



Vietnam Yoga Academy



6TH ASIA PACIFIC YOGA THERAPY CONFERENCE -2022

# *Bridging* BODY-MIND-SOUL FOR INNATE HEALING

25 – 28 November 2022, Vietnam

- 4 days 3 nights Yoga Conference
- Biggest Yoga Conference held in Tam Chuc
- Up to 300 Yogis coming from all over the world
- Many interactive sessions and outdoor practices
- Led by a team of international & local Yoga Therapy Experts
- Integration of Yoga Therapy & Healing Methods





## *Bridging* **BODY-MIND-SOUL FOR INNATE HEALING**

It is fundamental to have a solid understanding of the human body's composition to understand the Yogic Concept of Health. This structural aspect is derived from the Taittareeya Upanishad, which is known as the concept of Pancha Kosha (The 5 Sheaths), the subtle layers associated with the physical body.

To get closer and experience the effects at the different levels (Body, Prana, Mind, Intellect, Spiritual), the **6th APYTA International Conference**, with the theme "Bridging Body Mind Soul for Innate Healing," will help participants gain a profound knowledge in therapeutic practice, effects and benefits of Yoga as well as immerse yourself in our hand-on program with practical yoga sessions, workshops, diversified cultural events and evidence-based presentations from experts in the field of Yoga, Yoga Therapy, Ayurveda, Naturopathy and many other systems from around the globe.

The adoption of Yoga in our lifestyle has proved a great importance especially since the Covid Pandemic, as people around the world are currently suffering from psychosomatic diseases caused by social stress. This international conference will be a promising awareness and will present the latest updates in the field of healing combining **the best of the East with the best of the West** for the betterment of the mankind.



# TAM CHUC, VIETNAM

The Tam Chuc Complex is a blending of past and present, of Buddhism-based oriental and western cultures created by gifted artisans from Vietnam, India and Indonesia, of meditative serenity and the bustle of pilgrims. Located in Ba Sao Town of Ha Nam Province's Kim Bang District, just 60 kilometers southwest of the capital Hanoi, Tam Chuc Pagoda huddles in the middle of unspoiled forests. The complex covers 5,000 hectares, including 1,000ha of water and 3,000ha of mountains, while the pagoda features a unique design and a history of more than 1,000 years.

Surrounded by lakes, forests and mountains, Tam Chuc Complex is considered the largest temple in the world today, that consists of Ngoc (Pearl) Pagoda, Dien Tam The (the Main Hall of Buddhas of the Three Times), a three-door gate, several shrines, and an 10,000sq.m, 3,500-seat International Convention Center where we will be holding our 6th APYTA International Conference.





# ACCOMODATION & FOOD

**Khanh Xa Hotel**, built within the complex, is highly recommended by all customers, with easy access to all sightseeings areas in the pagoda complex, clean and quiet rooms with premium views of the lake. The hotel's reception can assist guests in booking transportation, tickets, room and board, and reservations for entertainment and explorations.

## PRICE

### BASIC PASS: \$350

- 2 days conference ticket to join all interactive sessions with international and local hosts
- 3 days 2 nights at Tam Chuc Complex (2 pax/ room)
- 3 nutritious vegan meals per day
- Free goodie bag include!

**Add-ons** (pay additional to get)

- \* Gala Dinner ticket on 27/11 (15\$)
- \* Night tour ticket on 26/11 (13\$)
- \* 2 round bus ticket (25\$)

### VVIP PASS: \$430

- 2 days conference ticket to join all interactive sessions with international and local hosts
- 4 days 3 nights at Tam Chuc Complex (2 pax/ room)
- Free meals + Gala Dinner on 27/11
- Merchandise pack
- 2 Round Bus Ticket
- Tea Session on the boat
- Night Tour ticket on 26/11

**Add-ons** (pay additional to get)

- \*Upgrade to Single Room if available (25\$ ), only 15 room available (only avail for VIP Pass)

**EARLY BIRD  
SPECIAL**

Oct 1<sup>st</sup> - 30<sup>th</sup>, 2022

**Basic Pass: \$300**

**VVIP Pass: \$380**

**DISCOUNT**

**5%**

**for  
GROUP BOOKING  
of 3 PEOPLE**



# CONFERENCE SPEAKERS



## Dr. R Nagarathna, India

MBBS, MD, FRCP, FICA (USA)  
Chief Yoga Therapy Consultant, SVYASA  
Director, Arogyadhama and Standing Committee  
IYA



## Uvelanda, Switzerland

Yoga Teacher & Healer  
Udvelananda came from Switzerland and living in Asia for years  
as a Yoga Teacher and Healer for over 30 years. His great  
passion to assist people to co-create healthy and content  
relationships with others and specially with oneself; find out  
potential solutions in order to have a simple, joyful and long life.



## Dr. Kimura, Japan

Japan Yoga Therapy Society, President Japan Yoga  
Niketan, Honorary Advisor, Founding Member of  
Global Consortium on Yoga Therapy, President of  
APYTA



## Master Dang Hung, Vietnam

Master Yoga  
Director of Viet Nam Yoga Academy  
Yoga International Gold Medal in Malaysia



## Dr. Manjunath, India

BNYS, PhD, DSc  
Pro- Vice Chancellor, Director of Research, SVYASA  
university, Bengaluru, India



## Dr. Tran Quoc Khanh, Vietnam

Doctor  
Doctor of Viet Duc hospital  
Co-founder at Corelab-Health care through the  
system testing system



## Ms. Nouf Marwaai, Saudi Arabia

President Saudi Yoga Committee,  
Founder-Arab Yoga Foundation in Saudi Arabia &  
Nouf Academy of Sports



## Dr. Tran Nguyen Phu, Vietnam

Specialist Doctor II  
Director of Ha Tinh general hospital  
Vice President of Scientific Council of Vietnam Yoga  
Academy  
Founder of Vinapyoga for patients treatment



## Yogi Mohan, China

Yogi Yoga (CHINA) Founder,  
Internationally renowned yoga  
conference speaker



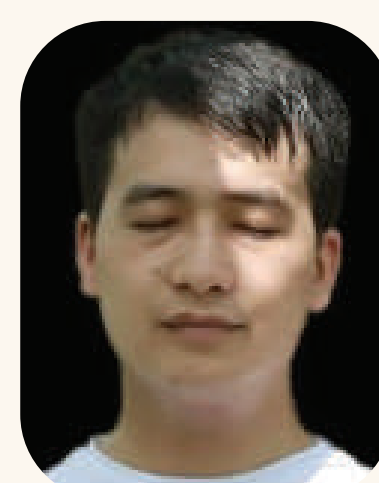
## Master Quynh Pham, Vietnam

Master Yoga  
Vice President of the Yoga Festival,  
Vice president of Hanoi Yoga Federation  
Deputy Director of External Communications of  
Vietnam Yoga Academy



## Dr. Nguyen Ngoc Dung, Vietnam

Qigong expert  
Director of the institute of Psychiatry in Vietnam.  
Director - The Founder of Vietnamese traditional  
holistic health center, Head of Physical Education  
Department of Thang Long University



## Dr. Hoang Xuan Phu, Vietnam

Traditional doctor, Master Yoga  
Master Yoga at Vietnam Yoga  
Academy, 10 years of experience  
in teaching Yoga



## Dr Vasudha M Sharma, India

Head - Medical Services VHG Co-Founder,  
Managing Director, Vyasa Health Care



## Mrs. Vu Van Anh

Senior pharmacist  
Professional director of HAB Group. Senior  
pharmacist, comprehensive health expert



## Ms. Duyen Vu

Director of Vietnam Yoga Academy Branch  
Quang Ngai, Journalist, MC.



# MAIN CONFERENCE

## Timetable

### 25<sup>th</sup> November 2022, Day 1

### ARRIVAL

11:00 – 17:00	Great & collect guests to travel from Ha Noi to Tam Chuc & Check-In Khach Xa Hotel <i>Bus from HN to Tam Chuc every 1 and 1.5 hour</i>
14:00-17:00	Free schedule to visit Tam Chuc area – takes pictures at Vietnam Street Market, Conference Booths, Boat Tours
17:00 – 17:30	<b>Sunset Outdoor Yoga by Ms. Quynh Pham</b> Vice president of Hanoi Yoga Federation. Deputy Director of External Communications of Vietnam Yoga Academy
18:00 – 19:00	Introducing APYTA New Member
19:00 – 20:30	Welcome Dinner

### 26<sup>th</sup> November 2022, Day 2

### OPENING DAY

6:00 – 7:00	Walking Meditation by Tam Chuc Pagoda Monk
7:00-8:00	Breakfast
8:00-9:30	Opening Ceremony with Chief Patron, Host Country, Indian Ambassador of Vietnam
9:30 –11:00	<b>Meditation &amp; Qigong by Master Nguyen Ngoc Dung</b> Qigong Expert, Director of the institute of Psychiatry in Vietnam. Director – The Founder of Vietnamese traditional holistic health center, Vietnam
11:15-12:15	<b>Specialised Yoga Module for Emotional Well-being by Dr. Manjunath</b> BNYS, PhD, DSc, Pro- Vice Chancellor, Director of Research, SVYASA
12:30-13:30	Lunch Break
13:30 – 13:50	<b>Deep Relaxation Technique by Mr. Manoj Thakur</b> APYTA Treasurer, Managing Director of Vyasa Yoga Singapore
14:00 – 15:30	<b>Tools and Techniques for A Successful Yoga Therapist by Yogi Mohan</b> Founder of Yogi Yoga, China
	<b>Vinapyoga for Neck – Shoulder Pain, Frozen Shoulders by Dr. Tran Nguyen Phu</b> Founder of Vinapyoga, Vice President of Scientific Council of Vietnam Yoga Academ, Director of Ha Tinh General Hospital, Vietnam
15:40 – 17:10	<b>Yoga Therapy for Anxiety and Panic Attacks by Dr. Kimura</b> President Japan Yoga Niketan, President of APYTA, Japan
	<b>Nutrition for Yogis by Dr. Vu Van Anh</b> Professional director of HAB Group. Senior pharmacist, Comprehensive Health Expert, Vietnam
17:30 – 18:30	<b>Outdoor Sunset Yoga by Ms. Quynh Pham</b> Vice president of Hanoi Yoga Federation. Deputy Director of External Communications of Vietnam Yoga Academy, Vietnam
18:30 – 19:30	Dinner Time
19:30- 21:00	Night Tour

# MAIN CONFERENCE

## Timetable

**27<sup>th</sup> November 2022, Day 3**

### VALEDICTORY SESSION

5:30 – 7:00	<b>Sunrise Outdoor Yoga by Ms. Duyen Vu</b> Director of Vietnam Yoga Academy Branch Quang Ngai, Journalist, MC.
7:00–9:00	Breakfast
9:00 –10:30	<b>Understanding of Root Causes of Mental Health Issues Body–Mind–Energy Healing – Potential Solution to Reduce Mental Health Issues by Mr. Ulevanda</b> Renowned Yoga Teacher and Healer
10:30 – 11:00	Break time
11:30 – 12:30	<b>Spine Pathology and Restorative Therapies</b> <b>Dr. Tran Quoc Khanh</b> Doctor of Viet Duc hospital. Co-founder at Corelab–Health care <b>Therapist Hoang Xuan Phu</b> Master Yoga at Vietnam Yoga Academy, Yoga Therapist
12:30 – 13:30	Lunch Time
13:30 – 14:30	<b>Mind Sound Resonance Techqniue (MSRT) by Shiva Singh</b> Lead Yoga Therapist, Vyasa Yoga Singapore
14:30 – 15:30	<b>Yoga for Mental Well–being in Women by Ms. Nauf Marwaai</b> President, Saudi Yoga Committee, Founder–Arab Yoga Foundation in Saudi Arabia & Nouf Academy of Sports <b>Bhakti Yoga – The Science &amp; Culture of Emotions by Mr. NV Raghuram</b> Founder of Yoga Bharati USA
15:40 – 17:10	<b>Need of Yoga to Maintain Positive Mind in Children with Special Needs by Dr. Vasudha M Sharma</b> Head – Medical Services VHG Co–Founder, Managing Director, Vyasa Health Care <b>Om Meditation &amp; Asana by Master Dang Hung</b> Director of Viet Nam Yoga Academy, Yoga International Gold Medal in Malaysia
17:10 – 18:30	Closing Ceremony/ Sunset Prayer / Group Pictures
18:30 – 21:00	Gala Dinner Bharatnatyam Cultural Event by Manasa Pavan APYTA Executive, Bharatnatyam Dancer

**28<sup>th</sup> November 2022, Day 4**

### CHECK OUT DAY

5:30 – 7:00	Outdoor Sunrise Yoga
7:00–9:00	Breakfast
8:30–11:30	Check out, Morning Prayer, and Goodbye



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## *Bridging* BODY-MIND-SOUL FOR INNATE HEALING

Organised & hosted by



Technical Collaboration



Support By



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Kim Bang District, Ha Nam province,  
Vietnam

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*For more information  
and promotion!*

