Ayurveda: Health for Body and Mind

Featuring the Doshi Family Bridgebuilder Award and Lecture, honoring John Hagelin, Ph.D.

October 6-7, 2017
Loyola Marymount University
Program
Friday, Oct. 6

1:30 p.m. | Introduction and Welcome
Robbin D. Crabtree, Ph.D., Dean of Bellarmine College of Liberal Arts; Christopher Key Chapple, Ph.D.; and Nirinjan Khalsa, Ph.D.

Health and Healing in Jainism and Sikhism

2 p.m. | Healing Mantras in Jainism: Bhaktamar
Ellen Gough, Ph.D., Emory University; Manju Jain, Ph.D.; and Amressh Mehta, Ph.D.

The recitation of the Bhaktamar Mantra has been employed as a Jaina healing technique, gaining popularity in the 18th century. This session will approach this practice from historical and clinical perspectives.

3 p.m. | The Living Vitality of Your Authentic Self
Shanti Shanti Kaur Khalsa, Ph.D.

Health care providers seek to address problems of illness and suffering. To elevate the experience of health recovery, it is important for the healer to stay well in the process. The flow of prāṇa serves to enhance the radiance and spirit of both healer and client, awakening the sacred in the self and the world.

3:30 p.m. | Treating Neurological Disorders with Ayurveda
Karta Purkh Singh Khalsa, Yogaraj, DN-C, RH, LMT, NCTMB, CC, NAMAPM

The brain is complicated. Healing the brain, more complicated still. By any measure, neurological disorders are among the most challenging conditions to treat. Ayurveda has a spectrum of low-tech, high concept methods that stand out as exceptionally successful for these conditions. After nearly fifty years of integrating natural medicine into contemporary medical practices, we are witnessing substantial clinical progress. We will look at dramatic advances and new understandings in migraine, seizure disorders, dementia and developmental delay.

4 p.m. | Break

Ayurveda in International Perspective

4:15 p.m. | Time Matters, Chronobiology and Ayurveda: A Cutting Edge Behavioral Approach for Optimizing Individual and Societal Health
Nancy Lonsdorf, M.D.

One of the three main categories of disease causation according to Ayurveda, the traditional health system of India, is kala or “time,” including daily and seasonal rhythms. Whereas the dimension of time has largely been ignored in the contemporary practice of medicine and preventive health, Ayurveda prescribes specific times for sleep, eating and exercise as well as seasonal behaviors. Recent discoveries in chronobiology and chronotherapeutics provide remarkable validation for the Ayurvedic prescription of specific timing for routine behaviors. Findings document marked physiological modulation by circadian and seasonal cycles with effects on mood, cognition, metabolism, immunity and weight, as well as impacts on the treatment of hypertension, cancer, asthma, depression and other disorders. Recent scientific research and clinical experience in chronobiology will be examined in light of Ayurvedic principles, and the implications for improved societal health through widespread implementation will be explored.

4:45 p.m. | Ayurveda Unveiled: A Film in Process
Gita Desai, documentary film maker

Ayurveda Unveiled, a documentary film currently in the editing phase, highlights practices of Ayurveda worldwide.

6 p.m. | Dinner

7 p.m. | Ayurveda and its Relationship with Yoga & Meditation
Ramkumar Kutty, B.A.M.S., founding Director, Punarnava Ayurveda, Coimbatore, Tamil Nadu

Sattva (mind), Atma (self) and Sharira (body) are the tripod of life. When health is defined in the early texts on Ayurveda, it is described as a “balance of the elemental body, and clarity, purity and happiness of the self, the senses and the mind.” Ayurveda, yoga and meditation work together to enable this state of health to be achieved. While each of them are complete in themselves, Ayurveda focuses primarily on the body, yoga focuses primarily on the mind, and meditation has self-realization as its final goal. All three practices have their origins in the Vedas. This talk will explore the origins, definitions, goals and inter-relationships of these different systems with the primary focus on health.
8 p.m. | Art and Science of Vedic Counseling
Suhas G. Kshirsagar, B.A.M.S., M.D., Pune University Gold Medalist, Ayurvedic Healing, Santa Cruz

Vedic Counseling is a newly emerging paradigm which integrates Ayurveda, yoga, Jyotish and Vedanta. It is a perfect way to address the totality and diversity of human life. Vedantic counseling is a powerful approach to integrate spirituality in medicine. It is a consciousness-based approach to health and well being.

Saturday, Oct. 7

8:30 a.m. | Welcome
Christopher Key Chapple, Ph.D.; and Nirinjan Khalsa, Ph.D.

Ayurveda and Yoga Therapy: Modalities of Healing in Yoga and Meditation

8:45 a.m. | LMU Panel
Chairs: Larry Payne, Ph.D.; and Christopher Key Chapple, Ph.D.

This segment will highlight research and insight by faculty at Loyola Marymount University, which offers certificate and degree programs in Yoga, Mindfulness, and Social Change; Yoga Therapy Rx: Ayurveda for Self Care; YogaEd; Yoga Philosophy; Yoga and the Healing Sciences; Vinyasa Krama Yoga with Srivatsa Ramaswami; and the Master of Arts in Yoga Studies.

Healing the Spirit of a Broken World: Bridging the Art of Ayurveda with the Science of the Social Brain
Jay Kumar, Ph.D., cofounder of the Applied Brain Science Research Institute for Wealth & Wellbeing

The precipitous rise in depression, anxiety, PTSD, and addiction are manifestations of an underlying epidemic arising from social and spiritual disconnection. Former US Surgeon General Murthy declares that the greatest health crisis of our generation is the illness of isolation. Both Ayurveda and brain science concur that our “diseases of despair” are a result of having become socially and spiritually disconnected in an over-connected world. This talk will address how Ayurveda’s ancient medical doctrine conceptually aligns with contemporary findings in brain science and behavioral studies to promote an integral paradigm of health with the aim to cure humanity’s diseases of despair and to heal the spirit of a broken world in our Age of Disconnection.

Educating Yoga Therapists as Lifestyle Management Experts
Lori Rubenstein Fazzio, DPT, PT, MAppSc, C-IAYT, founder of Mosaic Physical Therapy

"Lifestyle diseases" are responsible for the majority of deaths worldwide. With the rising prevalence of these conditions, it is evident that additional treatment approaches are necessary. Yoga Therapy and Ayurveda may be optimal solutions for the management of these conditions. Yoga Therapy is an inexpensive and effective strategy for management of lifestyle disease, however, it has yet to become standard of care. This talk will discuss the evolution of Yoga Therapy education as well as the challenges and benefits observed over the past five years. Dr. Rubenstein Fazzio has been supervising Yoga Therapists within a western medical clinic as part of the Yoga Therapy Rx Clinical Internship.

Ayurveda for Self Care
Felicia Tomasko, RN, E-RYT 500, Editor-in-Chief of LA YOGA Ayurveda and Health

According to the teachings of Ayurveda, our immune system represents the intelligence of the body. Taking care of this system is a daily practice. We can utilize simple yoga sequences combined with Ayurvedic wisdom to strengthen the intelligence of the body.

Psychological and Spiritual Aspects of Ayurveda for Self Care
Siva Mohan, M.D. M.P.H.

Siva explores psychological and spiritual aspects of Ayurveda as a foundational part of self care and as paramount to the cultural integrity and efficacy of Ayurveda.

10:05 a.m. | Break

10:20 a.m. | Thus Spoke the Sages: Ayurvedic Medicine on Environmental Issues and Dharma
Acharya Shunya Pratichi Mathur, President of California Association of Ayurvedic Medicine

In this time of global environmental crisis, Ayurveda invites us humans to deeply inquire into the self, thoughts, and behaviors. Ayurveda declares, “actions impact the environment as much as the environment impacts us.” Ayurveda teaches benefits to the entire planetary ecosystem by suggesting measures that guide the human consciousness to walk in the path of Dharma. Acharya Shunya will explain rare teachings of Ayurveda from the Charaka, Samhita, and highlight Ayurveda’s stand on environment, consciousness, and planetary health.
Ayurveda: Research and Clinical Applications

10:50 a.m. | Super Aging: A Holistic Mind Body Approach to Anti-Aging
Robert Schneider, M.D., FACC, FABMR, Director of the Institute for Natural Medicine and Prevention, Maharishi University of Management

In this talk, Dr. Schneider will discuss a holistic mind body approach to anti-aging based on principles of integrative Ayurveda in light of modern medical science, 30 years of NIH-supported clinical research, and the practice and teaching in evidence-based, integrative medicine. It will include his work on prevention of heart disease and other chronic disorders associated with aging.

11:20 a.m. | Building a Smarter Gut for a Smarter Brain: Understanding the Gut-Brain Connection Through Ayurveda
Kulreet Chaudhary, M.D.

In this talk, Dr. Chaudhary explains her personal journey with Ayurveda first as a patient to practitioner and then as a neurologist uncovering the gut-brain connection through both the eyes of modern medicine and Ayurveda. She explains the fascinating connection between the brain and bowels and the impact it has on behavior, brain health, and weight gain. This lecture is an interweaving of both a personal and scientific approach to Ayurveda in the modern world.

12 p.m. | Lunch

1 p.m. | Practitioners of Western Medicine on Prospects for Health and Wholeness: A Reflective Roundtable
Mani Bhaumik, Ph.D.; Rahul Navin Doshi, M.D.; Anjana Kamdar, M.D.; Vikram Kamdar, M.D.; and Harvinder Sahota, M.D.
Moderated by Nitin Shah, M.D.

2 p.m. | Mind, Body, and Brain: Neuroscience-Based Investigations of Contemplative Practice
Sahib S. Khalsa, M.D., Ph.D., Laureate Institute for Brain Research, Assistant Professor of Community Medicine at the University of Tulsa

This talk will describe a series of experiments intended to illuminate the essential role of neurobiology in mind-body communication. It will start by describing the different pathways of inner body signaling (or ‘interoception’) that are necessary for the maintenance of physical well-being, followed by illustrations of how the central nervous system continuously monitors and adjusts to changes in the state of the body. The middle of the talk will describe systematic investigations of interoceptive experience across a number of different contemplative traditions. It will end with the introduction of a novel approach to modulating body signals, reduced environmental stimulation (aka ‘floating’), that may have relevance for both contemplative practices and physical and mental health.

2:30 p.m. | Yoga: The Psychophysiological Science and Research Evidence
Sat Bir Singh Khalsa, M.D., Ph.D., Harvard Medical School

Yoga is an ancient behavioral practice historically focused on spiritual development that also facilitates the development of the skills of mind-body awareness or mindfulness, self-regulation of internal physiological and psychological state, and physical fitness. Yoga is becoming increasingly popular as a contemplative practice, for the promotion and maintenance of health and wellness, as preventive medicine, and as an adjunct therapeutic intervention. This presentation will overview the scientific research evidence on the underlying mechanisms of yoga practice supporting the rationale for these applications of yoga.

3 p.m. | Ayurveda and the Microbiome
Robert Keith Wallace, Ph.D., founding President of Maharishi University of Management

In Ayurveda, food is regarded as medicine, and the key to ideal health lies in a balanced state of the gut. The term microbiome describes the microorganisms that reside in us, as well as the genes they contain. Most of these microorganisms are located in our gut. Recent research has revealed that a poor diet can disrupt the microbiome and harm the gut lining, causing a toxic inflammatory state, which ultimately leads to disorders from heart disease to Alzheimer’s. Ayurveda offers practical procedures to restore the integrity of the gut and reestablish balance in our mind and body. As a result of research on the microbiome, many of the most important concepts in Ayurveda can now be understood scientifically.

3:30 p.m. | Break

Doshi Family Bridgebuilder Award & Lecture

4 p.m. | Conferral of the Doshi Family Bridgebuilder Award to John Hagelin, Ph.D.

4:30 p.m. | Higher States: The Neurophysiology of Enlightenment
John Hagelin, Ph.D., President of Maharishi University of Management

John Hagelin unites breakthrough discoveries in quantum physics and string theory with the ancient science of consciousness (yoga and Ayurveda) to forge a unified understanding of consciousness and the physical universe—thus revealing a profound connection between our inner and outer realities: mind and matter. This emerging paradigm presents a complete and cohesive “Theory of Everything” in which the individual is truly cosmic.

5:30 p.m. | Reception
John Hagelin, Ph.D.
President of Maharishi University of Management

John Hagelin, Ph.D., is a renowned quantum physicist, educator, author, and leading proponent of peace. After receiving his A.B. summa cum laude from Dartmouth College in 1975 and his Ph.D. from Harvard University in 1981, he conducted pioneering research at CERN (the European Center for Particle Physics) and the Stanford Linear Accelerator Center. He is responsible for the development of a highly successful grand unified field theory based on the superstring—a theory that was featured in a cover story of Discover magazine. His articles on electroweak unification, grand unification, supersymmetry and cosmology include some of the most cited references in the physical sciences.

In addition, Hagelin has spent much of the past quarter century leading a scientific investigation into the foundations of human consciousness. He has forged deep connections between the cutting-edge of modern science—quantum mechanics and string theory—and the ancient sciences of yoga and Ayurveda.

“As one of the world’s pre-eminent researchers on the effects of meditation on brain development, and President of Maharishi University of Management, he has pioneered the educational application of Transcendental Meditation to unfold students’ full mental and emotional potential, leading to higher states of consciousness”—Education for Enlightenment. Additionally, as the President of the David Lynch Foundation, he has helped bring Transcendental Meditation to hundreds of thousands of at-risk children, to underserved populations, and to veterans and active-duty servicemen and women suffering from PTSD.

Hagelin is a leading authority on the use of collective meditation to defuse acute societal stress, to reduce associated crime and violence, and to promote societal peace. He serves as President of the Global Union of Scientists for Peace (GUSP), an organization of leading scientists dedicated to nuclear disarmament and evidence-based solutions to crime, terrorism and social conflict.

In recognition of his numerous achievements, Hagelin was named winner of the prestigious Kilby Award, which recognized him as “a scientist in the tradition of Einstein, Jeans, Bohr and Eddington.” His frequent media appearances have included ABC’s Nightline, NBC’s Meet the Press, and CNN’s Larry King Live! He has regularly been featured in the Washington Post, the New York Times, the Wall Street Journal, and other major newspapers.

About the Doshi Family Bridgebuilder Award

The Doshi Family Bridgebuilder Award is given annually to honor an individual or organization dedicated to fostering understanding between cultures, peoples, and disciplines. The award ceremony is a celebration of culture and diversity, jointly sponsored by Bellarmine College of Liberal Arts, the Department of Theological Studies, and the Navin and Pratima Doshi Professorship of Indic and Comparative Theology.

Speakers

Mani Bhaumik, Ph.D., earned his doctoral degree in physics from the Indian Institute of Technology, Kharagpur, and went on to co-invent laser technology to aid with LASIK eye surgery. His interest is in sharing with the public the astounding advances in quantum physics and cosmology and their implications for our lives, work, technology, and spiritual development. This he endeavors to do through books (including *Code Name: God: The Spiritual Odyssey of a Man of Science*), articles, lectures, and TV programs. He is also keenly interested in research on the origin and the nature of consciousness and how that knowledge can be utilized in improving the quality of our existence. In 2016, he established the Mani L. Bhaumik Institute for Theoretical Physics.

Christopher Key Chapple, Ph.D., is the Doshi Professor of Indic and Comparative Theology and Director of the Master of Arts in Yoga Studies at Loyola Marymount University. A specialist in the religions of India, he has published more than twenty books, including the recently released edited and co-edited volumes, *Yoga in Jainism* (Routledge publishing) and *Engaged Emancipation: Mind, Morals, and Make-belief in the Moksopaya/Yogavasistha*. Chris serves on the advisory boards for the Forum on Religion and Ecology at Yale University, the Ahimsa Center at Cal Poly Pomona, the Centre for Jain Studies at SOAS, University of London, and the International Summer School for Jain Studies in Delhi.

Kulreet Chaudhary, M.D., has combined expertise in both modern neurology and the ancient science of health known as Ayurveda. This has uniquely positioned her as an expert able to pull from the broadest possible base to treat her clients. She is passionate about raising awareness for the need of a paradigm shift in contemporary medicine that focuses on patient empowerment and a health-based (rather than disease-based) medical system. Dr. Chaudhary has developed a system to manage chronic neurological disorders such as multiple sclerosis, Parkinson’s disease and migraine headaches, by incorporating fundamental changes in diet, behavior, and stress, in combination with the standard allopathic approach to these issues. She currently sees patients at The Chopra Center. Dr. Chaudhary is also a neuroscientist. She has participated in over twenty clinical research studies in the areas of multiple sclerosis, Alzheimer’s disease, Parkinson’s disease, Lou Gehrig’s disease (ALS), and diabetic peripheral neuropathy. Her research includes studies of stem cell therapies for diabetic peripheral neuropathy and drug development for the treatment of ALS. She is the author of *The Prime: Prepare and Repair Your Body for Spontaneous Weight Loss* and a regular guest on the Dr. Oz show.

Gita Desai, documentary film maker, seeks to depict traditional Indian culture and art in all its manifestations including its philosophical ideas, food, music, and dance. Gita treasures the richness and sophistication of ancient Indian culture. Gita’s first endeavor, *Yoga Unveiled*, traces the roots of the yogic tradition from its beginnings to the present day. Her second documentary, *Raga Unveiled*, explores the essence of North Indian classical music. Both films illuminate the power of these traditions to liberate and transform mankind over the course of several thousand years to the present day.

Rahul Navin Doshi, M.D., serves as Associate Professor of Medicine and Director of Clinical Cardiac Electrophysiology at the Keck School of Medicine of the University of Southern California, in the Los Angeles County-USC Medical Center. He earned his bachelor’s degree in Biology from the University of California, Los Angeles, and his medical degree from the Stanford University School of Medicine. His interests lie primarily in complex procedures and new technology in clinical electrophysiology.

Lori Rubenstein Fazzio, DPT, PT, MACSc, C-IAYT, is the Clinical Director of Yoga Therapy Rx at LMU, where she mentors yoga therapy students in an interdisciplinary chronic pain program at the Simms Mann Venice Family Clinic in Los Angeles. She is on faculty in Loyola Marymount University’s Master of Arts in Yoga Studies and is the Associate Director of the Yoga and The Healing Sciences 200 hour program. She is the founder of Mosaic Physical Therapy where she offers patients yoga therapy as an alternative to traditional care. Her research focuses on the effects of Bhavana and mindfulness on chronic pain and she is interested in the scientific applications of yoga practices on health.
Ellen Gough, Ph.D., is an assistant professor in the Department of Religion at Emory University. She received her Ph.D. in Asian Religions from Yale University in 2015. Her research focuses on Jain Tantra, with other interests including yoga, meditation, astrology, and material culture. She has published several articles and book chapters on the history and present-day uses of important Jain manḍalas. Her current manuscript examines the life of a single Jain mantra, the Bhaktamar, from its inception at the outset of the first millennium, to its use in medieval tantric initiations and the Bhaktamar meditative exercises, to its popularity as a source of healing today.

Manju Jain, Ph.D., is a spiritual healer. She shares the power of mantra healing through the Jain Bhaktamar Stotra for the betterment of society, irrespective of religion, caste, creed, or race. Manju Jain is a prominent speaker, healer, teacher and writer with many publications on Jain methods of healing. She has given workshops, healing and counseling sessions, and trains teachers in mantra healing worldwide.

Anjana Kamdar, M.D., is board certified in internal medicine with a sub-specialty in nephrology. Dr. Kamdar earned her medical degree from Seth G.S. Medical College in India. She completed two internships: one at the King Edward Memorial Hospital in India and another at the former Lutheran Hospital of Maryland in Baltimore. She also completed residencies at the King Edward Memorial Hospital in India and at White Memorial Medical Center in Los Angeles. Additionally, Dr. Kamdar completed a fellowship in nephrology at LA County-USC Medical Center. She emphasizes healthy eating and regular exercise as ways to prevent a variety of diseases. She sets a good example for her patients by her own healthy lifestyle, which includes preparing and eating nutritious meals and exercising often. In her spare time, she enjoys yoga and a variety of outdoor activities. In addition to English, she speaks Hindi and understands Spanish medical terms.

Vikram Kamdar, M.D., received his M.D. from University of Bombay, India, in 1971. He completed both his internship and residencies at KEM Hospital in Bombay, and was a fellow in Endocrinology at Cedars-Sinai in Los Angeles. He was board certified in Internal Medicine in 1978, and in Endocrinology and Metabolism in 1979. In 1992, he was voted Best Teacher by the house staff of the White Memorial Medical Center. He was with the USC as Associate Professor of Clinical Medicine. He is now Associate Professor of Medicine, Endocrinology, Diabetes and Hypertension at UCLA.

Karta Purkh Singh Khalsa (“K.P.”), Yogaraj, DN-C, RH, LMT, NCTMB, CC, NAMAPM, is one of the country’s foremost natural healing experts, President Emeritus of the American Herbalist Guild, and Director of the National Ayurvedic Medical Association. His school has been training professional Ayurvedic practitioners, nutritional therapists and herbalists for over 30 years. K.P. has written over 3,000 articles on health topics and is the author or editor of 30 books on health, including his latest, The Way of Ayurvedic Herbs. He teaches Ayurveda, herbalism, and nutrition at two naturopathic medicine universities. K.P. holds credentials as a state certified dietitian-nutritionist, nationally certified Ayurveda practitioner, nationally registered herbalist, nationally certified massage therapist, nationally registered yoga instructor and is the only American to hold the title Yogaraj in Ayurveda. K.P. is also the first person to be dual credentialed in herbalism (RH) and Ayurveda (CAP).

Nirinjan Kaur Khalsa, Ph.D., is the Clinical Professor of Jain and Sikh Studies in the Department of Theological Studies and Yoga Studies M.A. Program at Loyola Marymount University. She is also a certified Kundalini Yoga Instructor. Nirinjan received her Ph.D in Asian Languages and Cultures from the University of Michigan, Ann Arbor in 2014. She is currently working on turning her dissertation “The Renaissance of Sikh Devotional Music: Memory, Identity, Orthopraxy” into a manuscript. It is based on Fulbright-funded ethnographic research in Northern India and seventeen years spent learning the Amritsari tradition of Sikh drumming (jori-pakhawaj) with thirteenth generation Gurbani Sangeet exponent, Bhai Baldeep Singh, who honored her as its first female exponent. Her ongoing scholarship investigates the diversity of lived devotional practices and musical styles that disrupt gendered and religious norms. Due to the political climate, her current work highlights the Jain and Sikh practices of living as Spiritual Warriors whose interconnected ethics promote truth, equality, freedom, and care for all life.
Sahib S. Khalsa, M.D., Ph.D., received M.D. and Ph.D. (neuroscience) degrees in 2009 via the Medical Scientist Training Program at the University of Iowa. He completed residency training in Psychiatry at UCLA in 2013, serving as the program Chief Resident and Chief Resident in the UCLA Anxiety Disorders Clinic. He subsequently joined the department as a faculty member in the Division of Adult Psychiatry at UCLA, becoming an Assistant Professor in Residence in 2014. In 2015, Dr. Khalsa was recruited to join the Laureate Institute for Brain Research in Tulsa, Oklahoma, as the Director of Clinical Studies, and as an Assistant Professor of Community Medicine at the University of Tulsa. Dr. Khalsa’s research examines brain-body communication to understand how people feel their heartbeat, how the human brain maps cardiac sensation, and whether there is dysfunctional cross-talk between the heart and brain in psychiatric and cardiovascular illnesses.

Sat Bir Singh Khalsa, M.D., Ph.D., has conducted yoga research since 2001 and is an instructor of Kundalini Yoga. He is Research Director for both the Kundalini Research Institute and the Kripalu Center for Yoga & Health, as well as Assistant Professor of Medicine at Harvard Medical School. His research includes yoga for insomnia, stress, anxiety spectrum disorders, and mental health in public schools and the workplace. He directs the annual IAYT Symposium on Yoga Research and is editor-in-chief of the International Journal of Yoga Therapy and chief editor of the medical textbook The Principles and Practice of Yoga in Health Care.

Shanti Shanti Kaur Khalsa, Ph.D., brings the ancient teachings of Kundalini Yoga into modern medicine as Founding Director of the Guru Ram Das Center for Medicine & Humanology. Under the guidance of Yogi Bhajan, she developed and directs the three-year 1,000 hour IAYT accredited International Kundalini Yoga Therapy Professional Training. Her program for people living with HIV is featured in the book Yoga as Medicine by Timothy McCall, M.D. Her groundbreaking work as a Kundalini Yoga Therapist is featured in the book, Yoga Therapy and Integrative Medicine: Where Ancient Science Meets Modern Medicine.

Suhas G. Kshirsagar, B.A.M.S., M.D., is a world-renowned Ayurvedic physician and educator from India born of a traditional Rig Vedic family. He holds a M.D. in Ayurvedic Medicine with a Gold Medal from the prestigious Pune University in India. Dr. Kshirsagar is an internationally acclaimed motivational speaker and a visiting professor at various Ayurvedic schools and universities worldwide. He is an adviser and consultant for the Chopra Center and has been featured in numerous radio and television shows. He is an experienced clinician and an insightful Vedic counselor. He is currently the Director of Ayurvedic Healing, an Integrative Wellness Clinic in Santa Cruz, California.

Jay Kumar, Ph.D., spans a diverse academic career as a professor of science and religion; social philosophy; cognitive science; and happiness studies. His doctoral work was on the examination of cognitive metaphors for wholeness in the ancient Sanskrit text of the Rig Veda. He holds degrees from the School of International and Public Affairs at Columbia University in international political economy, completed advanced graduate studies at UCLA in ancient cultures, languages and linguistics, and received his BA at Northwestern University in political science. His current research interests encompass mind-body medicine, neurotheology, and the brain science of health and happiness. His present research project on “The Currency of Happiness” explores the social, scientific, and spiritual dimensions of happiness in relation to wealth and wellbeing. Additionally, Jay Kumar is the co-founder of the Applied Brain Science Research Institute (ABSR), an international group that counsels organizations and businesses on harnessing the art and science of happiness for both short and long-term success.

Ramkumar Kutty, B.A.M.S., is a Founder and Director of Punarnava Ayurveda in India. He is a lifelong student of Ayurveda and other traditional Indian knowledge systems. Over the last 15 years, he has given talks and conducted workshops in the Americas, Africa, Europe, Australia, and Southeast Asia propagating health and happiness. Punarnava Ayurveda is currently engaged in the creation of an experimental green, self-sustaining, authentic Ayurveda healing community on the outskirts of Coimbatore in South India. This village is working towards adhering to the principles of authentic Ayurveda and Vastu; and will also engage in natural farming, use of alternate energy sources, waste recycling, environment friendly construction, water management and so on, wanting to create an “optimum healing environment.”
Nancy Lonsdorf, M.D., is an integrative physician and recognized Ayurvedic expert specializing in women’s health issues. Named “one of the nation’s most prominent Ayurvedic doctors” by the Chicago Tribune, she is a diplomate of the American Board of Integrative and Holistic Medicine (ABHIHM) and a recipient of the Atreya Award for excellence in Ayurvedic practice. Dr. Lonsdorf serves as Associate Clinical Professor of Physiology and Health at the Maharishi University of Management and as Co-Director of the Institute of Integrative Ayurveda Medical Education. She is an author of two books and has a private practice in integrative medicine and Ayurveda in Fairfield, Iowa. Over the past twenty-five years, she has treated over 20,000 patients with Maharishi Ayurveda and integrative medicine approaches.

Acharya Shunya Pratichi Mathur is an internationally recognized teacher who awakens health and consciousness with Vedic spiritual teachings and Ayurveda lifestyle. She transmits the living, embodied wisdom of Ayurveda through the roots of her ancient family lineage as well as throughout her bestselling book, Ayurveda Lifestyle Wisdom. Shunya has helped create Vedika Global, a wisdom school dedicated to awakening health and consciousness by illuminating the sciences of Ayurveda, yoga, and Vedanta. She is the President of the California Association of Ayurvedic Medicine, and is advisor to several noteworthy national and international organizations, including to the Government of India, on international Ayurveda and yoga affairs. Acharya Shunya was recognized as one of the Top 100 Trailblazers of Ayurveda and Yoga in America by Spirituality and Health Magazine in 2015.

Amressh Mehta, Ph.D., is a Vastu, Fengshui, Energy Dynamics Auditor from India, who is actively involved in researching the power of Namokar Mantra and Bhaktamar Stotra. Amressh utilizes his scientific gadgets to give live demonstrations of how divine mantras impact and balance the chakras and Aura. He has travelled around the globe to more than 24 countries and given over 1500 lectures. He is also a Reiki Grand Master, Face Reader and Destiny Analyst, Crystal Master, and Geomancy Specialist.

Siva Mohan, M.D. M.P.H., utilizes her M.D. (focus in psychiatry) and Masters in Public Health, to bring a unique and integrative perspective to Ayurveda. This, combined with her studies in Vedic wisdom, have nurtured her niche: expanding Ayurveda with psychospiritual healing. Dr. Mohan’s perspectives have been featured globally in print magazines, online health portals, and TV. Siva teaches at festivals, conferences, yoga TT programs, online summits, and at Loyola Marymount University. Find her articles, videos, online courses, events, and more about her private practice at ayurvedabysiva.com.

Larry Payne, Ph.D., is an internationally respected yoga teacher and back specialist. The L.A. Times named Larry “One of America’s most respected yoga teachers.” He co-authored Yoga Therapy Rx, Yoga for Dummies, and The Business of Teaching Yoga. Larry is founding president of the International Association of Yoga Therapists, founder of the Corporate Yoga program at the J. Paul Getty Museum, the first yoga teacher to offer yoga classes at the World Economic Forum, co-founder of the yoga curriculum at UCLA’s School of Medicine, and the founding director of the yoga therapy certification programs at Loyola Marymount University in Los Angeles.

Harvinder Sahota, M.D., inventor of the “Perfusion Balloon Angioplasty,” was born in Punjab, India. In addition to the Perfusion Balloon invention, he holds two dozen patents and many other pending inventions, including the red laser light for prevention of Restenosis, the multi-lobe balloon, the fibrin coated stent, and the Haemostat (to stop bleeding from punctured artery after a procedure). He has performed the first coronary Angioplasty in many places around the world including: India, Mexico, Russia, Ukraine, and United States. Presently, he is Chairman of the Emergency Medicine Commission in Orange County, California and Research Director and Advisory Board member of the Metro Hospital Heart Institute in New Delhi, India, and Tbilisi, Republic of Georgia. He has been a guest speaker and recipient of many awards, and is a highly demanded invited speaker and lecturer at many institutions of higher learning around the world. He is a generous supporter of Sikh Studies.
Robert Schneider, M.D., FACC, FABMR, is an internationally recognized physician, scientist, educator, and leader in mind-body medicine and integrative medicine. He is a specialist in preventive medicine and preventive cardiology. In 2005, Dr. Schneider was elected as a fellow of the American College. Beginning in 1984, Dr. Schneider was one of the first physicians in the United States to practice, teach and research Maharishi Ayurveda. He has been a consultant to the National Institutes of Health (NIH), Centers for Disease Control and Prevention, Presidential Commission on Complementary and Alternative Medicine and the US Congress’ Prevention Coalition. Dr. Schneider is a frequent lecturer at academic medical centers, professional societies and public forums on four continents. He authored the popular book Total Heart Health: How to Prevent and Reverse Heart Disease with the Maharishi Vedic Approach to Health. Currently, Dr. Schneider is Professor and Director of the Institute for Natural Medicine and Prevention and Dean of the College of Integrative Medicine at Maharishi University of Management. Clinically, he is Medical Director at the Raj Ayurveda Health Spa and Director of Medical Services at James Health Care integrative pain management, both in Iowa, USA.

Nitin Shah, M.D., is Professor of Anesthesiology and Critical Care at Loma Linda University and Chief of Surgical ICU at Tibor Rubin VA Medical Center, Long Beach, CA. He is a past President of the Jain Center of Southern California. He coordinates Jain Studies in academic universities in Southern California and other parts of the United States. He has also organized free community health fairs nationally and internationally for more than 25 years.

Felicia Tomasko, RN, E-RYT 500, is an Ayurvedic practitioner and yoga therapist. She is the editor-in-chief of LA YOGA Magazine, teaches in the Yoga Therapy RX Program at LMU and co-teaches the Ayurveda and Self-Care course at LMU. She has been practicing yoga for 30 years and teaching for 20. Felicia served for 9 years on the board of directors of the National Ayurvedic Medical Association.

Robert Keith Wallace, Ph.D., is a pioneering researcher on the physiology of consciousness. His work has inspired hundreds of studies on the benefits of meditation and other mind-body techniques, and his findings have been published in Science, American Journal of Physiology, and Scientific American. He earned his B.S. in physics and his Ph.D. in physiology from UCLA. Robert Wallace established the first Maharishi Ayurveda clinics in America, in Fairfield, Iowa; Los Angeles, California; and Washington, DC. He is the director of one of the first master’s degree programs in Maharishi Ayurveda and Integrative Medicine in the US. He serves as Professor and Chairman of the Department of Physiology and Health, Director of Research, and Trustee of Maharishi University of Management (MUM) in Fairfield, Iowa. The author of several books, he has given hundreds of lectures on Maharishi Consciousness-Based education and health programs around the world.
In Gratitude

This conference is made possible through the generosity of the Doshi Family and supported by the Clinical Professorship in Sikh and Jain Studies, the Yoga Studies Programs, and the Department of Theological Studies at Loyola Marymount University.

Navin and Pratima Doshi have been active philanthropists, promoting the value of education and world peace. They also support fundraising activities and oversee consultancy for numerous projects relating to Indic traditions, world culture and higher education. Navin Doshi grew up in Mumbai, India, and came to the United States in 1958 after completing his undergraduate studies at Puna Engineering College and the L.D. Engineering College of Gujarat University where he earned his Bachelor of Engineering degree.

Navin completed a second bachelor’s degree and a master’s degree in electrical engineering at the University of Michigan, Ann Arbor. In 1960, he moved to Los Angeles to begin a Ph.D. program in engineering at UCLA.

He worked as an aerospace engineer at TRW, now Northrop Grumman, where he was the recipient of NASA awards and U.S. patents. During this time, Navin and his wife, Pratima, started a business importing velvet patchwork bedspreads. He also engaged in residential income properties and financial investment instruments.

About Yoga Studies

Loyola Marymount University offers the first Master of Arts in Yoga Studies in America. Graduate students engage in deep study of Yoga philosophy and history, Sanskrit, elements of physical practice, comparative spirituality, and study of India. LMU also offers a selection of Yoga Studies certificates which are open to the public. Topics range from Yoga Therapy to YogaEd/Yoga in Schools, Mindfulness and Social Change, and Philosophy courses. Each summer, master teacher Ramaswami visits campus to teach in the Krishnamacharya tradition, and twice a year the University offers 200 hour teacher trainings called “Yoga and the Healing Sciences.”