

## December 2015 Ayurveda Seminars and Consulting Newsletter

Dear Friend:

This December newsletter will find you in the midst of the holy days season, winter solstice and auld lang syne. At this time, I'm sending thanks for the gifts of your friendship, support and acknowledgement in Ayurveda. May 2016 bring another increase in her *vidya* (understanding), so she can further serve suffering humanity. Prevention and cure of all suffering is included under the umbrella of Ayurveda, the world's oldest holistic health science, a complete science and art of self-healing. May she continue to bless your life and the lives of your beloveds.

I'm writing this message from the Ayurveda Vaidyagrama in Tamilnadu, an authentic healing village near Coimbatore, practicing according to original scriptures of Ayurveda, intended to provide opportunities for experiencing Ayurveda and holistic healing in your day-to-day living. The vision is already created and evolving! Their statement says it all: "Wellness includes, physical, mental, emotional, spiritual, social and environmental well-being. We believe that when there is a state of balance between the elements there is peace and health all around, both at the individual and cosmic level."

I arrived to such a beautiful vastu-built compound, using natural, local materials with great awareness and sustainability. Solar energy and back-up generator provide all the power needs, so birds abound in these lush grounds, planted with so many organically grown foods, medicinal and flowering plants. I find myself living amidst of a vast botanical garden!

Doctors are attentive to each individual – such a fresh contrast to our Canadian physicians, who begrudgingly provide limited access to laboratory testing and a choice of only pharmaceutical substances as 'healing' options. My intake took nearly two hours! Such a loving, sensitive approach of refinement and awareness! Feels like I've come alive and come to heaven!

I'm learning new life skills such as how to climb into a mosquito-netted bed without disturbing the seal. Only a few mosquitos have been seen since my arrival, however. A couple of small lizards enjoy the tree-trunk-like curtains in my beautiful room. Quickly they remove bugs and are so cute! My first night here I was greeted with a sky full of flashing sheet lightning – but no thunder or rain! Like Diwali, only from above! Truly magical and spiritual. Tadasmi Hum!

### **Panchakarma in India Jan. 10-30, 2016**

Only one 3-week spot remains available open for this trip of a lifetime to this incredible Vaidyagrama in Tamilnadu, India. Join us to experience an 'authentic Ayurveda healing village' and classical panchakarma. If you feel you're the right candidate for this program and have good knowledge of Ayurveda, please do let me know by email: [jaisri@ayurveda-seminars.com](mailto:jaisri@ayurveda-seminars.com). Click [here](#) to view the flier and follow all the links with answers to your questions about this wonderful opportunity. If this program is calling you, now is the time to make your arrangements!

### **Six-week Study of Vata Dosha - Monday evenings with Nathalie Kieller, Jan. 11 - Feb. 15, 2016.**

Are you interested in exploring the practice of the art of self-care? Nathalie is offering her new course over 6 Monday evenings this winter to help you learn the basic philosophy and practice of Ayurveda, the ancient Vedic science of holistic health and sister science to Yoga. You'll learn how to return to optimal health and maintain your body/mind balance. I highly

recommend this course to all who want to improve self-care and make excellent use of each day.

- \*5 elements and 3 doshas, individual constitution, digestion
- \*Cycles of life (seasons, times of day, etc.)
- \*Food as therapy, the 6 tastes in nature
- \*Diet for each season, especially Vata-pacifying for fall and winter
- \**Dinacharya*: benefits of your daily morning cleansing routine: *abhyanga*, oil pulling, etc
- \*Basic asana practise and *pranayama*
- \*5 best herbs for Vata pacification including *triphala*
- \*Benefits of milk, ghee, oils. Options for vegans, too
- \*Many other tips for optimal health during winter season

When & Where: Jan. 11, Jan. 18, Jan. 25, Feb 1, Feb. 8, Feb. 15, 2016, 7-8:30pm, Vancouver, BC

Registration is limited, so please reserve ahead! Tuition for this 6-week course is only \$195! For further information and to register, please contact: Nathalie Kieller, Ayurvedic lifestyle facilitator, meditation and yoga instructor at: [www.natk.ca](http://www.natk.ca) or call 604-360-7272. You'll be so glad you did!

#### **Free Tele-Class with JaiKaur on 'Soul Medicine for Women', Dec. 30, 1pm EST**

JaiKaur has been focusing on women's health and happiness for many years. Through her own life experience and spiritual unfolding, she has become an internationally recognized expert in 'Healing Heart and Soul'. From her personal search for truth, she now feels 'there's nothing a woman cannot heal, change or create'. JaiKaur draws from worldwide women's wisdom traditions and advocates embracing a feminine form of power for contemporary women. Check out her Blog Talk Radio program (where she has created over 150 shows) on Fridays at noon EST:

She says, "I know from my experiences and the many women I've had the privilege of working with over the years, how healing your relationship with your heart and soul changes your life in ways wonderful and magical. It truly is within a woman's power to change the world, once she learns how to engage power and grace from within. Within your soul lie wisdoms and strengths not available through the mind or emotions. These wisdoms are so needed today for meeting the changes and challenges of daily life. Your soul medicine as a woman is vast and victorious, providing guidance and strength. Relationships improve, purpose clarifies and health and happiness strengthen."

Client testimonial: *"I have been working on integrating my spirituality into daily life with JaiKaur as well as for counsel with my marriage. Her shamanistic wisdom, insight and intuition are incredible and her direct, yet gentle way of communicating is a true gift. She has also taught me meditation (not a small task!) and I have had many wonderful Reiki treatments with her as well.... Working with Jaikaur has been a true blessing. I always come away feeling better, understanding myself more, and with tools for moving forward. She has taught me how to be true to myself and how to recognize what needs changing to realize my goals. I truly believe anyone who is fortunate enough to work with JaiKaur will gain more clarity, courage, and conviction they can change their life for the better!"* Barbara

I encourage women to sign up and join in for this unique, empowering event on Wednesday Dec. 30th at 1 pm EST. Pre-registration is required to attend and/or receive the recording. To learn more about JaiKaur and her work with women, please visit: [www.jaikaur.com](http://www.jaikaur.com) or

email her at [jaikaur@jaikaur.com](mailto:jaikaur@jaikaur.com). Check out the link for her radio show at: <http://www.blogtalkradio.com/womensgracegritandgratitude>. She's an amazing healer!

### **Good news! Turiya Therapy in Toronto, ON with Vanessa Bosco**

Good news that Vanessa Bosco, a graduate of last summer's Ayurveda Studies Program (see flier [here](#) for Sept. 2016) and last September's Turiya Therapy(c) 4-weekend program is now offering this amazing, deeply-healing, safe and effective method based in Ayurvedic Marma Therapy and Sankhya Philosophy. Here's her Bio:

*“With curved tusk, big body, and effulgence equal to a thousand suns  
Make me free of all obstructions, O God, in all my duties and in every way.”*

*- Ganesa Mantra*

Turiya Therapy is a chakra balancing hands-on technique which was created from a combination of Polarity Therapy and Ayurvedic Medicine and is based upon the principle that the negative emotions we hold on to cause 'dis-ease' within our mind and body. My studies in Ayurveda and Turiya Therapy have showed me that it is possible to begin to transcend through the cloudiness of self-doubt that was for so long holding me back from realizing my talents and life purpose. It was the same self-doubt that brought about my battle with severe back pain caused by a herniated disc, which all originally stemmed from not knowing how to support myself emotionally because I had always been looking outside of myself for that support. After having the privilege of receiving and learning this “Marma” (energy point) Therapy from Jaisri Lambert, R.P.P., I have experienced the psycho-emotional releases required for my self-growth and spiritual awakening. I know that there are so many of us who can only benefit from the powerful effects of this ancient holistic health science.

I have always strongly believed in the body's ability to heal itself and in the powers of natural medicine. Today my vision and mission is to continuously share my knowledge of these ancient methods of self-healing and holistic approaches to daily living with others who are in need of emotional and physical release. Knowing that we are all connected and that we speak to each other through our senses and experiences with one another, is what reminds me that love is the eternal driving force which carried me through my journey of self-discovery and renewal. It is this same love with which I use to encourage others on their own paths of self-actualization through Ayurveda, Holistic Medicine and Turiya Therapy, the hands-on bodywork for self-realization.

Vanessa Woods – Turiya Therapist [vwoodsayurveda@gmail.com](mailto:vwoodsayurveda@gmail.com) (647) 278-8557  
PICTURE HERE (ERASE PLS)

Vanessa is particularly gifted in this art I feel, and you can reach her to make your appointments for guided healing through self-awareness at 647-278-8557. If you've been suffering at a life crossroad, it's worth traveling to Toronto just to take a week's appointments with her, she's that gifted. Click [here](#) to view/print the flier for Sept. 2016.

### **Pulse Assessment 2016**

Do you feel ready to take on this advanced skill development in Ayurveda? Join us for this second annual in-depth overview of Pulse Assessment According to Ayurveda. This unique program comprises 8 classes over 5 months, from March 20- August 28. Registration is limited, so it's suggested to reserve your spot now. Please email me at [jaisri@ayurveda-](mailto:jaisri@ayurveda-)

seminars.com or leave a message with the registrar, Larry Li at 604-346-9382. **NAMA CEU's (Pace Credits) are now available for this course!**

**NEW PROGRAM: Abhyanga (Ayurvedic Massage Therapy) Workshop - Easter Break, March 24-28, 2016**

For over 30 years, my hands and eyes have been blessed to acquire skill in this ancient art of external oleation therapy. Many clients have reported they do not want to go anywhere else for treatment, but the time has come (I'm 68 now) for me to pass this knowledge and skill onto younger students. We'll cover all aspects needed to understand and practice safely and effectively. This five-day program is intended for those of you who wish to include Ayurvedic massage therapy in your professional practise. Priority is given to licensed therapists and those with prior Ayurveda background.

Investment: \$997 - can be earned back in a short time. If you would like to be on the wait list for this program, please convey your interest and qualifications by email at [jaisri@ayurveda-seminars.com](mailto:jaisri@ayurveda-seminars.com). One participant may be able to stay at my home at a nominal cost of \$40/night. Class size is limited. Location is TBA.

**AYURVEDA STUDIES PROGRAM – 70 hrs. - AUGUST 2016 at IHN Vancouver, B.C.**

This summer will be our 6<sup>th</sup> annual summer intensive overview of Ayurveda, the world's oldest holistic health science. This program is becoming well-known as an excellent foundation for those deciding to go further with Ayurveda, and for those seeking to complement their existing professional practice. A comment from one of last year's graduates: "The ad said this program would be life-changing, which is a big statement, so I was skeptical. But it was truly, indeed deeply, life-changing!" For further information and registration, please click [here](#).

**World Medicine Speaker Series 2016**

Here's a sneak preview of upcoming community events to come in the new year, including more topics and some new programs! Mark your calendar for these amazing, low-cost Thursday evening dates:

<b>March 10</b>	<b>Spring Cleansing for Optimum Health</b>
<b>March 31</b>	<b><i>Dina Charya</i> – the Secret of Self-Healing</b>
<b>April 28</b>	<b>Face Reading in Ayurveda</b>
<b>May 12</b>	<b>Ayurvedic Self-Care for the Menstruating Years</b>
<b>May 26</b>	<b>Excellent Digestion – Key to Immunity</b>
<b>June 16</b>	<b>Introduction to <i>Marma</i> (Turiya) Therapy</b>
<b>June 30</b>	<b>Kitchen Home Remedies</b>
<b>July 14</b>	<b>Arthritis from an Ayurvedic Perspective</b>
<b>October 6</b>	<b>Breast Cancer Viewed in Ayurveda</b>

Class descriptions will follow in the January newsletter, but if you want to sign up now and ensure your seats, please contact the Registrar, Priya Anand at 604-374-4039 or by email at: [nice.girl.2000@hotmail.com](mailto:nice.girl.2000@hotmail.com). Bring a friend whom you feel will benefit!

You know I love to hear back from you regarding your life, health and spiritual transformations!

With love from the amazing Vaidyagrama, Tamilnadu, India.

Yours truly,

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