

7th

ASIA PACIFIC YOGA THERAPY ASSOCIATION

3rd-4th

*August 2024
in Mongolia*

Location: Ulaanbaatar

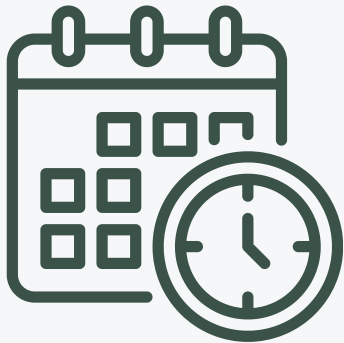
Venue: Mail Hall - Brain and Mind
Research Institute of Mongolian
Academy of Sciences

www.asianyogatherapy.com

3rd

**EIYTA YOGA
THERAPY
CONFERENCE**

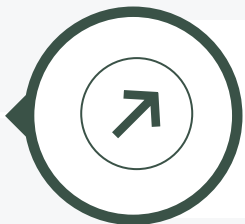




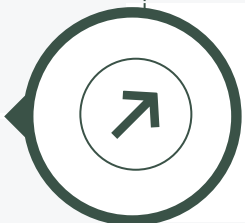
Overall Schedule

7th APYTA Yoga Therapy conference (Lecture) /Gala dinner

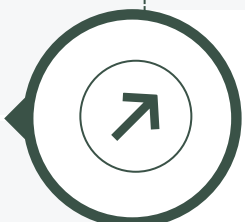
Opening Ceremony August 3rd (09:00 ~ 09:15)



[Opening Statement] **Keishin Kimura**
President, Japan Yoga Therapy Society



Opening Remarks **Dr. Nagendra**
(online participation)
President, sVYASA University, India



Congratulatory Address
H.E. **Mr. Atul Malhari Gotsurve**
Ambassador of India to Mongolia





→ LECTURE PART 1

"Scientific research into the impact of yoga on sleep and stress."

August 3rd



Dr. Keishin Kimura (The impact of yoga on sleep and stress)



Dr. Takakazu Oka (Psychosomatic Medicine and yoga)



Dr. Manjunath (Application to Neurodegenerative disorders)

Dr. Kimura and Q&A (09:30~10:15)

Dr. Oka (Online Video)(10:20~11:05)

Dr. Manjunath and Q&A(11:10~11:55)





→ LECTURE PART 2

August 3rd



Dr. Battuvshin Lukhagvaslen (Effects of Yoga Therapy on Mental Health)



Dr. Tsengelmaa tserendorj (A study on quality of life of patients who practiced yoga and meditation after specific cancer treatments)



Dr. Tsetsegee Jadamba (Yoga Therapy for Patients with Chronic Constipation)



Ms. Mandakhai Lkhagva-Ochir (Yoga Therapy for Scoliosis)

Dr. Battuvshin (BMRI) and Q&A (13:00~13:45)

Dr. Tsengelmaa Tserendorj(MYF) and Q&A (13:50~14:35)

Dr. Tsetsegee Jadamba(MYF) and Q&A (14:40~15:25)

Ms. Mandakhai Lkhagva-Ochir, (MYF) and Q&A (15:30~16:15)



7th APYTA Yoga Therapy conference 2nd Day / Closing ceremony

Practices & Discussion 1
August 4th (09:30~10:20)

Crystal Hall

Asthma
Mr. Manoj Thakur
Vyasa Yoga Singapore



Diamond Hall

Dr. Keishin Kimura
President, Japan Yoga Therapy Society
WHO Yoga Teaching Standards and
Assessment (Diagnosis) and Teaching
(Treatment) Theories



Topaz Hall

Recovery from Depression and PMS with
Yoga Therapy
Yukiko Kezuka, Yoga Therapist
Japan Association of Yoga Therapy





7th APYTA Yoga Therapy conference 2nd Day / Closing ceremony

Practices & Discussion 2
August 4th (10:40~11:30)

Crystal Hall

Preparation for Sleep
Tracey Connell, Yoga Therapist
Japan Association of Yoga Therapy



Diamond Hall

Dr. Keishin Kimura
President, Japan Yoga Therapy Society
WHO Yoga Teaching Standards and
Assessment (Diagnosis) and Teaching
(Treatment) Theories



Topaz Hall

Report on teaching yoga therapy for
myopia correction in elementary schools
Ms. Ding, Lingyan (Sofia) Yoga Therapist
Chinese Yoga Therapy Association





7th APYTA Yoga Therapy conference 2nd Day / Closing ceremony

Practices & Discussion 3
August 4th (13:30~14:20)

Crystal Hall

Depression and Anxiety
Ms. He yi (Nancy) Yoga Therapist
Chinese Yoga Therapy Association



Diamond Hall

Dr. Keishin Kimura
President, Japan Yoga Therapy Society
WHO Yoga Teaching Standards and
Assessment (Diagnosis) and Teaching
(Treatment) Theories



Topaz Hall

Sleep Yoga Therapy based on Satyananda
Yoga Nidra for treatment of insomnia
Professor **Mija Kwak**, Department of Yoga,
Chunghae University of Health Sciences





7th APYTA Yoga Therapy conference 2nd Day / Closing ceremony

Practices & Discussion 4
August 4th (14:40~15:30)

Crystal Hall

Yoga Therapy for Sports Injury Rehabilitation
Dr. Manjunath
sVYASA University



Diamond Hall

Yoga Therapy for women with Mild to
Moderate Depression
Ms. Yan jierui (Geri) Yoga Therapist
Chinese Yoga Therapy Association



Topaz Hall

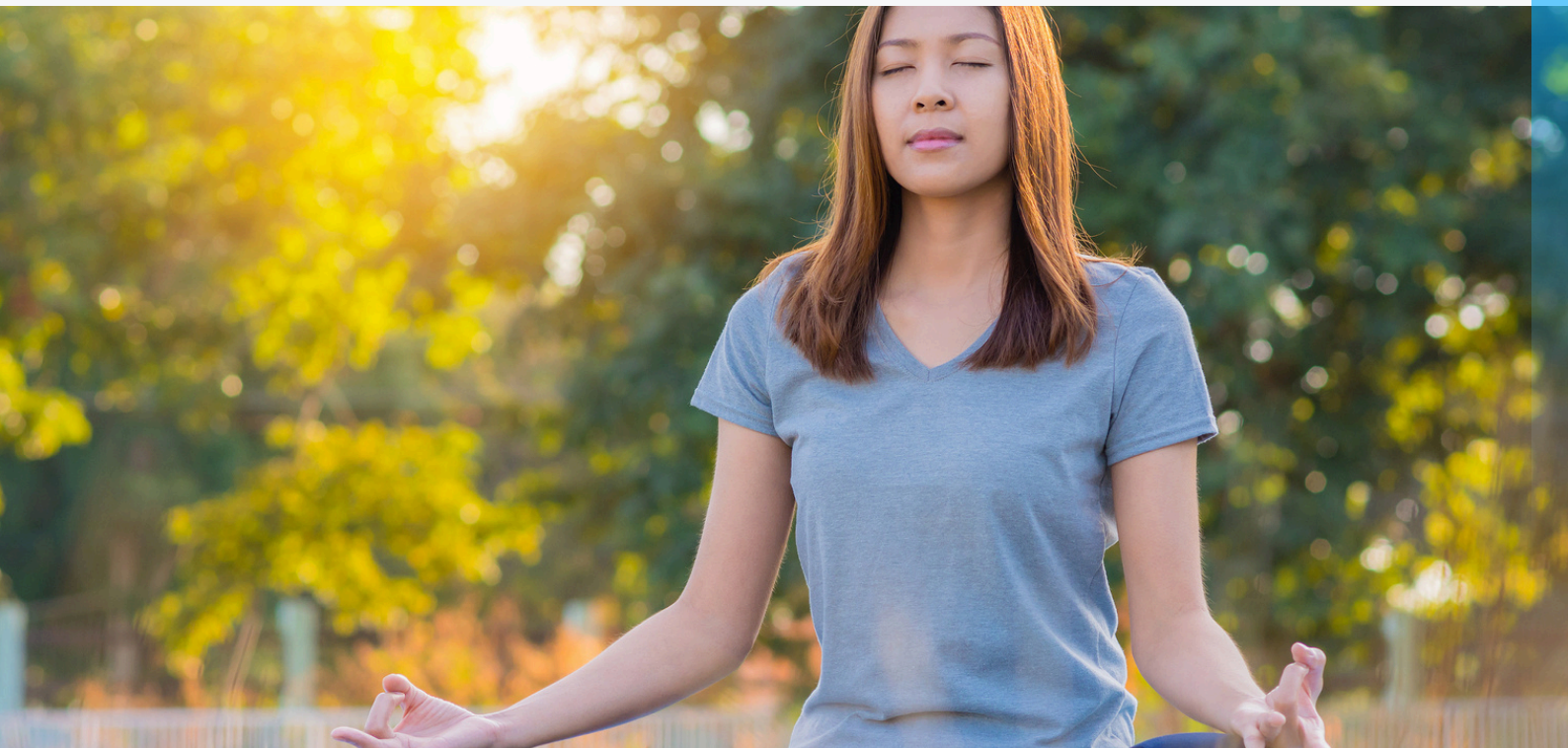
Disaster and Yoga Therapy
Miyako Sato Yoga Therapist
Japan Association of Yoga Therapy





STAY IN TOUCH WITH US!

ASIA PACIFIC YOGA THERAPY ASSOCIATION



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