

March 2015 Ayurveda Seminars & Consulting Newsletter

Dear (individual):

You are receiving this message because you have requested to be informed about Ayurveda and upcoming educational opportunities offered by Ayurveda Seminars & Consulting. If you wish to discontinue receiving these valuable messages, though we'd like you to stay, please click here to [unsubscribe](#).

"In the profound study (of Ayurveda) we learn to awaken the memory and intelligence for absolute self-healing and profound peace. According to the Atharva Veda, Ayurveda's timeless education of sadhana practice, is the most effective spiritual path to awaken consciousness and enhance our inner medicine healing powers."

Mother Maya, www.AhimsaLife.com

SPECIAL ANNOUNCEMENT – Wow! At last a program we've all been talking about for years! Please join my upcoming guided tour to India for Panchakarma from December 20, 2015 to January 30, 2016. I'm partnering with the wonderful Helen Tomei, owner of Sacred Earth Journeys in Vancouver. Helen has hosted successful group spiritual experiences around the world for many years. Her company has an excellent management record and has arranged with the Vaidyagrama of Coimbatore to host our group.

Spoiler Alert: Watch for details of the optional Pre-Conference and Conference events on Yoga and Ayurveda at the Vaidyagrama just prior to your 3-week or 6-week panchakarma option. This program takes the guesswork out of your India travel, educational and panchakarma arrangements, as we've tried to plan for your comfort. For further information about this and other Sacred Earth Journeys events, please visit her site: www.sacredearthjourneys.ca or email Helen at: info@sacredearthjourneys.ca

<http://www.sattvicsage.com/#!Vaidyagrama-India-A-Healing-Journey-Pt-1/cxwj/F5F5FF72-BEFE-438B-BF96-9B5FCCB8E629>

Panchakarma

Panchakarma is a most sophisticated system of health-building and maintenance, best guided by an experienced practitioner. Look for one who has mastered pulse reading, the critical diagnostic skill of classical medicine, to track the subtle doshic movements of Vata (air dominant), Pitta (fire dominant) and Kapha (earth and water dominant), their sub-doshas, 'dhatu's' (7 tissues) and sub-cellular pulse energetics. Panchakarma helps refine your subtle cellular directional strengths, to help re-establish order, subsiding disorder through tried and true systems and techniques.

Some dates still available for 2015 are: June 29-July 3, July 6-10; 13-17, 27-31) and Sept. (28-30), either as a residential program if you live more than an hour away, or a commuting program if you have a supportive home routine. For more information and to reserve your program dates for 2015, please call for details at 604-290-8201 or email: jaisri@ayurveda-seminars.com.

Ayurveda Studies Program August 4-28, 2015 (Insert details, flier here)

Turiya Therapy Weekend Workshops (Insert details, flier here)

India PANCHAKARMA trip Dec. 20, 2015 - Jan. 30, 2016. (Insert details, flier here)

Sleeplessness According to Ayurveda:

Recently, I was invited to speak internationally on the topic of Sleeplessness, which plagues many.

https://plus.google.com/hangouts/_/gsfsaetybzwkau4d7g4fosne5aa