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AT
THE
HEART
OF YOGA

YOGA SUMMIT 2025

Yoga in the Age of Overload

Amarjeet S Bhamra is a leading advocate for bringing ancient Indian healing wisdom into modern healthcare policy. With more than 50 years' experience bridging traditional sciences and contemporary medicine, he serves as Senior Policy Advisor to the All-Party Parliamentary Group on Indian Traditional Sciences.

Amarjeet provides strategic guidance on integrative healthcare to senior Government officials, developing evidence-based recommendations that have shaped policy reform.

His influence is global, having addressed parliaments from Westminster to Prague, and international forums from New Delhi to Rio de Janeiro.



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He is the author of *Indian Head Massage: A Practical Approach*, a respected text in the field, and the conference report: *The UK's First Ayurveda and Integrative Healthcare Summit*, which highlights the growing role of traditional systems in contemporary healthcare.

His mission is clear: to ensure that traditional practices such as Ayurveda, yoga and meditation are recognised as valuable partners to conventional medicine, enriching public health and contributing to sustainable change.