



Program Outline

1000 - 1030	Nancy Ma TALK: Balancing Life Listening space	1430 - 1500	Aparna Brahma PLAY: Preventative Pelvic Health Play space
1030 - 1100	Shajini Jeganmohan TALK: Yoga and Communities of Care Listening space	1500 - 1530	Elaine Clark TALK: Hormone balancing with real food Listening space
1030 - 1100	Patanjali Yogpeeth PLAY: Patanjali Yogpeeth Demonstration Play space	1530 - 1600	Ellen, Janny, Silvia PLAY: Tai Chi for all Ages Play space
1100 - 1130	Kassandra Prus PLAY: Chair Yoga with Kassandra Listening space	1600 - 1630	Pooja Batra TALK: Wellness with Pooja Batra Listening space
1130 - 1200	Sudha Vavilla TALK: Brain Health Listening space	1630 - 1700	Dr. Angela Mailis TALK: Pain Management Listening space
1200 - 1230	Pooja Batra PLAY: Yoga with Pooja Batra Play space	1700 - 1730	Tynan Rhea TALK: Aromatherapy and Wellness Play space
1230 - 1300	Dr. Jeetendra Adhia TALK: Preventative Wellness Listening space	1730 - 1800	Pramod Israni PLAY: Practice with Promo Play space
1300 - 1330	Annu Gaidhu PLAY: Yoga for Every Body Play space	1800 - 1830	Anju Gupta TALK: Homeopathy and Health Listening space
1330 - 1400	Seema Bhatia TALK: Ayurveda and Mental Health Listening space	1830 - 1900	Mitu Singh TALK: Self Love and Mindfulness Listening space
1400 - 1415	Isha Foundation - Vasu PLAY: Isha Foundation Yoga Dance Play space		
1400 - 1430	Mina Mawani TALK: Crohns, Colitis and Wellness Listening space		