



American Academy for
Yoga in Medicine

GLOBAL INTEGRATIVE MEDICINE CONGRESS

A CONFERENCE ON THE BIOLOGICAL FOUNDATIONS AND CLINICAL APPLICATIONS OF YOGA, AYURVEDA, AND EVIDENCE-BASED INTEGRATIVE MEDICINE



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)



SCAN TO REGISTER

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.



+1 (901) 810-8515 | +1 (901) 810-8527



aaymonline.org/conference2026



intgmedcon2026@aaymonline.org

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.



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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.

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.

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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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.

CALL FOR TRAVEL AWARDS

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

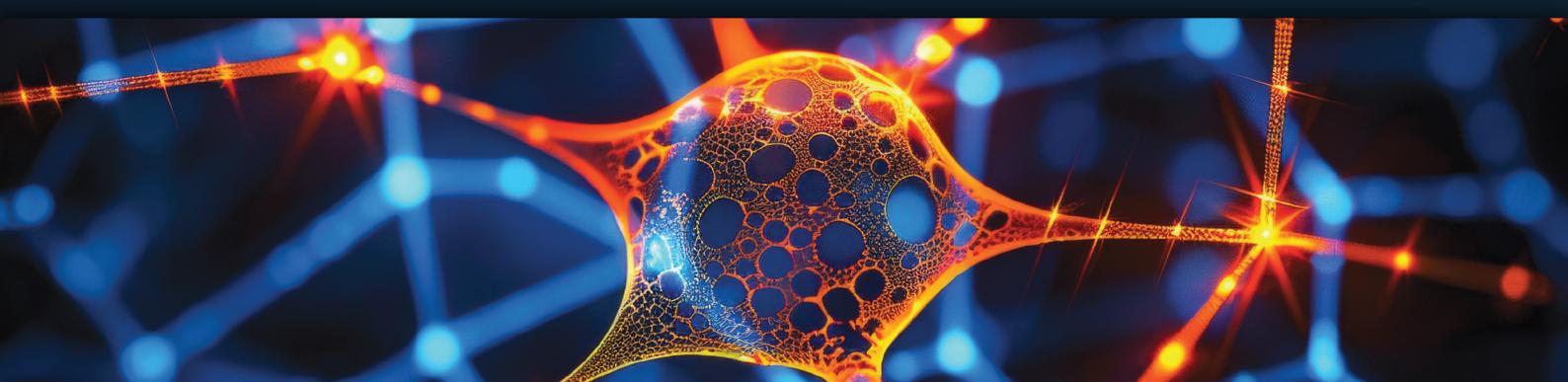
CATEGORIES INCLUDE:

- 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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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.

AAYM
ASSOCIATION OF AMERICAN
YOUTH MEDICINE

Shine at the Global Integrative Medicine Congress 2026

SPONSORSHIP TIERS AVAILABLE:

DIAMOND \$20,000	PLATINUM \$10,000
GOLD \$5,000	SILVER \$3,000

Each category includes tailored benefits, from premium booth placement and logo visibility to complimentary registrations and exclusive media coverage.

01/02/03, MAY, 2026 Memphis Tennessee, USA

LIMITED BOOTHS AVAILABLE!

CONFERENCE SUPPORT:
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PARTNER WITH US TO PIONEER THE FUTURE OF INTEGRATIVE MEDICINE

For sponsorship or exhibition inquiries:

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REGISTRATION

Spot Registration (May 2026): \$1,489

Early Bird Registration (until end of February 2026):

\$989 - Practicing Physicians / Allopathic Doctors (with CME)

\$589 - Practicing Physicians / Allopathic Doctors (without CME)

\$489 - Non-Licensed Physicians in the US

\$250 - Accepted Posters/Abstract Registration



SCAN & PAY 

REGISTRATION

STARTS FROM JANUARY 1st, 2026



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