



**American Academy of  
Yoga and Meditation  
and  
VYASA USA presents**

**Eight Hour introductory Yoga Therapy for Diabetes and Hypertension - An introduction to Disease-Free You.**

**Save Upto  
33%**

**Only \$99 till April 30<sup>th</sup>  
then \$ 149 only. On-site Booking: \$199**



[www.aaymonline.org/dallasworkshop/](http://www.aaymonline.org/dallasworkshop/)

**REGISTRATION FORM**

**for offline Booking**

Applicant Name\* \_\_\_\_\_ Date of Application \_\_\_\_/\_\_\_\_/\_\_\_\_

Gender (Optional)  Male  Female  Unisex

Age Group (Optional)  (18 to 35 years)  (36 to 55 years),  (56 years and older).

Any injuries or health conditions /If pregnant, that could cause concern please list below:  
\_\_\_\_\_

Communication Address: \_\_\_\_\_

Phone Number\* \_\_\_\_\_ Email\* \_\_\_\_\_

Payment Details\*  
Cheque to be drawn in favour of " AAYM "

Cheque no.....Date.....Bank.....Branch.....

Mailing address: AAYM, 1755, Groveway Dr, Germantown, TN, USA 38138  
Phone: (214) 632 7734 / (972) 814 7682

Applicant Signature. \_\_\_\_\_



**Unlock The Real You.**

**Eight Hour introductory Yoga Therapy for Diabetes and Hypertension - An introduction to Disease-Free You.**

**SATURDAY, MAY 21ST 2022  
CST TIME: 8AM TO 5PM**

**Venue: Radha Krishna Temple,  
1450 Watters Road, Allen, TX 75013**



**AMERICAN ACADEMY OF YOGA  
AND MEDITATION AND VYASA USA  
PRESENTS**

**Mind-Body reTraining for Disease Eradication  
Discover healthier you.**

Take Control of your health and your diseases. Achieve the next paradigm of complete health. Through a unique combination of ancient wisdom, sensory experiences and the latest research in medicine you'll learn personalized approaches to taking control of your own diseases including high blood pressure and Diabetes.

Start your journey of self-discovery - the road to unlimited power and success.

Get introduced to powerful mind training technique or to understand how it can help you take control of your own health. This retreat will teach you mind and physical techniques and dietary practices that will launch a powerful healthy journey.

**Unlock The Real You.**

You are destined to get everything YOU want. Learn the techniques that ancient rishis taught to become the most powerful entity in the universe by aligning your vibration to that of the universe.

**Eight Hour introductory Yoga Therapy for Diabetes and Hypertension - An introduction to Disease Free You.**

07:00 am - 08:00 am	Assembly. Gates closed at 8 am.
08:00 am - 09:00 am	Science behind Mental Mechanics and Creation of DM and HTN-A brief introduction
09:00 am - 10:00 am	Mind Training for HTN & DM therapy and prevention
10:00 am - 11:00 am	Understanding the research of Yoga in HTN & DM.
11:00 am - 12:00 pm	Physical Postures for a healthy you
12:00 pm - 01:00 pm	Lunch will be prepared on specific instructions by Gauri Junnarkar Dietitian.
01:00 pm - 02:00 pm	Diet therapy for HTN & DM
02:00 pm - 03:00 pm	Mind Training II for HTN & DM therapy and Prevention
03:00 pm - 03:30 pm	Physical Postures for a healthy you
03.30 pm - 04.00 pm	Q & A.

**What you will be able to do at the end of the program?**

1. Learn Powerful effective techniques tried out over centuries to reduce stress, anxiety and depression at your will.
2. Learn a combination of mental techniques (Pratyahara, Dharana, Dhyana), diseases guided yoga postures (asanas) and diet therapy to stay healthy and promote health and recovery in multiple diseases including Hypertension, Diabetes, Heart attack, Heart Failure, Stroke, Arthritis and Cancer.
3. Learn Powerful mental and breathing techniques based on ancient esoteric yoga knowledge to induce relaxation and rejuvenation.

Date: Saturday, May 21st 2022; Time: 8am to 5pm  
Venue: Radha Krishna Temple, 1450 Watters Road, Allen, TX 75013

Registration fee - Only \$99 till April 30<sup>th</sup> then \$ 149 only.  
On-site Booking: \$199.  
Please pay by credit card on [www.aaymonline.org/](http://www.aaymonline.org/) or send a check to AAYM  
For any query, contact:  
Name: Satyan Kalyandurg; Phone: (214) 632 7734  
Name: Raghu Bhardvaj; Phone: (972) 814 7682



This program is not intended to be a medical opinion. Please consult your physician for any medical issues.



**Faculty**

**DR. INDRANILL BASU-RAY**  
MBBS, MD(Med), DNB (Card), FACP, FACC

Dr. Indranill Basu Ray is a physician and a yogi in the Kriya Yoga tradition. He is the founder-Chairman of The American Academy for Yoga and Meditation. He is a Cardiologist and a Cardiac Electrophysiologist & the Director of Cardiovascular Research at the VA Medical Center in Memphis, TN, USA. Dr. Basu Ray is also a Visiting Professor of Cardiology and Head of Integrative Cardiology at the All-India Institute of Medical Sciences at Rishikesh, UK, India, and a Professor at the School of Public Health the University of Memphis. He is also a LinQ faculty at MIT, Boston, Massachusetts, USA. In addition, he has been a former faculty at multiple distinguished schools, including the Harvard Medical School and Tulane University.

Dr. Basu Ray was chosen by the American Heart Association (AHA) as an eminent cardiologist worldwide to write the practice guidelines on the role of 'meditation in cardiovascular diseases'. AHA is the world's largest organization of cardiologists, cardiovascular surgeons, and vascular specialists. He is the author of over a hundred peer-reviewed articles in academic journals of cardiology and medicine. In addition, Dr. Basu Ray is the Editor of the world's first reference book written by multiple authors worldwide called "The Principle and Practice of Yoga in Cardiovascular Diseases." It is being published by Springer Nature. Dr. Basu Ray also has two other books in publication, including a medical textbook, "Yoga for Cardiovascular Disease and Cardiac Rehabilitation," published by Elsevier and Yoga and Heart Health for Cardiotext Publications, MN, USA.

Dr. Basu Ray has trained in Medicine & Cardiology in India and completed his American training at Harvard, Tulane University, and Baylor. Dr. Basu Ray has been simultaneously contributing to research in the frontiers of medicine and yoga. His pioneering research suggested a newer cause of stroke in patients with atrial fibrillation. He also developed several tools to treat atrial fibrillation and ventricular tachycardia, two complex arrhythmias affecting millions of people worldwide. Dr. Basu Ray's original article on the role of yoga in coronary artery disease almost two decades back launched the drive to research yoga as a tool to prevent and treat cardiac diseases. Since then, he has been relentlessly trying to introduce yoga in the modern medical curriculum in the US. This has led to many medical schools imbibing yoga as a scientific preventive and therapeutic mode for noncommunicable diseases.

Dr. Basu-Ray has been meditating since the age of six. He was initiated to kriya yoga of Maha Avatar Babaji by Swami Hariharananda Giri, the brother disciple of Paramhansa Yogananda of the "Autobiography of a Yogi" fame and a disciple of the venerated Paramguru Yukteshwar Giri. He has been practicing, teaching, and researching meditation for over three decades now. His research centers on the use of meditation and yoga in cardiovascular diseases. He has founded and led AAYM since 2019. This organization has been organizing the world's largest conferences in Yoga and Meditation. The "World's first conference on the role of Meditation in Cardiovascular Diseases" was organized at AIIMS, Rishikesh, in March 2019. Dr. Basu Ray was the organizer and the program director. It was attended by over a thousand physician delegates from all over the world. It had invited faculty from the world's top universities, including Harvard, Emory, AIIMS-New Delhi, and PGI-Chandigarh, to name a few. The second conference was recently held by AAYM virtually throughout June under the stewardship of Dr. Basu Ray. This had over a hundred speakers and over 50 sessions. The inaugural session included Dr. David Frawley, Dr. H R Nagendra, Dr. Deepak Chopra & Ms. Nivedita Bhide, to name a few. The faculty included the world's top scientists, physicians, and researchers to talk about the latest research in yoga. Dr. Basu Ray has delivered invited lectures worldwide on yoga and meditation to prevent and treat cardiovascular diseases. He has delivered lectures to audiences at Harvard, MIT, Mayo Clinic, Case Western, Georgia Tech, to name a few. He also addressed the prestigious Indian Science Congress on Yoga and Cardiovascular Diseases in early 2020.

Dr. Basu-Ray played a pioneering role in developing scientific methods to research Yoga using the latest technology. His current research uses Artificial Intelligence and other parameters like blood level of inflammatory markers to determine the risk of heart diseases and yoga to prevent it.

Dr. Basu-Ray has spearheaded public education to use yoga to prevent COVID-19 as an eminent physician and a professor in public health. He has written for multiple newspapers both in India and the US including having regular blog in The Times of India and the Huffington Post. He has been advising through multiple Indian and US TV channels on social isolation, meditation, and yoga during lockdown to decrease anxiety, depression and increasing immunity against viral infection. He has also been advising the media and the public on the latest developments in the field, based on practical experience treating patients with severe cardiac afflictions. He has appeared on multiple television channels in this country and abroad, talking about cardiac electrophysiology and yoga. He recently concluded a set of four programs on Yoga and Heart Disease, Diabetes, Covid and Cancer for the Doordarshan News which was seen and responded well to by millions of viewers.



**Faculty**

**Wesley Pilcher**  
500 ERYT, Wellness Consultant, Co-Owner at Arkansas Yoga Collective

A Yogi, a teacher, a servant.

Wesley has always had an inspiring motive to make a difference in the world through alternative approaches to help and to teach others. A journey that keeps on growing for him. Wesley received certification in Chinese herbology, and aromatherapy, and also Naturopathic medicine. He completed a 6 month Internship with Dr. Murta Champa, a Tibetan and Ayurvedic healer. Wesley received his 200 CYT in Dynamic Hatha Yoga at Circle Yoga Shala and received 2 teaching certificates in Mixed Yogic Arts, and has been taken under the wing of Ruslan Kleytman (AKHILA YOGA). Which has trained with for many years, and also did his 500 hour with Ruslan as well. Wesley and Ruslan have been taking groups to India to learn the essence of Yoga through tradition. Wesley is Co-owner of Arkansas Yoga Collective and his passion is teaching Yoga to cancer patients and to help find relief for the healthy and the not so healthy. Wesley has been teaching for about 15 years.