



Richaritha Gundlapalli



Shekhar Annambhotla



Amitabh Gumman



Gauri Junnarkar



Ritu Bhalla



Narender Pati



Sunita Tarkunde

Ayurveda: A Holistic Approach to Health

Presented by ASHAJYOTHI USA and AAPNA for the benefit of 200+ Special Needs Children in India



May 21 - 22 , 2011, Quality Inn & Suites,
4704 West Plano pkwy, Plano ,Texas

Call/Email for Registration:

214-682-3905/ ravi@ashjyothiusa.org

214-682-6152/ sailaja@ashjyothiusa.org

www.ashjyothiusa.org

www.aapna.org



Lectures & Consultations by renowned Ayurvedic and Holistic Specialists:

May 21' 2011 (10 AM - 12.30 PM)

Shekhar Annambhotla, BAMS, Founder of AAPNA: **"The Ayurvedic Approach to Health"**

Ritu Bhalla, BAMS: **"Anxiety and Stress Management through Ayurveda"**

Gauri Junnarkar, BAMS, Dietitian/Certified Diabetes Educator: **"Eat Smart, Shop Smart"**

Amitabh Gumman, BAMS : **"Infertility: a Holistic Approach"**

Narender Pati, RPH, CAS : **"Healing Herbs"**

Richaritha Gundlapalli, MD, FAAP, Integrative Physician, Founder of **AshaJyothi USA**

May 21 (9 AM - 10 AM) & May 22 (9 AM - 11 AM)

Sunita Tarkunde, BAMS, certified Yoga instructor: **Yoga and Pranayama** (Breathing technique)

May 21 (1 PM - 6 PM) & May 22 (12 PM - 6 PM)

30 Minutes Ayurvedic Consultations by specialists include Diet, Lifestyle and Herbal remedies.

MEDIA PARTNERS



Event	Price
Consultations	\$60
Lectures	\$25
Lectures & Consultations	\$75
Yoga	\$15