

5th Asian Yoga Therapy Conference

Yoga & Well-Being

The Present Pandemic Scenario

Singapore

Organised and
Hosted by



Technical
Collaboration



Supported By

Post Conference

28th September to
2nd October 2021



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Post Conference Schedule

September 28th 2021

Time	9 - 10 AM	10 - 11 AM	11 - 12 PM	6:30 - 7:00 PM	7:00 - 7:45 PM	7:45 - 8:00 PM	8:00 - 8:45 PM	9:00 - 9:30 PM
Topic	Yoga For Diabetes	Yoga and Being Human	Yogic Philosophy of Food	Inauguration Program	Yoga Asana & Beyond Exploring Evolutionary Tools for Self Transformation, Inner Resilience & Planetary Healing	Heartfulness Meditation	Yoga for Youth in Pandemic	Ekatattva-abhyāsa: Practices to Anchor Onself
Instructor/ Speaker	Ms. Jyoti Dube, India	Mr. Sanjay Kapoor, India	Dr. Gauri Rokkam, India	Honored Guest	Ms. Karine Shellshear, Australia		Dr. Antonietta Rozzi, Italy	Dr. Vinayachandra Banavathy, India

September 29th 2021

Time	9 - 10 AM	10 - 11 AM	11 - 12 PM	6:30 - 7:00 PM	7:00 - 7:45 PM	7:45 - 8:00 PM	8:00 - 8:45 PM	9:00 - 9:30 PM
Topic	Yoga Therapy in Cerebrovascular Therapy	Clapping with Ms. Vijaya Mohan	Grounding and Expanding - Experience in Asana Practice	Cultural Program from Singapore	Yoga to Live Well and to Die Well	Heartfulness Meditation	Impact of Covid-19 on Women's Health	Effect of Yoga on Stress Induced Task Performance, Life Satisfaction of Special Armed Forces
Instructor/ Speaker	Mr. Đặng Hùng, Vietnam	Ms. Vijaya Mohan, Singapore	Dr. Ritesh Patel, India		Ms. June Maemura, Japan		Dr. Sarita Shresth, India	Dr. Lalitha Gaurav, India

September 30th 2021

Time	9 - 10 AM	10 - 11 AM	11 - 12 PM	6:30 - 7:00 PM	7:00 - 7:45 PM	7:45 - 8:00 PM	8:00 - 8:45 PM	9:00 - 9:30 PM
Topic	Breath, Emotions & Energy - The Science behind Pranayama	Yoga for Hip Flexibility & Mobility : Release Emotional Tension & Stress	Yoga with Ganga Singh	Cultural Program from India	Yoga: A Lifestyle Prescription to Prevent The Covid Storm	Heartfulness Meditation	Predictive, Preventive, Personalized and Participatory Approach of Ayurveda for Positive Health	Mantra Chanting - Based on Physiological & Cognitive Variables
Instructor/ Speaker	Chirag Hakked, India	Ms. Rita Jain, Singapore	Mr. Ningombam Ganga, India		Dr. Sivaneswaran Poobalasingam, India		Dr. Ajit Chauhan, India	Dr. Kadambini Acharaya, India

October 1st 2021

Time	9 - 10 AM	10 - 11 AM	11 - 12 PM	6:30 - 7:00 PM	7:00 - 7:45 PM	7:45 - 8:00 PM	8:00 - 8:45 PM	9:00 - 9:30 PM
Topic	Chakra Flow : Awaken and Reconnect to Your Body	Learn How to Breathe	Awakening Our Core after Birth: A Postpartum Yoga Practice	Cultural Program from Vietnam	Role of Yoga in Child Immunity	Heartfulness Meditation	Yoga for The Endocrine System - Diabetes Therapy	Unique Benefits of Bhramari (Simple Humming)- The Science & Practice
Instructor/ Speaker	Mr. Anand Goyal, Singapore	Mr. Arun Sharma, Singapore	Dr. Amber Sawyer, USA		Dr. Shiv Mangal, India		Dr. Amit Singh, India	Mr. Gunjan Y Trivedi, India

October 2nd 2021

Time	9 - 10 AM	10 - 11 AM	11 - 12 PM	6:30 - 7:00 PM	7:00 - 8:45 PM	9:00 - 9:30 PM
Topic	Yoga For Techies	Manage Anger & Fear	Yoga is for Everyone	Art of Deep Relaxation from India	Yoga and Ayurveda in the Management of Autism Spectrum Disorder	Post Conference Closing Ceremony
Instructor/ Speaker	Ms. Tanuja, USA	Mr. Nitin Govila, Singapore	Mr. Manish Bhatia, Romania	Sumanta Nag, India	Dr. Vasudha M Sharma, India	

Post Conference Closing Ceremony

9:00-9:05 PM	Welcome Guest	9:05 - 9:10 PM	Summary of All Events	9:10 - 9:15 PM	Participants Remarks	9:15 - 9:25 PM	Chief Guest	9:25 - 9:30 PM	Vote of Thanks Dr. Alka Prakash, Singapore
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Post Conference Speakers



Ms. Jyoti Dube, India

Professional Yoga Instructor with a Doctorate in Yoga and Naturopathy



Mr. Sanjay Kapoor, India

Yoga Specialist



Dr. Gauri Rokkam, India

Ph.D. (Yoga & Life Sciences)
M.Sc.(Food & Nutrition)



Ms. Karine Shellshear, Australia

President of AAYT
Certified Yoga Therapist



Dr. Antonietta Rozzi, Italy

Professor of Pedagogy & Yoga University of Bologna and Bolzano
President ASSOYOGA Italia, Founder and President Sarva Yoga International Honorary President Italian Yoga Federation



Dr. Vinayachandra Banavathy, India

Director of Indica Yoga
Ph.D. Psychological Insights of Vedas



Mr. Đặng Hùng, Vietnam

Founder of Vietnam Yoga Vietnam



Ms. Vijaya Mohan, Singapore

Guinness Book of World Record Holder as Rangoli Artist, Trained Art Therapist and Special Educator



Dr. Ritesh Petel, India

Bachelor in Ayurveda & MSc. Yoga Sciences



Ms. June Maemura, Japan

Certified Yoga Therapist,
Founder of June Angel Yoga



Dr. Sarita Shresth, India

Senior Ayurveda Gynecologist
Obstetrician (Mother of Ayurveda in USA/ West)
Founder Chaur Devi Ma Kunja



Dr. Lalitha Gaurav, India

MSc in Yogic Sciences & NET Qualified Professional



Chirag Hakked, India

MSc in Yoga, Yoga Therapist & Founder of Consult Yoga



Mr. Nitin Govila, Singapore

Advisor, Far-East & South Asia
Organization: Heartfulness Limited



Mr. Ningombam Ganga, India

International Yoga Trainer and Secretary, Yoga Training and Research Centre, Manipur, India



Dr. Sivaneswaran Poobalasingam, Malaysia

Founder & President The Malaysian Society of Lifestyle Medicine



Dr. Ajit Chauhan, India

Professor & Head of Kriya Sharir Government Ashtang Ayurved College, Indore



Dr. Kadambini Acharaya, India

PhD, Yoga Instructor & Yoga Therapist



Mr. Anand Gyoal, Singapore

Co-Founder and eRYT200/ YACEP Yoga Teacher



Mr. Arun Sharma, Singapore

Life Coach



Dr. Amber Sawyer, USA

PhD, E-RPYT Teacher



Dr. Shiv Mangal, India

Associate Professor & Campus Chief
Ayurveda Campus, Institute of Medicine



Dr. Amit Singh, India

BAMS, MD & PhD in Yoga



Mr. Gunjan Y Trivedi, India

Life Coach
Wellness Space



Ms. Tanuja, USA

Certified Reiki Teacher, Registered E-RYT & CEP



Ms. Rita Jain, Singapore

Yoga Instructor & Therapist, Vyasa Yoga Singapore



Mr. Manish Bhatia, Romania

PhD in Public Health - Yoga



Sumanta Nag, India

YIC, YTIC, PGDYN, Online YIC Coordinator, SVYASA Bangalore



Dr. Vasudha M Sharma, India

Head - Medical Services VHG
Co-Founder, Managing Director, Vyasa Health Care



Dr. Alka Prakash, Singapore

PhD, Associate Lecturer in Life Sciences in School of Applied Science, Republic Polytechnic, Singapore

For conference registration,
please go to **www.asianyogatherapy.com**