



2022 Yoga and Lifestyle Medicine Wellness Program



Henry B. Gonzalez Convention Center, 900 E. Market St., San Antonio, TX 78205

Thursday, June 23rd

2:00 - 5:00 PM **Registration / Check-in
Wellness Package**

3:00 - 4:00 PM **Welcome & Keynote
Dr. Akil Taher**

4:00 - 4:30 PM **Meet & Greet: Wellness
Speakers & Authors**

4:30 - 5:00 PM **Heartfulness Meditation
Dr. Murthy Gokula**

Friday, June 24th

7:00 - 8:00 AM **Yoga & Meditation
* BRIDGE HALL *
Eddie Stern**

9:00 - 10:00 AM **Speaker Panel: Scientists &
Sages on Wellbeing**

10:00 - 11:00 AM **Heart to Heart
(CONCURRENT)
Dr. Koushik Reddy**

10:00 - 11:00 AM **Yoga for Spine Health
(CONCURRENT)
Dr. Ajeya Joshi**

11:15 - 12:15 PM **Inauguration & Ribbon
Cutting (Exhibit Hall)
* EXHIBIT HALL ***

12:30 - 2:00 PM **Convention Exhibit Hall
Open to All**

2:00 - 4:00 PM **Lifestyle Medicine CME
Drs. Pankaj Vij, Param Dedhia**

4:00 - 4:30 PM **Kundalini Yoga Meditation
Dr. Sat Bir Khalsa**

4:30 - 6:00 PM **Visit Aum Ashram
* OFF-SITE *
Satsang (off-site location)**

Saturday, June 25th

7:00 - 8:00 AM **Yoga & Meditation
* BRIDGE HALL *
Eddie Stern**

9:00 - 10:00 AM **Healthy Self-Care Routine
Dr. Dilip Sarkar**

10:00 - 11:00 AM **Yoga for Heart Disease
(CONCURRENT)
Eddie Stern**

10:00 - 11:00 AM **Yoga for Pelvic Floor Health
(CONCURRENT)
Drs. S. Mehta, H. Nayak, S.
Mornar (Panel)**

11:00 AM -
12:30 PM **Spiritual Wellbeing & Health
Sadhvi B. Saraswati**

12:30 - 2:00 PM **Convention Exhibit Hall
Open to All**

2:00 - 4:00 PM **Science of Yoga CME
Dr. Sat Bir Khalsa**

**Featured Yoga Class
at The Shops at Rivercenter**

5:00 PM -
6:30 PM **Eddie Stern,
Sadhvi B. Saraswati,
and Dignitaries
* RIVERCENTER ***



Sunday, June 26th

7:00 - 8:00 AM **Yoga & Meditation
* BRIDGE HALL *
Eddie Stern**

8:00 - 9:00 AM **Open Group Networking
Feedback & Brainstorming**

* All sessions will be held in Rooms 214 A-D
at the convention center (2nd floor) Meeting Level,
except as noted.