

# Yoga and Lifestyle Medicine WELLNESS SYMPOSIUM

iDoYoga, in partnership with AAPI (American Association of Physicians of Indian Origin) presents a Yoga & Lifestyle Wellbeing symposium.

**June 23rd - 26th 2022**

**Henry B. Gonzalez Convention Center  
San Antonio, TX**

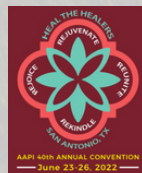


**Yoga Wellness Track: \$250**  
(value \$700) - limited quantity

- Talks on the science of Yoga and Lifestyle Medicine
- Daily yoga & meditation sessions
- Book talk with yoga gurus
- Workshop on spiritual wellbeing
- Deluxe wellness program bag
- Free book & self-care supplies
- Take home wellness routine
- **and more...**

Open to all yoga enthusiasts, therapists, teachers, nurses, healthcare providers, and general public.

To register: [Wellness Symposium](#)



For more info: [www.idoyogasa.org](http://www.idoyogasa.org)  
To sponsor: [namaste@idoyogasa.org](mailto:namaste@idoyogasa.org)



Wellness talks by global leaders in  
Medicine, Yoga & Wellness:



**Paramaguru  
Sharath Jois**



**Sadhvi Bhagawati  
Saraswati, PhD**



**Eddie Stern**



**Sat Bir Singh Khalsa,  
PhD**

Video message by Swami Brahmavihari

Physician talks on wellness:  
Dr. Dilip Sarkar, Dr. Pankaj Vij,  
Dr. Param Dedjia, Dr. Koushik Reddy & more...