

Dear Friends:

Now the holiday season is upon us! Ayurveda gives us the tools to get through the food, family and travel experiences in personal balance. Join us for the upcoming study group in Ayurveda to help support your healthy outcomes for now and the future. Please forward these notices to those whom you feel will benefit, and take full advantage.

DECEMBER 1, 2006-JANUARY 19, 2007.

Bring a friend or family member to join with our AYURVEDA STUDY GROUP SERIES, a Friday evening discussion in Los Gatos, CA of topics to support your Ayurvedic lifestyle. Print the attached flier for posting in your area and/or forward it to your network in need of this fundamental, life-changing information. For more details or to register, please call 408-378-2880.

MARCH 30-APRIL 1, 2007.

A special program with Vaidya Vasant D. Lad, B.A.M.Sc., and Jyotish Pravin Jani, Ji at the Santa Madre Center in Felton, CA will bring together two luminaries in Vedic sciences. This extraordinary event will explore the relationships between Ayurveda and Jyotish, two sister sciences dedicated to the understanding, health and happiness of the individual, family and country. Register online at www.santamadrecenter.org. or call me at 408-378-2880.

MAY18-20, 2007

Vaidya Vasant D. LAD will grace Vancouver, B.C. with his spiritual presence and inimitable knowledge of Ayurveda, the Science of All of Life. This event will bring people from far and wide, so register early to ensure your seating. Friday evening's program is a fund-raising event in support of the Ganesha Ayurveda Ashram being built in Maharashtra, India to serve local and international populations and to provide students Ayurvedic clinical education and experience. Saturday and Sunday's program is devoted to exploring Ayurveda and its relevance in the 21st Century for individual and global health. Flier attached or download from www.ayurveda-seminars.com.

This time of thanksgiving, seasonal change and new beginnings brings us all closer together to see ourselves in the mirror of relationships with others. May the mirror of your experiences reflect your true inner value and light, both to yourselves and others. May all beings be happy! All best wishes, sincerely,

Jaisri