

## **Fall 2015 Ayurveda Seminars and Consulting Newsletter**

Dear Reader:

### **Turiya Therapy 2015**

Only **ONE** spot remains for this year's Turiya Therapy series, beginning Friday, Sept. 4 at 6pm in Surrey, BC. Are you a bodywork practitioner and feel you have sufficient background in Ayurveda? It is a practical format - learning by doing. If you are seeking a sound way to earn your way through future Ayurveda studies or to enhance your existing bodywork skills base, this program provides safe, effective, sought-after protocols, techniques and theories for profound results. These seminars are experienced as a wonderful opportunity to invest in developing self-healing through subtle awareness. Turiya Therapy is applied Marma therapy, based in ancient Ayurveda and practised for thousands of years.

To view, print or forward the flier for this four-weekend series, please [click here](#).

Since my last newsletter, two classes have graduated!

### **Pulse Assessment Group Graduation**

August 23 saw the first ever Pulse Assessment group graduate on a beautiful sunny Sunday afternoon in Surrey. The prayer circle, sharing of accomplishments, awarding of certificates, giving of gifts and shared feast poignantly fulfilled a six-month process of eight classes. All graduates have chosen to enrol in next year's program to go deeper together with this profound, rare skill. The seminar is structured into the same 8 classes, now spread over about six months, and can be taken several times for mastery of this subtle technique, an important part of the 8-fold assessment method of Ayurveda.

Feedback suggesting a longer class time is now incorporated into the 2016 program. [Click here](#) for the suggested dates and times. Pre-requisite to this program is the Institute of Holistic Nutrition 70-hr. summer intensive Ayurveda Studies Program or equivalent. This PCTIA approved program offers a transfer credit certificate from the Institute of Holistic Nutrition.

### **Ayurveda Studies Program Graduation**

August 28<sup>th</sup> was the culmination of this year's 70-hr Continuing Education summer intensive certificate program at the Institute of Holistic Nutrition in Vancouver. It was the last summery day in August; the following day began a perfect fall storm! The event was expressed as a valuable community building opportunity and a fitting celebration of the participants' truly life-changing sharing of Ayurveda. The prayer circle, presentations of individual experiences, awarding of certificates, gift-giving and shared feast were indeed strengthening to each one present, both in person and spirit. Uplift was felt by all.

This program will be offered next August. [Click here](#) to view the 2016 draft flier can be viewed here. It is a pre-requisite to the Turiya Therapy program planned for the four weekends of September, 2016.

### **India Panchakarma Journey Dec. 20, 2015 – Jan. 30, 2016**

There's still time to enrol in one of only a few remaining spots for this inaugural program, first of its kind in my professional experience. Places are going fast now the deadline of October 15 has been announced. If you have considered joining us for either the 3-week

program option or the full 6-week program option for deeper healing, please do let Helen Tomei (link) know as soon as possible to ensure your spot in this experimental journey for self-healing at the Vaidyagrama in Coimbatore. For more information and to register, please click on [www.SacredEarthJourneys.com](http://www.SacredEarthJourneys.com) or [www.ayurveda-seminars.com](http://www.ayurveda-seminars.com)

### **Panchakarma in Surrey, Canada – Spring 2016**

Spring going into early summer is considered in Ayurveda to be a good season for eliminating kapha dosha, purifying the channel systems and rejuvenating the metabolism. March, April, May and June dates in 2016 are now open for booking for your spring cleanse. Perhaps you are unable to join us overseas for the longer program PK program in Coimbatore (taking advantage of the much lower investment in India), perhaps your metabolic strength is too low for a longer program or perhaps you just simply prefer the individual attention of a home-based program. It's suggested to reserve your panchakarma dates (\$500 deposit) at this time to ensure your preferred dates. For more information and to register, please call Jaisri at 604-290-8201 until October.

You know I love to hear your feedback and news!

With good wishes for a healthy, happy fall season,

Yours truly,

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