



# NATIONAL AYURVEDIC MEDICAL ASSOCIATION

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# ***AYURVEDA & INTEGRATIVE MEDICINE***

2026 NAMA Conference  
Friday, May 1st - Sunday, May 3rd, 2026



## Conference

2026 CONFERENCE  
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## 2026 NAMA Conference

Ayurveda & Integrative Medicine

### A GLOBAL VIRTUAL GATHERING TO CONNECT ANCIENT AND MODERN MEDICAL SCIENCE

Integrative care is emerging to meet the demands of a rapidly changing healthcare landscape. Ayurveda remains a **powerful, time-tested foundation for whole-person care**. The 2026 NAMA Conference, hosted by the National Ayurvedic Medical Association, will bring together a **global community of practitioners, healthcare providers, researchers, educators, and wellness professionals** for a *fully virtual* experience—designed for greater accessibility, inclusion, and impact.

REGISTER TODAY!

([HTTPS://AYURVEDA.MEMBERCLICKS.NET/2026-  
CONFERENCE-REG](https://ayurveda.memberclicks.net/2026-conference-reg))

02:45



## **JOIN THE GATHERING: THE 2026 NAMA CONFERENCE**

Join us for a transformative gathering at the intersection of Ayurveda and Integrative Medicine, hosted online this year. This conference brings together Ayurvedic practitioners, integrative medicine providers, herbalists, researchers, scholars, and yoga therapists to explore the evolving role of Ayurveda in modern healthcare.

For three days, attendees will engage in dynamic panel discussions and interactive breakout sessions covering topics such as clinical outcomes in integrative Ayurvedic medicine, emerging research, and how Ayurveda professionals and scholars can be ready to meet the moment in an ever-changing healthcare and wellness landscape.

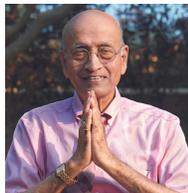
Whether you're a seasoned clinician, a wellness advocate, or a yoga teacher looking to deepen your knowledge, this conference offers a space to

connect, learn, and shape the future of holistic health.

## CONFERENCE SCHEDULE

TIME	FRIDAY May 1	SATURDAY May 2	SUNDAY May 3
5:30-6:30 PST 8:30-9:30 EST	YOGA 1 Resilient Spine with John Kepner	YOGA 3 Elemental Vinyasa Flow with Kirsten Ahem	YOGA 5: Relax, Release, Reset with Robin Lorenz
6:30-7 PST 9:30-10 EST	Break	Break	Break
7- 8 PST 10-11 EST	6:45- 8:15 am PST/ 9:45-11:15 am EST <b>Opening Ceremony</b> with mantra, NAMA president's welcome, AYUSH ministry, consulate general. <i>MC- Rucha</i>	morning mantra, <b>NAMA Spotlight:</b> committee co-chairs present 1 slide to showcase highlights of committee work <i>MC- Sushma</i>	<b>NAMA &amp; Future of Ayurveda</b> Pre-conference Roundtable Highlights <i>MC- Heather Grzych</i>
8- 8:15 PST 11-11:15 EST	Break	Break	Break
8:15-8:30 PST 11:15-11:30 EST	Break	Yoga Nidra Mindfulness Break with Manjul Mishra	Marma Mindfulness Break: Multi-sensory marma with Kris Quinones
8:30-10 PST 11:30-1 EST	<b>Integrative Panel 1A:</b> Beyond Diets for Gut Health & Obesity <i>Moderator- Dhanada</i>	<b>Integrative Panel 3A:</b> Integrative Oncology for Resilience & Recovery <i>Moderator- Sushma</i>	8:30-9 PST/ 11:30-12 EST <b>Ayurvedic Author Spotlight</b> <i>MC- Rucha</i>
8:30-10 PST 11:30-1 EST	<b>Integrative Panel 1B:</b> Strategies for Autoimmune Disorders <i>Moderator- Beena</i>	<b>Integrative Panel 3B:</b> Moving Beyond Chronic Pain <i>Moderator- Anu</i>	9-10 PST/ 12-1 EST <b>Closing Ceremony</b> NAMA president address. <i>MC- Rucha</i>
10-11 PST 1-2 EST	LUNCH break	LUNCH break	LUNCH break
11-12:30 PST 2-3:30 EST	<b>Integrative Panel 2A:</b> Restoring Mental Balance for Anxiety <i>Moderator- Heather G</i>	<b>Integrative Panel 4A:</b> Mind Over Menopause <i>Moderator- Manjusha</i>	<b>Post-conference Practicums:</b> 5A Business Strategy & the Future of Ayurveda- Designing Your Practice <i>Introduced by Anisha</i>
11-12:30 PST 2-3:30 EST	<b>Integrative Panel 2B:</b> Healing Trauma & Addiction <i>Moderator- Anisha</i>	<b>Integrative Panel 4B:</b> Growing Minds: Pediatrics & ADHD <i>Moderator- Heather B</i>	5B Yoga Therapy & the Future of Ayurveda- Expanding Clinical Tools <i>Introduced by John Kepner</i>
12:30-1 PST 3:30-4 EST	Break	Break	Sunday Break 12:30-12:45 PST, 3:30-3:45 EST
12:45-1 PST 3:30-3:45 EST	Marma Mindfulness Break: A Taste of Marma with Julie Dunlop	Marma Mindfulness Break: Marma for vata-anulomana with Maddison Madden	<b>Post-conference Practicums:</b> 12:45-2 PST, 3:45-5 EST 6A Research & the Future of Ayurveda- An Ayurvedic Case Study Hackathon <i>Introduced by Heather G</i>
1-2 PST 4-5 EST	<b>Keynote Speaker 1:</b> Dr.Vasant Lad Integrating Ayurveda with Modern Medicine <i>Introduced by- Anisha</i>	<b>Keynote Speaker 2:</b> Dr Mimi Guarneri Planetary Health: Creating Resiliency for People & Planet <i>Introduced by- Anu</i>	6B Setting up an Integrative Ayurvedic Herbal Apothecary <i>Introduced by Heather B</i>
2- 2:30 PST 5-5:30 EST	Break	Break	
2:30-3:30 PST 5:30-6:30 EST	YOGA 2: Raising Kundalini with Doug Hayward	YOGA 4: Tantra Kundalini Fusion with Olga Titkova	
4-5 PST 7-9 EST		Saturday FREE Kirtan with Nina Rao & musicians	

## KEYNOTE SPEAKERS



DR. VASANT LAD



DR. MIMI GUARNERI

## **INTEGRATIVE PANELS**

To deepen dialogue and spark cross-disciplinary insight, our multi-speaker integrative panels are designed to align with the conference theme of integrative medicine. We will showcase the range of Ayurvedic talent from vaidyas, to practitioners and health counselors, to those who specialize as ayurvedic herbalists, panchakarma specialists, and nutritionists. Including the Vedic sister sciences, panels will also feature yoga therapists and jyotish and vastu practitioners. Our integrative medicine practitioners with an ayurvedic background will include medical doctors, naturopaths, nurses, physical therapists, massage therapists, and researchers.

These integrative medicine panels will bring these diverse practitioners together to showcase dynamic, real-time conversations of how Ayurveda can be integrated with other modalities to enhance clinical results for specific case studies and medical diagnoses. Panelists will share their expertise while engaging in rich dialogue with peers, focusing on evidence-informed outcomes, practical integration with various modalities, research developments, and whole-person care strategies from multiple vantage points. These collaborative discussions highlight how Ayurveda integrates seamlessly into modern medical care. Join us for this exciting conference featuring integrative medical panels and learn from the experts on their interdisciplinary perspectives.

Panel topics include:

**INTEGRATIVE PANEL 1A: BEYOND  
DIETS FOR GUT HEALTH & OBESITY**

**STRATEGIES FOR AUTOIMMUNE  
DISORDERS**

**RESTORING MENTAL BALANCE FOR  
ANXIETY**

HEALING TRAUMA & ADDICTION

INTEGRATIVE ONCOLOGY FOR  
RESILIENCE & RECOVERY

MOVING BEYOND CHRONIC PAIN

MIND OVER MENOPAUSE

GROWING MINDS: ADHD & KIDS

## **PRE-CONFERENCE FUTURE OF AYURVEDA ROUNDTABLES**

Many in the Ayurvedic profession share a growing sense of urgency around establishing greater recognition and advancing the growth of Ayurveda in the United States. With shifts occurring in the broader healthcare landscape, many believe the time is ripe to take strategic steps towards gaining more legitimacy whether it is through creating a path for licensing or other pathways to move the profession forward. Building on the landmark inaugural roundtable at the 2025 NAMA conference, we will be continuing these discussions with strategic facilitators, expert guests, and engaging with our membership in 3 distinct roundtables on the future of ayurveda.

Each roundtable will discuss challenges in a particular area and what steps may be needed to move Ayurveda forward in a unified and sustainable direction whether it is through advancing clinically, through education, or through visibility in the community with public marketing and branding. These roundtables are open to all conference attendees and general NAMA membership who are invited to listen, learn, and ask questions throughout the facilitated discussion. Through a mix of presentations from expert guests, survey insights from membership, facilitated dialogue, and targeted questions, participants will examine the challenges and opportunities for each roundtable's theme.

Attendees can sign up for 1 roundtable only and have the option to purchase recordings of the other 2 roundtable sessions.

ROUNDTABLE 1- FUTURE OF  
AYURVEDA: ADVANCING CLINICALLY

ROUNDTABLE 2- FUTURE OF  
AYURVEDA: ADVANCING THROUGH  
EDUCATION

ROUNDTABLE 3- FUTURE OF  
AYURVEDA: ADVANCING THROUGH  
VISIBILITY

### **POST-CONFERENCE PRACTICUMS**

The 2026 NAMA Conference Post-conference Practicum will take place on Sunday, May 3, 2026, in the afternoon. This 3-hour post-conference workshop is open to conference participants to attend for continued learning on a specialized topic. More information on topics will be available soon.

BUSINESS STRATEGY AND THE  
FUTURE OF AYURVEDA- DESIGNING  
YOUR PRACTICE

YOGA THERAPY AND THE FUTURE OF  
AYURVEDA- EXPANDING CLINICAL  
TOOLS

# RESEARCH AND THE FUTURE OF AYURVEDA- AN AYURVEDIC CASE STUDY HACKATHON

## SETTING UP AN INTEGRATIVE AYURVEDIC HERBAL APOTHECARY

### **WELLNESS OFFERINGS**

The 2026 NAMA conference will showcase yoga sessions and wellness mini sessions for all to participate in and enjoy.

### **YOGA SESSIONS**

Conference participants will begin their day with a refreshing 1-hour morning yoga class on Saturday, May 2 and Sunday, May 3, 2026 led by guides experienced in the Ayurvedic approach to yoga asana, yogic breathing, and meditation.

### **WELLNESS MINI-SESSIONS - NEW!**

During the 2026 NAMA Conference, participants will be able to experience short wellness sessions facilitated by an expert guide for mindful movement, yogic breathing, tai chi/qi gong, or marma therapy.

### **SPONSORSHIP OPPORTUNITIES**

Exciting opportunities abound for sponsors who want to share their vision

with our conference attendees! The 2026 Sponsor and Exhibitor Prospectus is available for viewing.

**BECOME A SPONSOR TODAY! VIEW PROSPECTUS  
([HTTPS://AYURVEDA.MEMBERCLICKS.NET/2026-  
NAMA-SPONSORSHIP-APPLICATION-EDITED-  
MARKETING-  
PROSPECTUS.PDF](https://ayurveda.memberclicks.net/2026-nama-sponsorship-application-edited-marketing-prospectus.pdf))**

*Questions? Email [conference@ayurvedanama.org](mailto:conference@ayurvedanama.org)*

## **REGISTRATION - EARLY REGISTRATION NOW OPEN**

**Register before February 28th to receive a discount on the full-conference pass for all four days.**

	Early Registration	Regular Registration
NAMA Student members*	\$250	\$295
NAMA members*	\$350	\$395
Non-members	\$450	\$495

**REGISTER HERE  
([HTTPS://AYURVEDA.MEMBERCLICKS.NET/2026-  
CONFERENCE-REG](https://ayurveda.memberclicks.net/2026-conference-reg))**

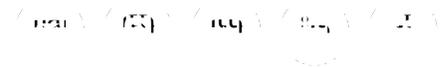
## **QUESTIONS**

Contact NAMA with questions: [conference@ayurvedanama.com](mailto:conference@ayurvedanama.com)  
(<mailto:conference@ayurvedanama.com?>)

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Office Hours: Monday - Friday, 9:00 AM EDT to 5:00 PM EDT.

The office is closed during holidays.

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