



American Academy for
Yoga in Medicine

GLOBAL INTEGRATIVE MEDICINE CONGRESS

A CONFERENCE OF BIOLOGY & CLINICAL APPLICATIONS OF YOGA,
AYURVEDA & INTEGRATIVE THERAPIES, DIAGNOSTICS & REHABILITATION



The conference will highlight how Yoga, Naturopathy, Ayurveda, and other evidence-based Integrative Medicine practices—rooted in human biology, physiology, and molecular science—serve as a complete lifestyle package, functioning as a form of personalized medicine that optimizes health, prevents disease, and enhances overall well-being.

Organized by: American Academy for Yoga in Medicine (AAYM)



01/02/03, MAY, 2026



Memphis, Tennessee, USA



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THIS COMPREHENSIVE, BIOLOGY-INFORMED FRAMEWORK INCLUDES:

- **Yoga Asana & Regular Exercise**

Neurophysiological and Musculoskeletal Benefits. Enhancing autonomic balance, neural plasticity, circulation, flexibility, and stress adaptation.

- **Breathing Techniques (Pranayama)**

Evidence-Based Respiratory Therapies Improving lung function, cardiopulmonary efficiency, vagal tone, and inflammatory markers.

- **Meditation (Dhyana)**

Mind-Body Neuroscience Regulating neurocircuitry, emotion, cognitive resilience, stress hormones, and mental health pathways.

- **Plant-Based Diet**

Nutrigenomics & Metabolic Markers Influencing gene expression, microbiome diversity, metabolic homeostasis, and chronic disease risk.

- **Preventive Cardiometabolic Lifestyle**

A biology-driven model promoting behaviors that reduce cardiometabolic disease risk—adequate sleep, avoidance of smoking, drugs and alcohol, and adoption of protective lifestyle habits.

- **Cleansing & Detoxification Modalities**

Personalized Ayurvedic and naturopathic protocols to support physiological detoxification and metabolic balance based on individual constitution and biological needs.

- **Integration of Cutting-Edge Design, AI, and Digital Wearables**

Using biosensors, predictive algorithms, and continuous digital biomarkers for early disease detection, health monitoring, and personalized wellness delivery.



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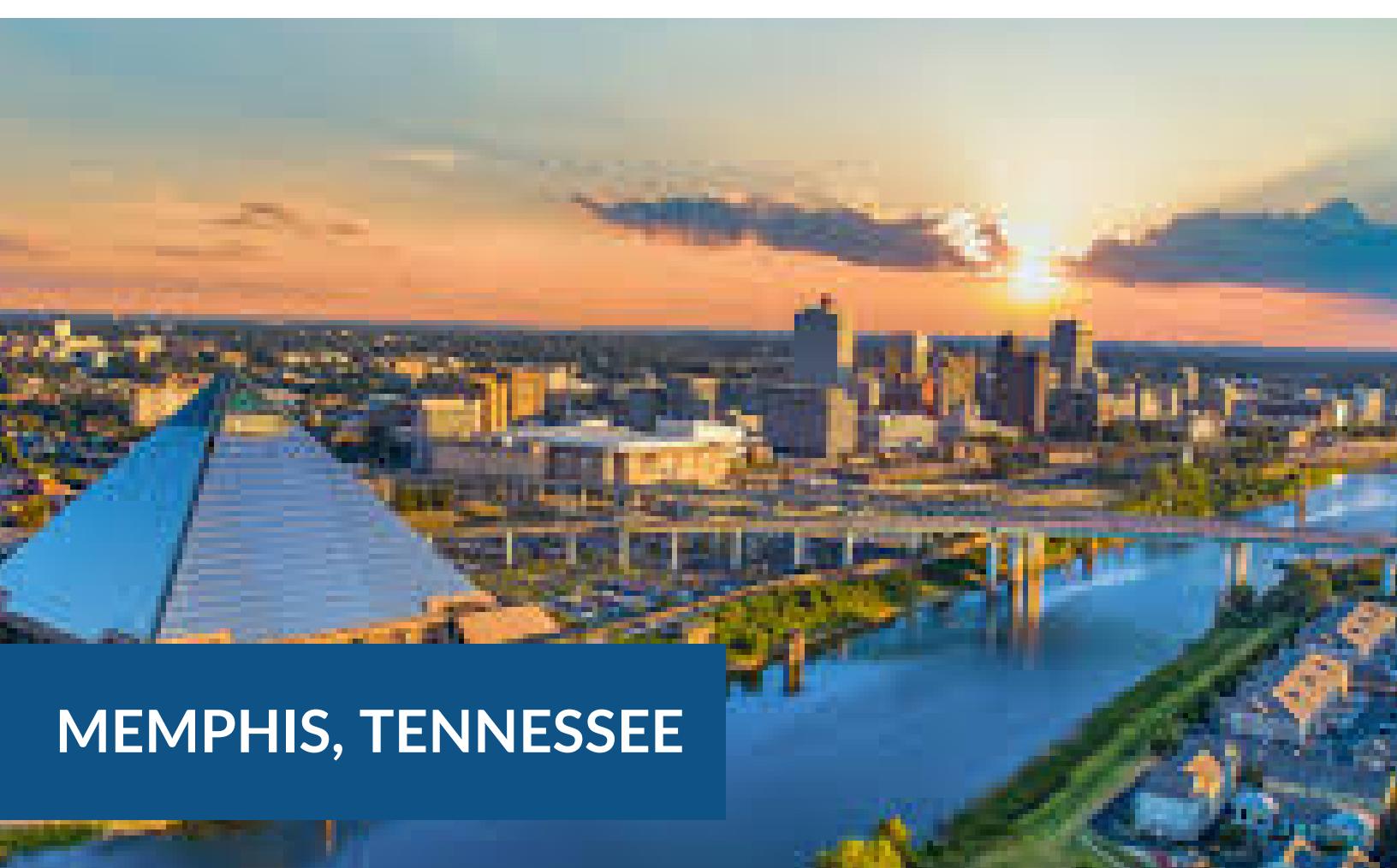
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VENUE: MEMPHIS, TENNESSEE, USA

The conference will be held in Memphis, one of the oldest towns in America, famously known as the home of the legendary singer Elvis Presley. Memphis offers a beautiful spring climate, with average daytime temperatures between 68°F and 75°F (20°C to 24°C) – neither too cold nor too hot – making it an ideal setting for this global event. It is also the headquarters of FedEx & International papers representing the city's international reach and dynamic modern character.



MEMPHIS, TENNESSEE

CONFERENCE OBJECTIVES

The conference aims to bridge the gap between traditional wisdom and modern medical science through the following key objectives:

- Bring global experts onto a single platform to foster collaboration in Yoga, Ayurveda, Integrative Medicine, diagnostics, and cutting-edge health technologies.
- Release official guidelines for the integration of Yoga, Ayurveda, and modern medical science for researchers, clinicians, and institutions in the USA and worldwide
- Present the latest research on Yoga, Ayurveda, Integrative Medicine, mind-body medicine, biology, diagnostics, rehabilitation, integrative gastroenterology, the gut-brain axis, Psycho-Neuro-Immuno-Endocrinology (PNIE), Women's Health, and Doctor's Health programs.
- Develop evidence-based protocols for diseases such as diabetes, cardiovascular disorders, metabolic conditions, neurological disorders, endocrine issues, and stress-related diseases.
- Teach therapeutic applications of integrated approaches across medical disciplines, showcasing how Yoga and Ayurveda can complement allopathic treatment pathways.
- Conduct panel discussions on the incorporation of Integrative Medicine within mainstream medical practice, hospital systems, and public health frameworks.
- Host interactive “one-to-one practice” sessions demonstrating clinically relevant and practical integration techniques in Yoga therapy, Ayurvedic interventions, and rehabilitation sciences.
- Explore Yoga's role in treating complex conditions, including cardiovascular diseases, cancer, endocrine disorders, neurological conditions, gastrointestinal disorders, and rehabilitation needs.
- Present scientific evidence supporting the use of Ayurveda and Yoga as validated components of modern therapeutic protocols.
- Establish accreditation standards for Yoga and Ayurveda equivalent to modern allopathic medicine to ensure quality, safety, and global credibility.
- Provide hands-on practical training for medical professionals, researchers, and participants interested in integrating these disciplines into clinical and academic settings.
- Discuss scientific validity and ongoing research on AI-enabled digital wearables used for monitoring stress, sleep, diabetes, heart rhythm, metabolic parameters, and mental-emotional balance.

CONFERENCE HIGHLIGHTS

- Scientific deliberations and in-depth discussions on Yoga, Ayurveda, and other integrative therapeutic modalities.
- Workshops and teaching sessions tailored for medical professionals, clinicians, and researchers.
- Hands-on practical training sessions in integrative health approaches.
- Panel discussions featuring global experts, researchers, and leading authors in the field.
- Official release of guidelines on the integration of Yoga and Ayurveda with modern medicine.
- Book launches by distinguished contributors and experts in integrative medicine.
- Poster and abstract presentations showcasing the latest research in integrative medicine and allied sciences.
- Evaluation of modern wearables and digital health tools for health monitoring, early disease detection, and wellness optimization.
- Panel Topics addressing critical issues such as the convergence of traditional and modern medicine, integrative oncology, mental health, neurophysiology of yoga, regulatory pathways, global health policy, and technology-enabled healthcare.
- Thematic Topics spanning mind–body physiology, mechanisms of yoga and Ayurveda, chronic disease management, lifestyle medicine, integrative rehabilitation, precision medicine, women's health, geriatric care, and innovations in diagnostics.





PANEL TOPICS

- **Bridging Traditional and Modern Medicine**

Harmonizing evidence-based traditional healing systems with contemporary biomedical frameworks.

- **Neurophysiology of Yoga and Ayurveda**

Exploring brain mechanisms, neuroplasticity, stress physiology, and mind–body interactions.

- **Integrative Mental Health**

Yoga, Ayurveda, mindfulness, and digital therapeutics in managing depression, anxiety, PTSD, addiction, and neuropsychiatric disorders.

- **Integrative Oncology**

Supportive care, symptom reduction, lifestyle interventions, and biological mechanisms.

- **Cardiopulmonary Health & Rehabilitation**

Yoga and Ayurveda in cardiac surgery recovery, COPD, asthma, hypertension, and heart–brain interactions.

- **Women's Health & Reproductive Medicine**

Fertility, pregnancy, menopause, PCOS, hormonal regulation, and preventive practices.

- **Geriatric Health & Healthy Aging**

Integrative approaches for longevity, cognitive preservation, frailty reduction, and metabolic resilience.

- **Pediatric Integrative Medicine**

Non-pharmacological strategies for neurodevelopment, respiratory issues, and postoperative recovery.



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PANEL TOPICS

- **Precision Medicine & Biomarker Discovery**

Genomics, proteomics, metabolomics, and biological signatures of Yoga and Ayurveda interventions.

- **Wearable Technologies & Digital Health in Integrative Medicine**

Early disease detection, real-time monitoring, AI-based prediction, and population-level wellness.

- **Policy, Regulation & Global Health Frameworks**

Legal pathways, ethical considerations, quality control, and strategies for global adoption of integrative healthcare.

- **Education & Curriculum Development**

Training standards, evidence-informed teaching models, and integration into mainstream medical education.



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THEMATIC TOPICS

- **Mind-Body Physiology**

Mechanistic understanding of breath, meditation, prana, autonomic modulation, and consciousness studies.

- **Mechanisms of Yoga & Ayurveda**

Inflammation regulation, neuroendocrine pathways, gut microbiome, metabolism, and epigenetic changes.

- **Chronic Disease Management**

Integrative approaches for diabetes, obesity, cardiovascular diseases, metabolic syndrome, autoimmune disorders, and chronic pain.

- **Lifestyle Medicine & Preventive Health**

Behavior change, diet and nutrition, physical activity, circadian health, stress management, and health promotion.

- **Integrative Rehabilitation**

Neurological rehabilitation, musculoskeletal recovery, spinal cord injury rehab, and post-surgical protocols.

- **Ayurvedic Diagnostics & Therapeutics**

- **Yoga Therapy Across Lifespan**

Pediatric, adolescent, adult, and geriatric populations.

- **Mental Well-Being & Resilience**

Stress reduction, emotional regulation, psycho-neuro-immunology, and trauma recovery.

- **Innovations in Diagnostics & Imaging**

AI-assisted imaging, point-of-care diagnostics, neuroimaging of mind-body interventions.

- **Sports Science & Human Performance**

Yoga and Ayurveda for athletic optimization, injury prevention, and recovery.

- **Public Health & Community Medicine**

Scaling integrative practices for population-level wellness, school health, and workplace productivity.

- **Translational Medicine**

Bench-to-bedside research connecting basic science findings with clinical applications.



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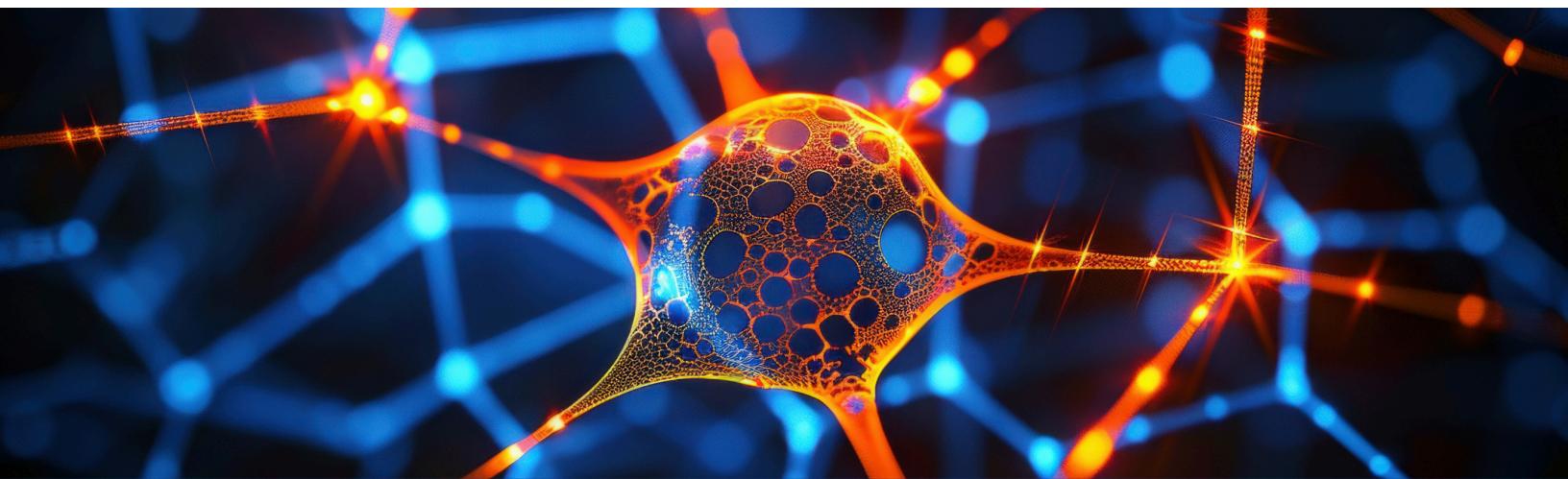
CALLS FOR PARTICIPATION

CALL FOR ABSTRACTS

We invite high-quality research abstracts across all domains of integrative medicine, including Yoga, Ayurveda, clinical applications, diagnostics, rehabilitation, and emerging technologies. Share your research, innovation, or clinical experience with an international audience of medical professionals, scientists, and integrative health experts.

CATEGORIES INCLUDE:

- **Yoga & Ayurveda Mechanisms**
- **Neuroscience & Mental Health**
- **Cardiopulmonary & Metabolic Health**
- **Oncology & Immunology**
- **Diagnostics, Wearables & AI**
- **Chronic Disease & Rehabilitation**
- **Women's and Pediatric Health**
- **Public Health & Integrative Policy**
- **Traditional Medicine & Evidence-Based Practices**





**ABSTRACT SUBMISSION OPENS:
1ST JANUARY 2026**



SUBMISSION DEADLINE FEB 28, 2026



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CALL FOR SYMPOSIA

Researchers and institutions are encouraged to propose thematic symposia that foster scientific dialogue, evidence generation, and interdisciplinary collaboration.

CALL FOR OBLIQUE PANEL DISCUSSIONS

We welcome proposals for crosscutting, unconventional, or interdisciplinary panel discussions that bring new perspectives to integrative medicine and health sciences.

CALL FOR TRAVEL AWARDS

Travel support will be provided to outstanding early-career researchers, students, and presenters based on merit and availability.



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EXHIBITION & SPONSORSHIP OPPORTUNITIES

Partner with us to showcase your brand before leading experts, researchers, and healthcare innovators.

- **Unmatched Visibility:** Engage with leading physicians, researchers, policymakers, and wellness innovators.
- **Prestige & Partnerships:** Showcase your innovations alongside top global brands and academic leaders.
- **Cross-disciplinary Reach:** From pharmaceuticals and nutraceuticals to wearable health tech and research institutions, connect with audiences that matter.
- **Exclusive Networking:** Be part of curated discussions with global experts driving change in chronic disease management and public health.



MEET THE CHAIRMAN & PROGRAM DIRECTOR



INDRANILL BASU-RAY

MD, DNB (Card), FACP, FACC, D.Sc. (Honoris Causa)

Cardiologist and Interventional Cardiac Electrophysiologist
Director, Clinical Cardiac Electrophysiology Laboratory
Director, Cardiovascular Research & Innovations Lt. Col. Luke
Weathers, Jr. VA Medical Center, Memphis, Tennessee, USA
Adjunct Professor, School of Public Health, University of
Memphis, Tennessee, USA Chairman, American Academy for
Yoga in Medicine

KEYNOTE SPEAKERS

Dr. Andrew Huberman

Dr. Ben Bikman

Dr. Bret Contreras

Dr. Christof Koch

Dr. Craig Heller

Dr. David Berson

Dr. David DeSteno

Dr. David Sinclair

Dr. Deepak Chopra

Dr. Harold McGee

Dr. Heidi Van Drink

Dr. Jeremy Miner

Dr. Joel Gator Warsh

Dr. Mark Hyman

Dr. Michael F. Roizen

Dr. Nick Barringer

Dr. Paul Attia

Dr. Rich Diviney

Dr. Sergiu Pasca

Dr. Teo Soleymani

Please note:

The final list of speakers and their detailed biographies will be confirmed closer to the event date.
This is a tentative list of speakers, Most have been connected, We are waiting for confirmation.



REGISTRATION FEE

\$1489 Including Conference (with CME) & Workshop

\$1089 Including Conference (without CME) & Workshop



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REGISTRATION

STARTS FROM

January 1st, 2026



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