

Summer 2013 Ayurveda Seminars & Consulting Newsletter

Event Reminders, Panchakarma News, Community Announcements, Market Survey

Greetings:

The Vancouver Institute of Holistic Nutrition



**Presents the third annual summer intensive P.C.T.I.A. approved
Continuing Education certificate course**

Ayurveda Studies Program 2013 (70hrs.)

Instructor:

**Jaisri Lambert, Ayurveda Practitioner and Consultant
of 30+ years experience.**

- *Do you wish to enhance your professional health care provider skills?
- *Do you need to deeply understand and focus on your self-healing?

Please join us to participate in this unique life-changing professional development program.
We will focus on the following sub-topics of Ayurveda:

- *Shad darshan- philosophies and cosmology
- *Gunas- qualities
- *Srotamsi- channel systems
- *Mahabhutas- five great constructing elements
- *Pranam (nutrition, assimilation)
- *Dosha (vata, pitta, kapha)
- *Shad rasa- 6 tastes and bio-chemistry of nutrition according to Ayurveda
- *Sub-doshas- 15
- *Samprapti- pathogenesis
- *Manas- rajas, satva, tamas (psychology and modes of thinking)
- *Dinacharya- daily routine
- *Prakruti/Vikruti paradigm
- *Home remedies- common herb and spices & their properties
- *Dhatu- physiology according to Ayurveda
- *Marma- touch therapy
- *Case study practice

Investment: \$1370 + HST

Date: August 6-30, 2013. Weekdays: 9am-12:45pm
Graduation Ceremony: Aug 30th 11am-12:45pm

Registration Deadline: July 31, 2013

PLEASE NOTE: Space is Limited – Please Register Early!

Location: The Institute of Holistic Nutrition
#300-604 West Broadway, Vancouver, BC. V5Z 1G1

To register, please call 604.558.4000 or e-mail vancouver@instituteofholisticnutrition.com
For more information about Ayurveda and Jaisri, please visit: www.ayurveda-seminars.com



News from Danit Eliav, author of the wonderful book 'Spice Blends Cooking'

Danit Eliav is one of my students from the Ayurvedic Institute who returned to her home in Israel following her graduation. She took her valuable knowledge of Ayurveda back home and wrote a very useful, clear book called 'Spice Blends Cooking'. Danit recently took the step to convert her book to an e-book, while creating an additional version for vegetarians! She has also built her own new website and a beautiful FaceBook page, which she has committed to maintain with valuable information.

She writes, "To promote this new venture I need your help to spread the word. I have created a book sample that can be downloaded for free at: www.spiceblendscooking.com, which you can share with your friends and family. "I don't yet have many friends on my FB page and my goal is to have at least 1,000 by the end of this month, so please "LIKE" my page and spread the word around as well. Wiith your help, I hope to get as much exposure as possible, so many people will be able to enjoy and benefit from the book."

Check it out – you'll be glad you did! Go to:
<https://www.facebook.com/SpiceBlendsCooking>.

News from Van Clayton Powel, author of "You're Not What You Eat."

My new book is much fun and much work. I found a cool way to blend Ayurveda's profound principles of digestion with western medicine for the masses. You can check out what I'm up to with the links below:

Website: YouAreNOTWhatYouEat.com
Facebook: [facebook.com/YouAreNOTWhatYouEat](https://www.facebook.com/YouAreNOTWhatYouEat)

"There's a 25-foot hollow tube inside you that has its own brain and contains almost 70% of your immune system. And if it's not working properly, you're in serious trouble."

Van Clayton Powel
604.932.0621
vcpowel@gmail.com

News from Sudha Madhuri Devi Biography

Sudha Maduri Devi is a highly qualified international expert in contemporary healing methods, who has been_dedicated to her own healing journey for over 20 years. Her lifelong commitment is to share unique gifts from her personal journey and support individuals through their self-healing and transformational process. She practices in Integrative Energy Therapies, specializing in special needs children and sincere seekers in self-healing. She is experienced in Rebirthing, Pranic Healing and Yoga Therapy.

Magi Healing Course in Richmond, B.C. -

Call for class date: September, 12th, 2013 5:30pm-7:30pm

Join Sudha for an introductory course exploring the conflict resolution process according to The MAGI healing. This unique course utilizes the MAGI body-centered process for resolving conflict, illuminating difficult situations and accessing wholeness. Through a set of 4 classes of 2-day workshops, you will form a conceptual framework and discover practical guidelines right from the first session. Anyone who wishes to heal and grow is welcome. Investment is: \$40

Jin Shin Jyutsu Workshop in Richmond, B.C., August 3rd and 10th, 2013 10am-2pm

This two-day workshop explores how to harness the secrets of this very powerful oriental art. Learn a series of simple yet powerful flows and a sequence of steps to open up your creative energy channels. These simple techniques will enhance your energy levels and heighten joy, happiness, abundance, improve complexion, skin and body tone, enhance digestion and weight loss, all while reducing anxiety and stress. Investment: \$300

For more information and to register for these unique events, please contact Sudha at the ShivShakti Healing Cosultancy: 604-307-4283 in Richmond, B.C. or online at www.vancouverhealing.com.

PANCHAKARMA SUMMER OPTIONS WITH JAISRI

This summer's panchakarma only remaining openings are for 3-day programs on the following remaining dates:

June 23-25
June 30-July 2
Sept. 1-3

Reserve now to ensure your spot, as I only take one person at a time for PK.

For more information and to book your pre-PK consultation appointment, please call Jaisri at 604-290-8201.

MARKET SURVEY FOR TURIYA THERAPY SEMINARS in Sept. 2013
PLEASE RESPOND!

You may know that I've specialized in Marma Chikitsa (trigger point healing) since 1983. Now, I feel ready to share the depth and power of this knowledge and am considering offering an intensive Level II Turiya Therapy in September, 2013. The dates would be:

Sept. 6-8 The General Session
Sept. 13-15 Vata Balancing Protocols
Sept. 20-22 Pitta Balancing Protocols
Sept. 27-27 Kapha Balancing Protocols

Times would be: Fri. 6-9pm, Sat. 10-6pm and Sun. 10-6pm.

The curriculum is designed as a building-block format.

How do you feel?

Investment would be \$1200 Cdn. if paid by Aug. 22nd or \$1600 thereafter.
This survey is to request your feedback on:

A. Personal Interest:

1. Yes, I'm interested to enhance my clinical knowledge and range with this specialized content.
2. Yes, I'm eager to understand and actualize my self-healing through knowledge of ancient Ayurvedic touch therapy.
3. Yes, I plan to integrate this knowledge into my health and healing professional skills and offer Turiya Therapy sessions in my practice.
4. Yes, I've wanted to study with Jaisri for some time.
5. No, this program holds no value for me at present.

B. Timing and Dates:

1. Yes, the weekend schedule is convenient for my lifestyle.
2. Yes, the intensive format satisfies my scheduling and learning needs.
3. Yes, I've long awaited the opportunity to learn this content from Jaisri and want to adjust my plans to attend.
4. Yes, the timing is perfect for me in my life at present.
5. No, I'm interested, but the timing could work better for me.

C. Location:

1. Yes, north Surrey is a convenient location for me to attend.
2. Yes, I'm willing to travel to attend this program
3. Yes, I feel it's well worthwhile to come and study this content.
4. Yes, the location is good for me and I'll need nearby accommodation.
5. No, the location is not convenient for me. I prefer Jaisri travels to my area.

D. Investment:

1. Yes, the investment is so reasonable in today's learning environment.
2. Yes, I know the dividends will come back to me manyfold from this program.
3. Yes, I give a high value to education and learning in my life.
4. Yes, investment in my health and understanding is a top priority for me.
5. No, I would require a payment plan for Ayurvedic education at this time.

Thank you for taking the time to respond to this survey!

You know I love to hear your news! Wishing you very good health and happiness with natural methods,

Sincerely,

Jaisri.

Jaisri M. Lambert

[604-290-8201](tel:604-290-8201) (Can.)

[408-378-2880](tel:408-378-2880) (U.S.)

www.ayurveda-seminars.com