

International Conference and Expo on Novel Physiotherapies

August 17-19, 2015 Chicago, Illinois, USA



Maruti Ram Gudavalli

Palmer Center for Chiropractic Research, USA

Yoga for wellness

This workshop will focus on the ancient tradition of yoga and receiving lot of attention all over the world for scientific investigation as well as promotion of wellness in the public. This workshop will focus on summary of latest research using yoga as a self-care complementary and integrative approach for overall wellness. This will be followed by demonstration of yoga exercises for all body joints, face, breathing exercises, chair based exercises for seniors, yoga relaxation, meditation, and hand mudras/gestures for healing.

This workshop will focus on the status of research as well as practical demonstrations. Participants should wear a loose comfortable clothing.

Biography

Maruti Ram Gudavalli has completed his PhD at University of Cincinnati in 1989 and has been doing research on low back pain and neck pain. He is currently employed as an Associate Professor and Director of Biomechanics Core at Palmer Center for Chiropractic Research. He has received research funding from federal government agencies such as National Institutes of Health, Department of Defense, Health Resources and Services Administration. He acted as roles of principal investigator, co-leader as well as co-investigator on developmental Center grants and received funding in these roles on grants totaling more than \$10M over the years. He has published more than 25 papers in reputed journals and has been serving as an Editorial Board Member on evidence based complementary and alternative medicine journal. He has lectured all over the world on his research related to low back and neck pain.

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