

Spring 2015 Ayurveda Seminars & Consulting Newsletter

Greetings:

"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

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](#).

PANCHAKARMA, SPRING CLEANSING AND REJUVENATION

You're welcome to attend a free evening discussion and facilities tour on Wed., March 11 from 7-8:30 pm in Surrey, B.C. Bring a friend whom you feel may benefit.

As spring quickens with freshness, we naturally seek a re-activation of metabolism and enthusiasm. At this time of year, Panchakarma can help cleanse out excess 'dosha' which may have accumulated over the last few months, or even years. Whether you are dealing with a disease process or simply want to get back on track with your healthy daily choices, take advantage of the body's natural channel-cleansing process and sign up for your personalized program. Learn how this ancient practice can help you today during this delightful evening talk.

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 are still available in March (16-20; 23-25), May (11-15; 18-22), June (1-5; 15-19), July (6-10; 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. Please call for details and attend this free information evening on at my home office in north Surrey, B.C. Understand more in depth the power of this amazing process of detoxification and rejuvenation. Please visit my website for further information and testimonials at www.ayurveda-seminars.com **or call 604-290-8201.**

NADI PARIKSHA: The Theory & Practise of Ayurvedic Pulse Assessment

Announcing a new program, created to meet local demand for advanced skill development in Ayurvedic clinical case management. See below for pre-requisite: AYURVEDA STUDIES PROGRAM or equivalent.

Pulse reading is an ancient art and science of assessing the human journey along the river of life, commonly consulted at the time of a health crisis or concern to provide a holistic, inclusive evaluation. Emphasis is given to the radial pulse for assessing Prakruti (constitutional nature), Vikruti (current state), Manas (mind), Sub-Dosha (humours), Dhatu (tissue genesis) and O.T.P. (flow of immune intelligence). Join us for this convenient 32-hr. overview to guide the Ayurvedic graduate into a foundation of skill development in this most

important clinical skill of the Eight-Fold Assessment method of Ayurveda.

Five fortunate clients will enjoy a discounted consultation fee and the support of dedicated practitioners. Participants enjoy a rich fellowship of Ayurveda at a very reasonable investment. Jaisri is known for her humour, wisdom and ease of communication of this rare skill, learned at the right hand of her tutor, mentor and beloved teacher of Ayurveda, Vaidya Vasant D. Lad. This class is open to prior graduates at half tuition, space permitting.

Teaching method combines traditional and modern methods, conveyed through theoretical and practical classroom examples. The schedule is created to support skill integration through practical application by each participant as their 'homework' and research between classes, featuring eight classes over six months.

Please note the updated schedule below:

When: Spring-Summer 2015, Sundays 1pm-5pm
Where: Surrey, B.C.
Tuition investment: \$470 prepaid by March 29, \$520 thereafter
Client teaching appt.: 2-4pm \$261 (usually \$290 for private appt.)

March 22 Prakruti No client
March 29 Vikruti
May 3 Manas
May 24 Dhatus
June 7 Sub-doshas
June 28 Ojas/Tejas/Prana
August 16 Review No client
August 23 Study Group Reunion for ceremony, feast, review, presentations
Invite family and friends!

Required Text: Secrets of the Pulse, Dr. V. Lad, The Ayurvedic Press (please pre-read)
For More Information: Jaisri at 604-290-8201 or 408-378-2880 (message)
www.ayurveda-seminars.com or
Registrar: Larry Li at 604-346-9382 or email meditationswerve@gmail.com
Flier: Click [here](#) to download, print, forward, post

Registration Coupon

My name _____

Address _____

Email _____

Phone _____ Amount enclosed \$ _____

World Medicine Speaker Series 2015

presents **Jaisri M. Lambert, Ayurveda Consultant & Practitioner**

The World Medicine Speaker Series was created by Priya Anand, to support public awareness of holistic health sciences in Vancouver. The WMSS grew out of a volunteer project, the Shanti Centre, spearheaded by Todd Caldecott (www.toddcaldecott.com) and other Vancouver volunteers in 2009 to provide accessible Ayurveda education. Jaisri has participated in the forum since 2011, offering affordable events such as presentations, workshops, classes and talks. We invite you to enrol early and to convey these opportunities to those whom you feel will benefit. This year's topics are compelling and inspired! Read on, please

May 6: SPRING CLEANSING in AYURVEDA

Panchakarma is the science of cleansing and rejuvenation from ancient Ayurveda, a sophisticated system of individualized elimination of toxins that may have accumulated over the winter or prior. Join us to understand the timely proven ancient practices for re-setting your metabolic system. Contrast the classical approach to cleansing with some modern concepts, with a view to avoiding common pitfalls. Understand when home cleansing is preferred and when professionally supervised panchakarma is preferred. Spring is one of the natural phases for renewal and regeneration of freshness and rejuvenation. Birth and death are part of the daily cycle of atoms, cells, tissues and consciousness. Ayurvedic wisdom can help you make the most of seasonal cleansing.

June 10: HEALING SLEEPLESSNESS with AYURVEDA

Of the three cardinal Ayurvedic indicators of health: appetite, elimination and sleep, sleep disturbance can immediately disturb the other two principal life functions, quickly removing balanced routines and clear thinking. Sleeplessness affects so many in our world of stress, microwaves, isolated living and disconnectedness from nature's cycles. Learn simple, effective, proven techniques from Ayurveda and Yoga sciences to help re-train your neurotransmitter bio-rhythms and restore sleep naturally. Bring a friend whom you feel will benefit.

July 22: HEADACHES –an AYURVEDIC PERSPECTIVE

Join us for an analysis of the three main types of headaches (vata-occipital, pitta-ocular/temporal/coronal and kapha-frontal), their causes and management strategies from the world's oldest holistic health science. Understand how food and lifestyle choices play into the subtle law of cause and effect. This class will be of interest to clinicians and sufferers alike. Bring your health care provider or colleague to re-discover the insights that have made Ayurveda so relevant today.

August 12: INVISIBLE ANATOMY(c) in AYURVEDA

Invisible anatomy refers to the aura, chakra and meridian systems of ancient medicine. These are considered to be bridges between the body and mind and play an important role in self-healing through self-awareness. Our generalized emotional patterns can be for creativity and expansiveness or for introversion and contraction. We'll explore concepts such as thermal effect, pranic channels (nadis), qualitative thinking, cosmic breathing and the stillness between the inhale and exhale. This class will help you move from outer to inner awareness, from individual understanding to universal perception.

September 23: MANAGEMENT OF ANXIETY, ANGER, DEPRESSION, Mental Health According To Ancient Ayurveda

By looking to management strategies from ancient medicine, we discover the simple secrets of emotional contentment. Emotional disturbance, if unresolved, can destroy health,

relationships, families and life itself. Enquiring (Prashna) as to what causes lie behind these symptoms can lead to our core healing through self- understanding. We'll cover skills to become clearly and compassionately aware of our true needs and how to fulfill them. Learn to turn anguish into liberation with drugless therapies.

October 7: BREAST CANCER ACCORDING TO AYURVEDA

October is Breast Cancer Awareness Month and each year I offer a class to show how Ayurveda has faced this problem thousands of years ago and described causative factors, prevention and corrective measures, including food choices, herbal supplementation, lifestyle measures and possible individualized therapies. Ayurveda takes a holistic approach to the spiritual, emotional, mental and physical integration of the self-healing process. Ayurveda can complement modern medicine for the sake of the patient's well-being. Bring a friend whom you feel will benefit. This class has helped others to find their way back to health.

Enrolment: \$10 at the door. \$15 for two. Supports room rental and marketing expenses.

Times: 7-9pm. Please be seated on time and come a little early to meet others.
Bring a friend!

Location: Institute of Holistic Nutrition, 604 West Broadway, #300 Vancouver, B.C.

Contact: WMSS Creator and Registrar Priya Anand at 604-374-4039
or email: nice.girl.2000@hotmail.com

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

Pre-registration required to ensure your personal handout from Jaisri.

Please click [here](#) to download the flier for the
World Medicine Speaker Series 2015 with Jaisri

AYURVEDA STUDIES PROGRAM 2015: Best opportunity in western Canada for Ayurveda credit hrs. and certificate

Participants in the 2014 program had comments such as, "I want to let you know how magical, meaningful and life-changing your teachings have been to me, as well as your beautiful self. I am forever grateful for this experience and knowledge." Truly, Ayurveda touches our hearts, our innermost knowing and uplifts our spirit.

Dates for 2015 are now open for early registration for this amazing, unique, life-changing 70-hour summer intensive introduction and overview of Ayurveda, the world's oldest holistic health science. Successful completion of this program or its equivalent is a **pre-requisite for the Turiya Therapy** (click [here](#) to print flier) weekend intensive program scheduled for September, 2015. This program is also a **pre-requisite** for Jaisri's 'Nadi Pariksha – Ayurvedic Pulse Assessment). Click [here](#) to print flier.

This Ayurveda Studies program distills the best of my thirty plus years of teaching experience in Ayurveda for new and intermediate students, culminating with the awarding of your P.C.T.I.A.-approved Continuing Education certificate under the Institute of Holistic Nutrition <http://www.instituteofholisticnutrition.com/>

2015 will be our fifth year of creating successful graduates in Continuing Education and inspiring participants to learn and practice Ayurveda. Please see my website www.ayurveda-seminars.com to read comments from prior graduates. This program is for busy professionals, those new to Ayurveda and those committed to understanding the science of self-healing. It provides a foundation and approved credit hours for future Ayurveda studies. Graduates must pass a mid-term, case study and final examination.

Dates: August 4- August 28, 2015
Times: Monday to Friday: 9am-12:45pm
Graduation Ceremony: August 28: 11am-12:45 pm
Location: Institute of Holistic Nutrition, #300-604 W. Broadway, Vancouver, B.C.
Investment: \$1330 + GST (prepaid by July 3); \$1460 + GST (thereafter)
Pre-payment discount deadline: July 3, 2015
Registration deadline: Space permitting to July 31, 2015
To register please contact: 604-585-4000 or email vancouver@instituteofholisticnutrition.com
For more info contact: 604-290-8201 or email jaisri@ayurveda-seminars.com
To print flyer, please click the link: [IHN ASP 2014 Flyer](#)

TURIYA THERAPY INTENSIVE WEEKEND SEMINAR PROGRAM – SEPTEMBER 2015

Pre-requisite for Turiya Therapy study is the 'Ayurveda Studies Program' of 70 hrs. (or equivalent) above, which lays the theoretical understanding and foundation for the practical protocols conveyed during this intensive, hands-on program. This program hones your touch sensitivity and helps you prepare for Ayurvedic radial pulse reading skill development, while enabling your professional income for further Ayurveda study.

Turiya (transcendence) Therapy is for those seeking to develop their touch healing skills and abilities. It is a building block structure beginning with the 'General Session' during the first weekend seminar. The subsequent three weekend seminars are devoted to the hands-on balancing protocols for Vata, Pitta and Kapha respectively. This program is offered only once a year now.

Tools gained are safe, profound and effective for complementing or creating your touch healing practice. These tools and protocols provided my livelihood during my Ayurvedic education of over 12 years, while providing for my family as a single parent. Still today, after about 30 years of clinical practice, this content still is central to my professional activities. My daughter says of Turiya Therapy, "It works, that's all". She grew up during my evolution with healing arts and is now over 40.

If you feel called to work in hands-on healing, this program provides the knowledge and skill needed in today's world. Enrolment is limited, so please register early to ensure your spot. To apply, please contact Jaisri at 604-290-8201 or by email at jaisri@ayurveda-seminars.com.

Dates: September 4-6 (General Session)
September 11-13 (Vata Balancing Protocols)
September 18-20 (Pitta Balancing Protocols)
September 25-27 (Kapha Balancing Protocols)
Times: Fridays 6-9pm; Saturdays 10am-6pm; Sundays 2-6pm.
Location: Surrey, British Columbia, Canada
Tuition Investment: \$495 per seminar, if prepaid by Aug. 28, 2015
\$525 per seminar, thereafter.
Registration Deadline: September 3, space permitting
Returning Student Discount: 50% off on above tuition space permitting
if paid by Aug. 28, 2015
Prerequisite: Ayurveda Studies Program or equivalent.
Please click link here for details: [IHN ASP 2015 Flyer](#)

Please contact Jaisri at 604-290-8201.
Please Contact: www.ayurveda-seminars.com
For more information: See: 'Calendar of Events Archive' page
To register, please call: Jaisri Lambert, R.P.P. at 604-290-8201 (Can.)
or 408-378-2880 (U.S.)
To view/print flyer: Please click here: [Turiya Therapy Flyer 2015](#)

SPECIAL ANNOUNCEMENT – Watch for new information coming soon about 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

Below are announcements forwarded from my network f.y.i. Please pass on notices to others in your network who may benefit. Thank you, dear reader for supporting and expanding our Ayurveda community!

Stewards of Children Training for National Child Abuse Prevention month with Counsellor Angelika Bendrich

April is Child Sexual Abuse Prevention Week in British Columbia, a time to recognize the traumatic impacts of child sexual abuse and the importance of working together to keep children safe.

“From Darkness to Light” is a two-hour workshop that educates adults on how to protect children by increasing awareness and providing practical tools. Participants learn how to recognize and react responsibly to child sexual abuse. Learn how your community group, business or organization can develop an Adult-Child-Youth Safety Policy. This workshop will change your life through empowerment, knowledge and community!

Angelika Bendrich is a Registered Professional Counsellor and Life Coach, specializing in healing from trauma, grief and loss such as child sexual abuse. Please visit her website at: www.angelikabendrich.com or call for your initial consultation appointment at: 778-772-5772 (c).

Investment: \$20 in advance, \$25 at the door - includes workbook
Where: Institute of Holistic Nutrition, #300- 604 W. Broadway, Vancouver, B.C.
When: 7-9pm, Thursday, April 16, 2015
Registration & Info.: Angelika Bendrich at 778-772-5772 (c) or email her at: fundamentalsoflife@gmail.com

COPPER SHIRODHARA UNIT FOR SALE BY OWNER

A recent message from Nancy Bell: “I bought a shirodhara system from Ajara Ayurvedic Beauty in Wisconsin and now no longer practice Shirodhara. I wonder if there might be someone among your students/fellow practitioners who would be interested? Below is the link to the Ajara website, showing the Shirodhara Complete System in Copper. (An electric

pump is now available from Ajara for this system.) I used it for about 2 years. Other than tarnish, it's in good condition. It cost me over \$800 Cdn. to purchase and ship. The current price new, excluding shipping, is \$664 US. I would sell it for \$450 Cdn. I remember the excitement of receiving these beautiful pieces and hope it will live on in good hands.”
<http://stores.ajaraskincare.com/shirodhara/>

Nancy Bell 604-277-6700 or e-mail to: nbell@lynx.net

PUKARAJ - Yellow Sapphire for sale by owner:

My dear friend Joanna is selling her beautiful ring which is now too big for her finger. She wrote me, “I’m unloading many valuable things I’ve had stored, and my yellow sapphire is one of them. It’s 3.86 carats.. Do you know of anyone who might be interested in buying one for themselves? I know it’s not irradiated and I know it’s pure. I’m afraid I’ll lose it because the band is now too big, and I just feel like moving on.” The recent professional appraisal is for \$2,920 US. If interested, please call Joanna at 831-464-8698 in Santa Cruz, CA.

You know I love to hear from you, especially to understand your unfolding relationship with Ayurveda. During this season of increased growth, may we all increase in receptivity to the constant shower of light and love on one and all, The All Consciousness, The Pure LoveLight.

With all best wishes for positive growth this spring season!

Yours sincerely,

Jaisri M. Lambert
Ayurveda Consultant
Surrey, B.C. Canada.

www.ayurveda-seminars.com

604-290-8201 (Can.); 408-378-2880 (U.S.)