

# 12<sup>th</sup> International Conference on Spirituality and Healing in Ayurveda & Yoga December 12, 13 & 14, 2014

The Hindu Temple Society of Central Florida, Inc.

1994 Lake Drive, Casselberry, Florida, USA

Contact: Dr. Shekhar Annambhotla

Email: [doctorshekhar@gmail.com](mailto:doctorshekhar@gmail.com)

Phone: 484.347.6110

Web: [www.aapna.org](http://www.aapna.org)

[www.globalayurvedaconferences.com](http://www.globalayurvedaconferences.com)

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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.*

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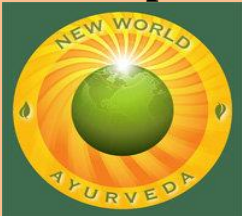
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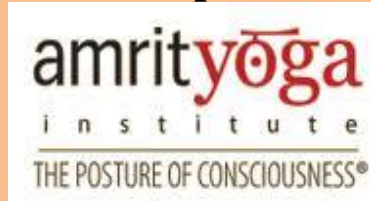
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# Tentative Conference Program Guide\*

## Friday, December 12, 2014

<b>Time</b>	<b>Topic</b>	<b>Presenter</b>
8:00 am – 9:30 am	Registration Sponsors & Exhibitors Setup	Front Desk Hall
9:45 am – 10:00 am	Inaugural Ceremony	Vedic Recitation & Dhanwantari Prayer
10:00 am – 10:30 am	Guest of Honors Platinum Sponsor Presentation – Jijnyasa Foundation	Anil Deshpande, M.S., M.B.A., Orlando, Florida, USA
10:30 am – 11:00 am	Tea Break	Tea Break
11:00 am – 11:40 am	Keynote Presentation - How Yoga and Ayurveda Connects You to Your Inner Healer	Yogi Amrit Desai, Florida, USA
11:45 am – 12:10 pm	Ayurvedic Psychology, The Role of Awareness in Healing	Carlo Monsanto, MS, RAPC, Miami, Florida, USA
12:15 pm – 12:40 pm	<b>Panel Discussion – Questions &amp; Answers</b>	
12:45 pm – 2:00 pm	<b>Lunch &amp; Sponsors / Exhibitors Visit</b>	
2:00 pm – 2:25 pm	As we are in our body so too we are in our lives	Sybil Nance, E-RYT-200 , CYT-800, IAYT, North Carolina, USA
2:30 pm – 2:55 pm	Mindful Eating: Prana and Sattva via Food	Kristen Schneider, RYT, Florida, USA
3:00 pm – 3:25 pm	Patanjali Meditation Science and how to pacify the mind and open the doors of Enlightenment	Dr. Bertrand Martin, M.D. MPH, CAy, Vevey, Switzerland
3:30 pm – 4:00 pm	<b>Panel Discussion – Questions &amp; Answers</b>	
4:00 pm – 4:30 pm	<b>Tea Break &amp; Sponsors / Exhibitors Visit</b>	
4:30 pm – 5:00 pm	<b>Sponsors &amp; Exhibitors Presentation</b> Cristal Mind Shirodhara (Bronze Sponsor) Amrit Yoga Institute (Bronze Sponsor) Charak Pharma Private Limited (Bronze Sponsor)	
5:00 pm – 5:25 pm	Engage with the Sacred Power of Food	Lisa Joy Mitchell, RYT, North Carolina, USA
5:30 pm – 5:55 pm	The Importance of Spirituality for Maintenance of Health & Wellness	Dr. Shekhar Annambhotla, BAMS, MD-Ayu, LMT, ERYT, RMAS, Pennsylvania, USA
6:00 pm – 6:25 pm	The Art of Living Happiness Program	Dr. Kamsella Chetty, M.D., Durban, South Africa & Toronto, Canada
6:30 pm – 7:00 pm	<b>Panel Discussion – Questions &amp; Answers</b>	
7:00 pm – 8:00 pm	<b>Dinner &amp; Sponsors / Exhibitors Visit</b>	
8:00 pm – 9:00 pm	<b>AAPNA Board of Directors, Advisors, Members Annual Meeting</b>	

## Saturday, December 13, 2014

<b>Time</b>	<b>Topic</b>	<b>Presenter</b>
8:00 am – 9:30 am	Registration Sponsors & Exhibitors Setup	Front Desk Hall
9:45 am – 10:25 am	Keynote Presentation - Where spirituality begins all Equations in Ayurveda go to Zero	Dr. Shanmugamurthy Lakshmanan, Ph.D. Boston, Massachusetts, USA
10:30 am – 11:00 am	Tea Break	Tea Break
11:00 am – 11:25 am	Happiness and the power of intuition as a path to health well-being	Ambika Devi (Amy) Ford, Ph.D. Florida, USA
11:30 am – 11:55 am	Crucial Role of Energy Medicine in Psycho-Spiritual Syndromes (Every meditator/spiritual aspirant/health care practitioner should know)	Dr. Richaritha Gundlapalli, M.D. Houston, Texas, USA
12:00 pm – 12:25 pm	Symbiohealth: A Complete Healthcare System	Dr. Gopal Basisht, M.D. Orlando, Florida, USA
12:30 pm – 2:00 pm	<b>Lunch &amp; Sponsors / Exhibitors Visit</b>	
2:00 pm – 2:40 pm	Keynote Presentation – Spiritual Foundation of Ayurveda & Yoga	Dr. Gururaj Mutalik, M.D. Sarasota, Florida, USA
2:45 pm – 3:10 pm	Ayurveda: Molecular Medicine of Spiritual Living	Dr. Rahul Sharma, PhD, Baton Rouge, Louisiana, USA
3:15 pm – 3:40 pm	Vedic-Sanskrit: The Technical language of Ayur-Veda	Dr. BVK Sastry, PhD, Sarasota, Florida, USA
3:45 pm – 4:15 pm	<b>Panel Discussion – Questions &amp; Answers</b>	
4:15 pm – 5:00 pm	<b>Sponsors &amp; Exhibitors Presentation</b> New World Ayurveda (Bronze Sponsor) Mahima Institute (Bronze Sponsor) doTerra (Bronze Sponsor) Ayurveda Posters (Bronze Sponsor)	
	<b>Tea Break &amp; Sponsors / Exhibitors Visit</b>	
5:00 pm – 5:30 pm	Legal Guidelines for Ayurvedic & Yoga Practitioners	Anne E. Moore, J.D., RYT, Florida, USA
5:30 pm – 7:00 pm	Utilizing Medico Legal Tools	Dan McNeff, Legally Mine, Inc.
7:00 pm – 8:00 pm	<b>Dinner &amp; Sponsors / Exhibitors Visit</b>	

## Sunday, December 14, 2014

<b>Time</b>	<b>Topic</b>	<b>Presenter</b>
8:00 am – 9:30 am	Registration Sponsors & Exhibitors Setup	Front Desk Hall
9:45 am – 10:25am	Keynote Presentation - Self-Realization Through Ayurveda	Dr. Vijay Jain, M.D. Florida, USA
10:30 am – 11:00 am	Tea Break	Tea Break
11:00 am – 11:25 am	Laughter Yoga	Michele Jain, RYT, PYT, RALC, Florida, USA
11:30 am – 11:55 am	Role of ideal behavior in achieving elevated spiritual status	Dr. Gaurav Desai, BAMS, MD-Ayu, Goa, India
12:00 pm – 12:30 pm	Human body – The link between medicine and spirituality	Dr. Neelesh Korde, BAMS, MD-Ayu, Goa, India
12:00 pm – 12:30 pm	<b>Panel Discussion – Questions &amp; Answers</b>	
12:30 pm – 12:45 pm	<b>Sponsors Presentation - AAPNA – Association of Ayurvedic Professionals of North America</b>	
	<b>Closing Ceremony</b>	
12:45 pm – 2:00 pm	<b>Lunch &amp; Sponsors / Exhibitors Visit</b>	

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

**13<sup>th</sup> CONFERENCE**  
**ENERGY HEALING SCIENCE WORKSHOP**  
**at The Hindu Temple, Casselberry, FL, USA**  
**Monday, December 15, 2014**

**9:00 am - 5:00 pm (Vegetarian Lunch will be provided)**

**7-hour Completion Certificate will be provided**

**ENERGY HEALING SCIENCE WORKSHOP**

*Your INVISIBLE Energy Anatomy Governs Your VISIBLE World*

Energy medicine works on the physical vitality, emotional, mental and spiritual levels of addressing the root causes of pain, stress, vices, negative emotion and complex health issues. In this dynamic energy management workshop, you will learn the art of advanced energy science that helps heal the past, transform the present and energizes the future.

**Key Takeaways:**

1. Learn energy anatomy and energy physiology governing your organs, hormones, emotions and mind.
2. Explore and measure your energy centers and bio-fields
3. Discover breakthrough energy medicine techniques that are effective even at a distance
4. Learn techniques and bio-mechanical movements to revitalize fast
5. Master how to use energy colors assist with common ailments, such as, depression, anxiety, burnout, stress and sleep problems.

**PLUS, You'll Discover:**

How to assess your total health quotient and use it as a preventing tool for physical, emotional and mental illness.

**Description**

Energy Medicine comes under NCAAM's Manipulative and Body-Based Practices. This dynamic means of transferring energy from one person to another is used around the world to promote well-being. The Mayo Clinic explains the goal of manipulative therapies is to unblock or re-balance the energy. Energy work can be a natural adjunct to massage. With massage and body manipulation, therapists not only affect the energy fields of clients but also their own. Energy medicine training and practice, not only help for self-care and awareness but also develop new sensitivity of intuition, mindfulness and compassion, which is crucial for bodywork. Health care Professionals and patients are seeking new faster, effective, safe solutions to health challenges especially with stress, burnout with busy lifestyles. Energy healing science provides specific strategies to release stress and boost vitality fast; as well as protocols to improve quality of life. With increased energy, balance emotions, clean mind, inner insight and sensitivity, you can better assess both muscles and energetic cues. Pain, stress-related conditions, chronic conditions, and injuries can be calmed with energy work. Energy healing works on the physical, vitality, emotional, mental and spiritual levels. Based on the transfer of energy using a comprehensive knowledge of the human energy system and health imbalances, it combines scientific protocols with principles for self-healing especially for fatigue, back pains, sleeping difficulties and skin rashes etc., Integrated with gentle massage, energy work can help the practitioner to work more effectively with more clients. Discover how energy work can be a natural adjunct to massage. The workshop includes workbook, products (DVD's, CD's and book along with 2 mentoring sessions and Certificate upon completion. Emphasize on experiential learning and practice sessions with clear clinical implications.

**Materials included:**

Workbook with 8 modules

Mentoring sessions – 2 (Online), 1 hour each, Home Practice Protocol, Energy center profiling and reporting form

Products – DVD (15 min), CD (19 min) Reference material available for purchase (432 pages)

Multiple-choice test (online) 7 Hours workshop including lunch break. (9am to 5:00 pm)

**Facilitator: Dr. Richa (Joy) Gundlapalli, M.D., F.A.A.P., Houston, Texas, USA** is an International speaker, Board certified physician and Integrative practitioner. She is Deputy Head of the Energy Medicine Department and DABSEM Specialist (Depression, Anxiety, Burnout, Sleep, Energy Management) at BICH, BELife Institute for Higher Consciousness. She is mentored directly under Master Del Pe, modern sage, visionary and social transformer. Trained in Ayurveda, Acupuncture, Nutrition, Yoga sciences, Martial Arts and Modern medicine, she brings a unique intuitive medicine practice to her international clientele. She is sought after by corporations and universities for "Stress management" and "Balance Life Strategies". She believes in collaboration and teamwork among various disciplines to align with the evolution of humanity. She sits on many national and international boards, including non-profit organizations. She has received many Leadership Excellence awards for her unwavering service as world server and social entrepreneur. She founded 501c3 non-profit organization, AshajyothiUSA, serving special needs and orphan children. She travels internationally teaching workshops and empowering people from all walks of life to "Live their greatest Life." During her free time she likes ballroom dancing, rock climbing, stand-up paddling and learning about the invisible world.