

# International Conference on Ayurveda and Yoga

*where science meets consciousness*

February 17 - 21, 2011

Parmarth Niketan Ashram, Rishikesh, India

Ayurveda is knowledge of life whereas Yoga is union of the mind, body and soul. The Third International Conference on "Ayurveda and Yoga" will bring to you the best of both worlds, help you delve into the depths to these powerful traditional health systems and experience their integration for universal wellbeing.

## Core Objectives

To encourage and motivate students and practitioners to go deeper into the study and practice of authentic Ayurveda and other Indian knowledge systems.

To explore the traditional and powerful unity of Yoga and Ayurveda.

To scientifically understand and integrate the essence of Ayurveda and Yoga into teaching and practice.

To act as a platform to encourage healthy exchange between the worldwide Yoga and Ayurveda communities for a more profound understanding of universal wellbeing.



## The Venue

Parmarth Niketan Ashram, the largest ashram in Rishikesh, is the chosen Venue for this International Conference.

Rishikesh is situated on the banks of the holy Ganges and rests in the foothills of the majestic Himalayas. Untouched, spiritual and uplifting, the ambience here assists the human spirit in its endeavour to be one with the ultimate source of all creations. One of the most important pilgrimage sites where yogis, sages and sadhus have gathered for millennia, the aura and energy of the place is bound to leave you with an experience of a lifetime!



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## Glimpses from Conference 2008 at the same venue



Invocation by  
Munikumaras



Ganga Aarti



Lecture in progress



Yoga practice session

## Speakers for this Conference

This conference will bring together the most renowned teachers and practitioners in the world of Ayurveda and Yoga. A few who have confirmed their gracious presence include...



Sri Swami Mayatitananda



Dr. Robert Svoboda



Dr. Claudia Welch



Sri. Vasudevan



Shakta Kaur



Dr. Ramaprasad



Dr. Gopalakrishnan



Dr. K.S.Sasidharan

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