditional Indian medicine) and Yoga. He also has a special interest in chronic fatigue syndrome and its management using the Ayurvedic herbal supplements and incorporation of Yoga-Pranayama with lifestyle modification and dietary changes.

At the Gettysburg Lung Center P.C., patients with chronic respiratory diseases, sleep disorders, chronic fatigue syndrome, and fibromyalgia are provided the options of treatment of integrative approach with Ayurveda, herbal supplements, Yoga, Pranayama, acupuncture, relaxation techniques, dietary modification, and lifestyle changes.

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