



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