

2015 October Ayurveda Seminars and Consulting Newsletter

BREAST CANCER IN AYURVEDA

October is Breast Cancer Awareness Month, so each October I offer a community talk on this topic from the perspective of Ayurveda, the world's oldest holistic health science. Bring a friend whom you feel may benefit to understand the perspective from classical anatomy and physiology. Ayurveda includes a minute study of the law of cause and effect, and explores the relationship between mind, breathing, food choices, herbs and immunity.

Where: Institute of Holistic Nutrition
#300-604 W. Broadway (at Ash)
Vancouver, BC

When: Wednesday, October 7, 7-9pm Please come a little early to meet others.

Investment: \$10/person; \$15/two Pre-registration suggested to receive your
handout.

Registrar: Priya Anand, nice.girl.2000@gmail.com
604-374-4039

PANCHAKARMA IN SURREY, BC

Only two PK opportunities remain this year: October 12-16 and October 19-23. If you feel you are a suitable candidate for Ayurvedic cleansing and rejuvenation and have been looking for this opportunity during this fall season, please click [here \(link to internet pk pages\)](#), and call Jaisri at 604-290-8201 for more information. Investment is still \$650/day until spring 2016.

PANCHAKARMA IN INDIA

At last I'm heading to India to deepen my learning and my health. Let me know if you've been wanting to join us for this once-of-a-lifetime experience at the Vaidyagrama. The International Conference will be a unique opportunity for those of us interested in Ayurveda and Jyotisha to learn and share in a jungle setting dedicated to authentic Ayurveda.

Panchakarma choices are 3 weeks or 6 weeks. I'm planning to complete the 6 week program, along with others converging together for this purpose. Some are choosing the 3-week option and some the 6-week option like me. My deadline is October 15, but registration can occur afterwards through helen@sacredearthjourneys.ca. PK in India is an adventure I feel, and costs about 1/3 the investment required in Canada/US.

FUNDAMENTALS OF AYURVEDA

This program is to introduce beginners to Ayurveda, sister science to Yoga. Jaisri Lambert has been in private practise for over 30 years, and teaches Ayurveda at the Institute of Holistic Nutrition in Vancouver, B.C. This unique program invites you to understand age-old concepts of healthy living. Bring a friend whom you know will benefit!

WHERE: HEALING MOVEMENTS YOGA CENTRE
#115-8377 128th St., Surrey, BC.

WHEN: SATURDAY, OCTOBER 10TH, 2015. 1-5PM

TUITION INVESTMENT: \$60

REGISTRAR: Please call Umerath at 604-366-0128 or email umerath@hotmail.com.

Facebook page: sisterhoodcentre of BC

For more information about Jaisri, please go to www.ayurveda-seminars.com

PULSE ASSESSMENT – ANNOUNCING 2016 DATES

Next year's dates are now set for the five-month program, comprising 8 classes of 5 hrs. each. This convenient Sunday afternoon classroom program, with practise intervals, includes theoretical and practical case evaluations through the ancient art of Nadi Pariksha. Class duration is increased 20% over last year. Class size is limited and already 1/2 full. Pre-requisite: Minimum one year of prior study in Ayurveda. For more information and to register, please click [here](#).

NATHALIE KEILLER

Nathalie Keiller is an experienced Meditation and Yoga instructor and Ayurveda Lifestyle Facilitator. She writes, "I'm offering a course this autumn running over 6 Wednesday evenings that will help you learn the basic philosophy and practice of Ayurveda, the Vedic science. In this course you'll learn how to return to optimal health and maintain balance for your body and your mind". **Only 3 spots remain as of today!**

Ayurvedic Self-Care of Vata Dosha - theory and practise

A 6 week-course on Wednesdays from 7PM to 8:30PM

beginning Oct 14th, 2015 (and then Oct 21, 28, Nov 4, 11, 25)

- *Basics of Ayurveda, the 5 elements and 3 doshas, individual constitution, digestion and cycles of life (seasons, times of day, etc.);

- *Food as therapy, the 6 tastes in nature, and a diet for each season.

The theme for fall/winter is Vata;

- *Dinacharya and the benefits of a daily morning cleansing routine (abhyanga, oil pulling, etc.);

- *Basic asana practise, pranayama, the 5 best herbs, triphala, ghee, oils, benefits of milk, and other tips for optimal health.

The fee for the 6 week course is only \$145, which works out to less than \$25/class!

Please contact Nathalie: 604-360-7272 or online: www.natk.ca

You know I love to hear your news, especially about your Ayurveda journey.

With good wishes,

Jaisri M. Lambert
Ayurveda Seminars & Consulting Ltd
604-290-8201
www.ayurveda-seminars.com