



AAPNA'S 4th International Ayurveda Conference
The Westin Los Angeles, Los Angeles, CA, USA
September 14-16, 2012
Skin, Spa & Beauty Through Ayurveda
Tentative Program Schedule

Each registered participant will receive a Certificate of Attendance of 20 CE hours

Conference Highlights:

- One-track presentations
- 3 Guest of Honors
- 3 Keynote Speakers
- 50 Presenters - includes – 30 Vaidyas, 10 Integrative Physicians, 10 ayurvedic practitioners
- 40 Presentations
- 4 Yoga Sessions
- 2 Panel of experts discussions
- 2 entertainment programs
- Book Signing Program by Authors
- Delegates from India, Switzerland, Ireland, Canada, USA, New Zealand
- Delegates from various states of USA – NY, CA, WA, PA, FL, IL, MI, NJ, NM, ME, TX, AZ, MA, HI, NV, WA, MD

Friday, September 14, 2012

TIME	PROGRAM
07:00 – 09:00	REGISTRATION
09:00 – 09:30	Inaugural Ceremony and Welcome Speech – Dr. Shekhar Annambhotla, BAMS, MD-Ayu, LMT, ERYT, BCIM, RAS, Founder & President of AAPNA, USA
09:30 – 10:20	Guest of Honor Felicitation Dr. John Scaringe , DC, EdD, President, Southern California University of Health Sciences (SCU), CA, USA Dr. Brandon Horn , PhD, JD, LAc, FABORM, President, American University of Complementary Medicine (AUCM), CA, USA Dr. LeRoy Perry , DC, C.Ped, President, International Sportsmedicine™ Institute (ISI), Los Angeles, CA, USA
10:20 – 11:00	Award Ceremony & Group Photo
11:00 – 11:30	Break & Visit Sponsors & Exhibitors
11:30 – 12:00	Keynote Speaker – Skin in Ayurveda: A window of opportunity for therapeutics and research – Dr. Ashwinikumar Raut, BAMS, MD-Ayu, Director, Clinical Research & Integrative Medicine, Medical Research Center of Kasturba Health Society, Mumbai, India
12:05 – 12:25	Ayurvedic & Yogic Therapies for Psoriasis and Vitiligo – Dr. N.V. Krishnamurthy, BAMS, MD-Ayu, PhD-Ayu, Professor, JSS Ayurved Medical College, Mysore, India
12:30 – 12:50	How Skin Care Products Impact Our Health - Elizabeth Stites, BS, Ohio, USA
12:50 – 14:30	Lunch & Visit Sponsors & Exhibitors
14:30 – 14:50	Ideal Ayurvedic Spa – Dr. Sanjay Chhajed, BAMS, MD-Ayu, Director, Baba Ramdeo Institute of Ayurveda, Mumbai, India
14:55 – 15:15	Look Younger with Champissage and Marma Face Lift Massage – Denise Galon, LCICI, CMT, RA, D.Ayur, Director, Head Massage NYC, New York, USA
15:20 – 15:40	Beauty Concepts in Ayurveda – Dr. Poornima Krishnamurthy, BAMS, MD-Ayu, MRAY, PhD (Yoga), Director, Prajna Kuteera Ayurveda Center, Mysore, India
15:45 – 16:05	Ayurvedic Spa Treatments for Psychological Health – Dr. Paul Dugliss, MD, RAC, Dean, New World Ayurveda, Maine, USA
16:05 – 16:55	Break & Visit Sponsors & Exhibitors
16:55 – 17:15	Inner to Outer Beauty – Dr. Bertrand Martin, MD, MPH, CAy, RAC, Founder and Director, Cristalmind™ Shirodhara, Switzerland
17:20 – 17:40	What's Your Dharma? Discover the Vedic Way to Your Life's Purpose – Lissa Coffey, Director, Coffey Talk, Los Angeles, California, USA
17:45 – 18:05	Yoga Therapy and the Skin - Larry Payne, PhD, Founder, Samata International, Los Angeles, California, USA
18:10 – 18:30	Special diet and nutritional recommendations for selected skin conditions – Dr. Anupama Kizhakkaveetil, BAMS, MAOM, LAc, PhD (C), Assistant Professor, Southern California University of Health Sciences, Los Angeles, California, USA
18:30 – 20:00	Dinner & Visit Sponsors & Exhibitors
20:00 – 21:30	Tabla Program – Satish Tare - California, USA

Saturday, September 15, 2012

- 06:00 – 07:00 **Yoga with Michele Jain (Room 1)**
- 06:00 – 07:00 **Mantra Yoga** with Dr. Dhanada Kulkarni, BAMS, RAS, Director, Soham AyurYoga Wellness Center, Sunnyvale, California, USA (**Room 2**)
- 07:00 – 08:30 **Break**
- 08:30 – 09:00 **Keynote Speaker** - Simple and Effective Ayurvedic Topical Applications for Healthy Skin and Common Skin Ailments – Dr. Jaya Gopal Parla, BAMS, MD-Ayu, MAOM (C), Professor, American University of Complementary Medicine (AUCM), Los Angeles, California, USA
- 09:05 – 09:25 **Phytotherapy & Aromatherapy for Palliative Skin Care** - Sonia Masocco, LDT, CH, C Ay, Director, Phytotherapy, New Mexico, USA
- 09:30 – 09:50 **Brain Aging-The Answer is Skin Deep** - Rammohan Rao, PhD, CAS, RAC, Associate Research Professor, Buck Institute for Research on Aging, Novato, California, USA
- 09:55 – 10:15 **Integrated Approach: Hormone Optimization, Aesthetic Lasers** – Dr. Eugene C. Rajaratnam, MD, Founder and Director, California Wellness Institute, Los Angeles, California, USA
- 10:20 – 10:40 **Ayurvedic *Triskandha Kosha* Perspective to Acne** - Dr. Dilip Prabhakar Gadgil, BAMS, MD-Ayurveda, PhD-Ayurveda, BA, MA, MPhil (Sanskrit), Director, Ayurvedamrita, Pune, India
- 10:40 – 11:15 **Break & Visit Sponsors & Exhibitors**
- 11:15 – 11:35 **Beauty and the Beast - You and Your Lifestyle** – Dr. Pallatheri Nambi Namboodiri, BAMS, MD-Ayu, Assistant Professor, Sri Sairam Ayurveda Medical College, Chennai, India
- 11:40 – 12:00 **Head to Toe Beauty with Kansa Massage** – Melanie & Robert Sachs, Directors, Diamond Way Ayurveda, California, USA
- 12:05 – 12:25 **Beauty From Within: Using Ayurvedic Principles for Lasting Beauty** – Dr. Manisha Kshirsagar, BAMS, DYS, Co-Director, Ayurvedic Healing, California, USA
- 12:30 – 12:50 **Beauty- Ayurved & Astrology** – Dr. Ravindra Khadilkar, BAMS, RAS, Pune, India
- 12:50 – 14:30 **Lunch & Visit Sponsors & Exhibitors**
- 14:30 – 14:50 **'Satvik' Beauty – The Power & the Tools to Feel Right, Light & Beautiful** – Dr. Lina Thakar, BAMS, RAS, Founder, Ayurveda Wellness Center & Holistic Spa, Pittsburg, Pennsylvania, USA
- 14:55 – 15:15 **Natural Agni Enhancement Quickly Reduces Stubborn Mid-Section Fat and Cellulite at 3-7# per Week, Without Rebound!** - Dr. Tom Yarema, MD, Founder, Center for Wellness and Integrative Medicine, California, USA
- 15:20 – 15:40 **Ghee for a Healthy Body, Radiant Face and Beautiful Skin** – Sandeep Agarwal, MBA – Founder, Pure Indian Foods, New Jersey, USA
- 15:40 – 16:15 **Break & Visit Sponsors & Exhibitors**
- 16:15 – 17:00 **Panel of Experts Discussion**
Dr. Subhash Ranade, BAMS, PhD-Ayu, Chairman, International Academy of Ayurved – Pune, India
Dr. Meera H. Paranjape, MD, DGO, PhD-Ayu – Pune, India
Melanie Sachs, C.A.L.C, Director, Diamond Way Ayurveda, California, India
Dr. Vijay Jain, MD, RAC, Medical Director, Amrit Yoga Institute, Florida, USA

Dr. Sunita Tarkunde, BAMS, RN, RAS, Founder, Ved Yoga – Ayurveda & Yoga Center, Texas, USA

Dr. Prerak Shah, BAMS, Founder, Ayu Link, Ahmedabad, India

17:00 – 18:30 Utilizing Medico Legal Tools: The Key to Tax Reduction and Lawsuit Prevention – Jason Porter, CA, Senior Legal Advisor, Legally Mine, Inc. USA

18:30 – 20:00 **Dinner & Visit Sponsors & Exhibitors**

20:00 – 21:30 **Movie Night - Yoga Unveiled – Yoga As Therapy** – Gita Desai, Director, Writer and Producer, California, USA

20:00 – 21:00 **AAPNA Board Certification Examination For:**

Registered Ayurvedic Practitioners (RAP)

Registered Ayurvedic Clinicians (RAC)

Registered Ayurvedic Specialist (RAS)

Registered Panchakarma Therapist (RPT)

Registered Ayurvedic Nutritionist (RAN)

Registered Ayurvedic Herbalist (RAH)

Registered Ayurvedic Yoga Therapist (RAYT)

Sunday, September 16, 2012

06:00 – 07:00 **Yoga** with Raji Krishnamurthy, AWP, Founder, RK Yoga and Ayurveda, California, USA (**Room 1**)

06:00 – 07:00 **Yoga** with Anita Rangaswami, MBA, Founder, Prana Gyana LLC, Tempe, Arizona, USA (**Room 2**)

07:30 – 08:30 **Break**

08:30 – 09:00 **Keynote Speaker:** Ayurvedic Solutions for Healthy and Radiant Skin – Dr. Pratibha Shah, BAMS, MD-Ayu, MPH, RAS, Ayurvedic Specialist, Zanjabee Integrative Medicine and Primary Care, Woburn, Massachusetts, USA

09:05 – 09:25 Hyperpigmentation in Ayurveda--A Case Study – Dr. Bharathi Venkatachalapathy, BAMS, RAS, Faculty Member – Ayurvedic Studies, Southern California University of Health Sciences, Los Angeles, California, USA

09:30 – 09:50 Ayurvedic Treatment for Drug Induced Adverse Reaction Skin Conditions – Dr. Suresh Swarnapuri, BAMS, MD-Ayu, RAS, Ayurvedic Specialist, Cork City, Ireland

09:55 – 10:15 Anti-wrinkle Technique in Ayurveda – Dr. Prashanth Acharya, BAMS, MS-Ayu, PhD-Ayu, RAS, Founder & Director, Arth, Bengaluru, India

10:20 – 10:40 Health Preservation of Skin through Ayurveda – Dr. Jageshwar Nath Mishra, PhD-Ayu, Secretary, Bharat Seva Sansthan, Lucknow, India

10:40 – 11:20 **Break & Visit Sponsors & Exhibitors**

11:20 – 11:40 Ayurveda & Eczema: A Case Study in the Management of Eczema with Ayurveda, Dr. Ram Tamang, BAMS, MH, RAS, Director, The Healing Gardens of Ayurveda, LLC, California, USA

11:45 – 12:05 Inner Beauty and Healthy Glow through Ayurveda and Yoga - Indu Arora, ERYT, RAC, Director, Yog Sadhna, Aurora, Illinois, USA

12:10 – 12:30 Chikitsa in Twak Roga - A Scientific Review – Dr. Rucha Kelkar, BAMS, MPT, Director, Ayur Bliss, San Francisco, California, USA

12:30 – 14:00 **Lunch and Visit Sponsors & Exhibitors**

14:00 – 14:20	Regeneration of Hair – Dr. Deodatta Bhadlikar, BAMS, MD-Ayu, PhD-Ayu, Principal, Dr. D.Y.Patil College of Ayurveda and Research Center, Mumbai, India
14:25 – 14:45	Comprehensive Hair Care through Ayurveda – Dr. Jayarajan Kodikannath, BSc, BAMS, RAS, Kerala Ayurveda Academy Director, Washington, USA
14: 50 – 15:10	It's a Good Hair Day! – Dr. Manisha Madhavi, BAMS, New Jersey, USA
15:15 – 15:35	Beauty with Ayurveda – Dr. Prerak Shah, BAMS, Director, Ayu Link, Ahmedabad, India
15:35– 16:10	Break & Visit Sponsors & Exhibitors
16:10 – 16:30	Management of Psoriasis: Dr. Nipesh Patel, BAMS, Gujarat, India
16:35 – 16:55	How to Get More Clients and Make More Money with Your Ayurvedic Practice (Without Compromising Your Values) - Jacob Griscom, Director, Every Day Ayurveda, California, USA
17:00 – 17:45	Panel of Experts Discussion Dr. Dhanada Kulkarni, BAMS, Director, Soham AyurYoga Wellness Center, Sunnyvale, California, USA Dr. Ashlesha Raut, Dr. Ashlesha Raut, BAMS, MD-Ayu, NC, BCIM, NC, HHP, RAS, Secretary, AAPNA & Director, Ayurveda for Healing, Chicago, Illinois, USA Dr. Sunanda Ranade, BAMS, PhD-Ayu, Vice Chairman, International Academy of Ayurved, Pune, India Dr. Madhukar M. Paranjape, BAMS, MD-Ayu, PhD-Ayu – Pune, India Dr. Vijay Jadhav, BAMS, MD-Ayu, Founder, Tathagat Foundation, – Pune, India Manjul Kant Dwivedi, PhD, Director, International Society for Spiritual Sciences, Lucknow, India
17:45 – 18:00	Closing Ceremony by Dr. Ashlesha Raut, BAMS, MD-Ayu, NC, BCIM, NC, HHP, RAS, Secretary, AAPNA & Director, Ayurveda for Healing, Chicago, Illinois, USA

Book Signing Program by the following authors:

- Lissa Coffey
- Dr. Paul Dugliss, MD
- Dr. Manisha Kshirsagar, BAMS
- Dr. J.N. Mishra, PhD-Ayu
- Dr. Subhash Ranade, PhD-Ayu
- Melanie & Robert Sachs
- Dr. Thomas Yarema, MD
- Larry Payne, PhD
- Dr. Denise Tarasuk, ND, RAC

Judges For The Best Presenter Award (Ayurveda Vachaspati):

Dr. Subhash Ranade

Dr. Vijay Jadhav

Dr. Meera Paranjape

Dr. Vijay Jain

Note: The Program schedule is subject to change without prior notice.

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