

February 14, 2007.

Dear Friends:

Happy St. Valentine's Day! May love prevail, now and all days!

If you feel these upcoming events will be of interest to your network, please pass on the fliers, links and information.

**FEBRUARY 16, 2007 SEATTLE, WA**  
**SPIRITUAL HEALING PUJA with Dr. Vasant Lad**

Everyone benefits from understanding techniques of spiritual healing and using them with their clients and themselves on their journey towards wellness. Come and learn with Dr. Lad as he shares about spiritual practices, Mantras, Vastu Shastra, Yantras and the role of ceremony in healing. Concluding the evening, he will conduct a Puja ceremony for the healing for those present, the planet and all beings. For those who have never had the opportunity to be with Dr. Lad, it is a rare and transformational experience to be with someone who is completely present and radiates such love and compassion. Location: SAMADHI YOGA, 1205 E. Pike St., Seattle, WA. 98122, from 7:30pm-9:30pm. Admission at the door: \$20 (cash or check). For more information, call Sarah or Kael at (206) 547-1330 or visit the Life in Balance Ayurveda Rejuvenation Center website at [www.ayurvedaseattle.com](http://www.ayurvedaseattle.com).

Also, Dr. Lad will be presenting a weekend seminar at Bastyr University Feb. 17-18, called 'Healing Psychological Trauma.' He will be sharing his wealth of knowledge on the mind and how we store psychological trauma. Dr. Lad will convey how to heal through spiritual, meditative and breathing practices. For more information or to register, go to: [www.bastyr.edu/continuinged](http://www.bastyr.edu/continuinged). This will be a special preview for Dr. Lad's May 18-20<sup>th</sup> weekend Ayurveda event in Vancouver, B.C., "Ayurveda in the 21<sup>st</sup> Century". Dr. Vasant Lad is considered by many to be the foremost Ayurvedic teacher and practitioner of our time.

**MARCH 2-3, 2007 VANCOUVER, BC**  
**15<sup>th</sup> Annual WOMEN'S SPIRITUALITY CELEBRATION** at the University of British Columbia School of Theology offers a special treat to learn with the delightful healer, group leader and teacher, RAYWYN M. ERICKSON, R.Sc.P., who is celebrating over 15 years of sharing her amazing gifts of guiding others through the maze of life, and her wonderful program assistant DEBRA TAYLOR, coach, Reiki Master and author of "Money On The Line". This dynamic duo will present "NETWEAVING", a mentorship approach for creating sacred relationships, golden threads of success and for realizing your dreams! Life can change in a moment, as Raywyn and Debra have discovered in their journey of self-healing and mentoring women for success. For further information or to register, go to the W.S.C. e-mail at: [ingrose@hotmail.com](mailto:ingrose@hotmail.com), or call Raywyn at 604-581-4515.

MARCH 2-4, 2007 VANCOUVER, BC  
VANCOUVER WELLNESS SHOW

The Inner Peace Community and Neelam Toprani are hosting an Ayurveda presence at this corporate wellness event at Canada Place for the first time. Please be sure to come by Booth #1007B and meet "Sewanti", a Canadian Ayurvedic product line becoming an 'overnight' success (yes, after and careful long research and development!).

You will also meet expert speakers and practitioners including author Todd Caldecott, Dr. Sulochana, Dr. Mandeep Singh and others including myself. Bravo Neelam, for bringing us together in this wonderful offering! For further information, go to: [neelam@sewanti.com](mailto:neelam@sewanti.com) or call 604-323-1198 and we will look forward to meeting with you at the show!

MARCH 16-17, 2007 LOS ANGELES, CA  
"AYURVEDA, THE WORLD'S OLDEST HOLISTIC HEALTH CARE SCIENCE"

This will be my first class at LOYOLA MARYMOUNT UNIVERSITY, renowned for its scholarly approach to the history of religion and the unity of one humanity, expressed through many spiritual traditions. Click [here](#) to view and print the flier. This life-changing class offers an in-depth introduction to Ayurvedic medicine, the world's oldest continuously practiced holistic health care system.

With strong local interest, LMU may well feel inclined to offer more courses in Ayurveda, so please encourage enrolment for those whom you feel will benefit. Please print the attached [flier](#) for posting in your L.A. neighborhood and forwarding to your network in the L.A. area. You can register online at: [www.lmu.edu/extension/religion](http://www.lmu.edu/extension/religion) or for more information call the Center for Religion and Spirituality at 310-338-2799.

MAY 18-20, 2007 VANCOUVER, BC

"AYURVEDA FOR THE 21<sup>st</sup> CENTURY" Dr. Vasant Lad at long last will visit Vancouver to speak on how ancient and modern medicine merge together. Dr. Lad is considered by many to be the foremost Ayurvedic teacher and physician today, continuously teaching for nearly forty years on the unity of the individual and the whole. All levels of interest in Ayurveda will be satisfied in this weekend celebration of the 'mother of all holistic modalities'. This will be a wonderful opportunity for Canada to experience a speaker of this level of knowledge and expertise.

Friday evening: Includes a sumptuous Ayurvedic dinner (please arrive by 6pm), presentation by Dr. Lad on the Sri Ganesha Ashram Ayurveda Center in Pune, Maharashtra, and an unforgettable performance (T.B.A.) Proceeds will go toward construction of Dr. Lad's long-time dream of an Ayurveda Center for easterners and westerners in India.

Saturday and Sunday: Saturday 10am-6pm. Please be seated at 10am for the opening prayers. Dr. Lad will speak until 1pm when lunch (included) will be served. Afternoon class will begin at 3pm-6pm. Sunday 10am-1pm: morning class will be followed by lunch (included). This will be a golden opportunity for our Ayurveda community to come together in celebration of our beloved science, in the presence of Dr. Lad.

Please forward this opportunity to those whom you feel will benefit. The pre-payment discount deadline is March 1<sup>st</sup>. Click [here](#) to download the flier to print and post in your area. Register online at [www.ayurveda-seminars.com](http://www.ayurveda-seminars.com). Discounted rooms will be available at the DAYS INN, located at 2075 Kingsway across the street from our venue, the Royale Banquet Hall, for those registered in the Dr. Lad Ayurveda weekend seminar. Call 604-876-5531 or email to: [info@daysinnvancouvermetro.com](mailto:info@daysinnvancouvermetro.com).

Summer School 2007 WHISTLER, BC

"IMMERSION IN AYURVEDA" with Jaisri M. Lambert and guest presenters. Join us for a residential immersion program including yoga, Ayurvedic breakfasts and potluck lunches, daily classes, practicums and much, much more. Week I will focus on Ayurvedic anatomy and lifestyle topics. Week II will be a clinical immersion in case histories with commentaries. This unique building-block program is designed for maximum exposure to Ayurvedic experience here in B.C., before Whistler goes Olympic. A great getaway! Bring a friend whom you feel will benefit. For further details and registration, please call Colleen Fraser at 604-905-0771.

OCTOBER 18-21, 2007 ALBUQUERQUE, NM

The 7th Annual NATIONAL AYURVEDIC MEDICAL ASSOCIATION professional development conference will focus on "Ayurveda in Practice". Put this event on your calendar now and be sure to attend the year's richest gathering of Ayurvedists outside India. Participants will choose from about 20 outstanding topic presenters and numerous expert research paper presenters. For further information and registration, please go to [www.ayurveda.com](http://www.ayurveda.com) or call Sonja at 505-291-9698.

I'm sending all best wishes to you for health and happiness. Sincerely,

Jaisri