

Ayurveda in the West: Integrating Ancient Wisdom with Modern Science



Alma Mater's Conference

Date: 7 March 2025 | Time: 10:00 AM – 5:00 PM

Venue: Auditorium, Slovenska 17, Maribor

Morning Session (10:00 AM – 12:30 PM)

Topic	Speaker	Country
Introduction	Tomaž Klojčnik	Slovenia
Ayurvedic Education at Alma Mater University	Doc. Dr. Gordana Marković	Serbia
An Introduction to Ayurveda: Understanding the Doshas	Rachel Robinson	Switzerland/Ireland
Šest stopenj boleznj po Ayurvedi	Maja Brodnik	Slovenia
Agni - The Digestive Fire Governing Metabolic Processes	Dr. Florise Lambrechtsen	Netherlands
Ayurvedic Diet	Mag. Ph. Svetlana Simić Delibašić	Serbia
Daily Routine	Polona Štrucl	Slovenia
Detoxification Treatments in Ayurveda: From Hot Water to PK	Olna Imola Trepszker	Austria/Hungary

Afternoon Session (1:30 PM – 5:00 PM)

Topic	Speaker	Country
Marma Therapy	Aleksandra Kuštrin Berkopec	Slovenia
Aromatherapy – General Principles	Dr. Petra Diaci	Slovenia
Aromatherapy for Hormonal Balance	Eva Bouzas-Ros	Spain
Ayurvedic Approach to Mental Health – Stress, Mild Anxiety & Depression	Dr. Elena Ros Rosillo	UK/Spain
Immune Disorders from the Ayurvedic Perspective	Dr. Katalin Molnar	Hungary
An Ayurvedic Lens on Female Gynecological Health	Deirdre Flood	Ireland/UK
The healing power of Ayurvedic spices	Tina Rupnik Pejić	Slovenia
Ayurvedic Wisdom for Navigating Grief: Practical Tools for Emotional, Mental, and Physical Healing	Sabine Horner	UK/Austria
The Role of Consciousness in Maharishi Ayurveda	Dr. Sarah Sedano Balbas, PhD	Ireland/Spain

Maribor, 28 February 2025