

5th Asian Yoga Therapy Conference

Yoga & Well-Being

The Present Pandemic Scenario

Singapore

Organised and
Hosted by

Technical Collaboration

Supported By



High Commission of India
Singapore

Pre Conference

**19th September to
23rd September 2021**



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Pre Conference Schedule

September 19th 2021

Time	9 - 10 AM	10 - 11 AM	11 AM - 12 PM	6:30 - 7:00 PM	7:00 - 7:45 PM	8:00 - 8:45 PM	9:00 - 9:30 PM
Topic	Essential Daily Yoga Stretch	Coping With Stress	Achieving Mental Wellness through Yogasanas in the Current Pandemic Scenario	Cultural Program from India	Inauguration Pre Conference	SVYASA Yoga Conference Journey from 1991 to 2021	Satsang - The Science & Culture of Emotions Part 1
Instructor/ Speaker	Dr. Kuldeep Kushwah, Singapore	Mr. Nitin Govila, Singapore	Mr. Narendra Arya, India		Dr. H R Nagendra, India Mr. Raghavendra Rao, India Chief Guest	Dr. NK Manjunath, India	Mr. NV Raghuram, India

September 20th 2021

Time	9 - 10 AM	10 - 11 AM	11 AM - 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	The Role of Yoga in Women's Wellness	Yoga Therapy SVYASA Documentary	Nada Yoga: Union Through Sound	Cultural Program with Katy Le Blanc	Integrative Approach with Ayurveda and Yoga in Current Covid-19 Pandemic	Heartfulness Meditation	Pranayama Techniques from Siddha Yoga Literature	Satsang - The Science & Culture of Emotions Part 2
Instructor/ Speaker	Dr. Nidhi Ram, India		Dr. Jai Kumar, India		Dr. Abhishek Joshi, Bali		Mr. Vyasah Kalyanasunderam, India	Mr. NV Raghuram, India

September 21st 2021

Time	9 - 10 AM	10 - 11 AM	11 AM - 12 PM	6:30 - 7:00 PM	7:00 - 7:45 PM	7:45 - 8:00 PM	8:00 - 8:45 PM	8:45 - 9:30 PM
Topic	Yoga For Menopause	Yoga Therapy SVYASA Documentary	Health is Wealth	Cultural Program from Nepal	Breathing and Pranayama for Working with Covid19 Clients in Yoga Therapy	Heartfulness Meditation	What can I do to help? Compation and Social-Care in COVID days	The Silence of the Full Moon Night - Breath & Meditation - Practical Session
Instructor/ Speaker	Ms. Neetu Somani, Singapore		Mr. Rajendra Yenkanamoole, Australia		Dr. Amy Wheeler, USA		Dr. Danilo, Brazil	Ms. Sayaka Mori, Singapore

September 22nd 2021

Time	9 - 10 AM	10 - 11 AM	11 AM - 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 Anxiety & Depression	Yoga Therapy SVYASA Documentary	Yoga for Heart Diseases	Cultural Program from Singapore	The role of Abhyasa & Vairagya in Present Pandemic Stress Management	Heartfulness Meditation	Yoga for Svatha - A Holistic Recovery	Integrating Yoga Therapy with Western Medicine: An American Experience
Instructor/ Speaker	Mr. Bikash Purohit, India		Ms. Archana Amalasure, Singapore		Dr. Rishi Ram Koirala, Nepal		Dr. Anneke Sips, Holland	Mr. Dilip Sarkar, India

September 23rd 2021

Time	9 - 10 AM	10 - 11 AM	11 AM - 12 PM	6:30 - 7:00 PM	7:00 - 7:45 PM	7:45 - 8:00 PM	8:00 - 8:45 PM	8:45 - 9:30 PM
Topic	The Essence of Yoga Sutra & its Practical Applications	Nature & Wellbeing	The Heart of Viniyoga - Developing A Personal Practice	Cultural Program from Singapore	Vedic wisdom for Well Being and Graceful ageing	Heartfulness Meditation	Eat Your Way to a Healthier You (Food is Medicine)	Pre Conference Closing Ceremony
Instructor/ Speaker	Mr. Charat Singh, India	Mr. Prem Prakash, Singapore	Dr. Kausthubh Desikachar, India		Dr. Poornima, India		Ms. Joanne Teo, Singapore	

Pre Conference Closing Ceremony

8:45 - 8:55 PM	Welcome Guest	8:55 - 9:05 PM	Summary of All Events	9:05 - 9:10 PM	Participants Remarks	9:10 - 9:15 PM	Chief Guest	9:15 - 9:25 PM	Concluding Remarks	9:25 - 9:30 PM	Vote of Thanks
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Pre Conference Speakers



Dr. Kuldeep Kushwah, Singapore
Yoga Consultant & Yoga Therapist, Vyasa Yoga Singapore



Mr. Nitin Govila, Singapore
Advisor, Far-East & South Asia Organization: Heartfulness Limited



Mr. Narendra Arya, India
Lead Yoga Trainer with Arita Yoga Fitness and New Yoga Fitness, Vietnam.
Founder of Aryan Yoga Alliance



Dr. H R Nagendra, India
Chairman of AYTA, President of Indian Yoga Association, Founder at S-VYASA Yoga University, India



Dr. Raghavendra Rao, India
Director
Central Council for Research in Yoga and Naturopathy (CCRYN) Clinical Research Scientist at SVYASA Yoga University



Dr. NK Manjunath Sharma, India
BNYS, PhD, DSc, Pro-Vice-Chancellor & Director of Research S-VYASA, Yoga University, India



Mr. N V Raghuram, India
Founder Chairman & Spiritual Guide of YogaBharati USA, Founder Chairman of Disha Bharat



Dr. Nidhi Ram, India
M.Sc & PhD, Yoga for Women's Health & Yoga for PCOS



Dr. Jai Kumar, India
Bachelor in Yogic Science & MSc. in Yoga Therapy and Alternative Medicine



Dr. Abhishek Joshi, Bali
BAMS, MD, Ph.D (Ayurveda)
Ayurveda Chair, UNHI, Bali, Indonesia
Co-founder, Vaidya Ayurveda, USA



Mr. Vyasah Kalyanasunderam, India
Founder of Astanka Yoga Mandir
Co-Founder of A.A.Y.U.S.H Sri Lanka



Ms. Neetu Somani, Singapore
Yoga Consultant & Yoga Therapist, Vyasa Yoga Singapore



Mr. Rajendra Yenkanamoole, Australia
Founder of Vasudeva Kriya Yoga
B.E., M.E., M.B.A



Dr. Amy Wheeler, USA
Founding Director of Optimal State Yoga Therapy Programs
Ph.D. Educational Psychology



Dr. Danilo Forghieri Santaella, Brazil
Researcher in Yoga Physiology
University of São Paulo



Ms. Sayaka Mori, Singapore
Founder Of SayaYoga & Therapy Studio Singapore & Yoga Therapist & Sound Healer



Ms. Joanne Teo, Singapore
International Certified Nutritionist & Total Wellness Advocate, Weight Management Consultant



Ms. Archana Amalpure, Singapore
Health Coach and Founder of Ojas Yoga and Wellness



Dr. Rishi Ram Koirala, Nepal
Chairman of National Ayurveda Research & Training Center
Ayurveda Physician for over 40 years



Dr. Anneke Sips, Holland
Founder of Network Yoga Therapy
Founder of The Yoga Therapy Conference



Mr. Dilip Sarkar, India
Founder of Vivekanand Nidam, India



Mr. Charat Singh, India
Founder of BAMBOO HUTS, Yoga Therapist



Mr. Prem Prakash, Singapore
BE, MBA, CMA, PMP, YICC



Dr. Kausthub Desikachar, India
Lineage Holder of the Viniyoga Tradition
Yoga Teacher, Yoga Therapist, Healer, Spiritual Advisor



Dr. Poornima, India
MD, MRAY
Director Prajna Kuteera Ayurveda Center



Mr. Bikash Purohit, India
MSc Yoga from S-VYASA University, Bangalore

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Venue

Vyasa Yoga & Ayurveda @ 60 Tessensohn Road,
Civil Service Club, Singapore, 217664

This will be a hybrid conference.

Limited seats venue, with virtual online availability.

Contact: +65 6295 0190

WhatsApp: +65 8126 9632

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For conference registration,
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