

NAMASTE:

Have you or your near and dear ones been searching for opportunities to deepen your knowledge of the world's oldest holistic health science? Is now your time to commit to your Ayurveda education, skill development and health benefits? This spring and summer seasons brings an amazing array of learning and healing opportunities with Ayurveda!

### PANCHAKARMA IN SURREY BC

The best time for cleansing is deemed to be at the change of seasons according to Ayurveda, especially springtime to help eliminate accumulated kapha dosha and fall to help eliminate accumulated pitta dosha. Self-care is always vata-pacifying to the max! There are still a very few spots open for your personalized panchakarma residential program in Surrey. The following dates are the only remaining opportunities available this year:

May 2-6  
May 18-20  
May 30-June 3

To arrange your consultation for determining your appropriate individualized program details, please contact Jaisri at 604-290-8201. For more information, please go to [www.ayurveda-seminars.com](http://www.ayurveda-seminars.com) or email me at [jaisri@ayurveda-seminars.com](mailto:jaisri@ayurveda-seminars.com)

### WORLD MEDICINE SPEAKER SERIES UPCOMING COMMUNITY TALKS

These low-cost high-value evening events are held at the Institute of Holistic Nutrition at #300-604 West Broadway in Vancouver at Ash, near the Cambie Street Skytrain station, from 7-9pm. Don't miss out on these amazing opportunities to hear from Jaisri's vast Ayurveda experience and expert ability to convey this ancient, powerful science. Register early and bring a friend. Investment is \$10/per person and \$15 for two. So mark your calendar and invite those whom you know will benefit from these wonderful topics, seen through the lens of Ayurveda!

#### Thursday, April 28, 2016: Face Reading in Ayurveda

Our face reveals internal organs and their functions, doshic tendencies and psychology. Looking minutely at the shape, lines and markings of the face, eyes and tongue can reveal a great deal about our capacity for self-healing. Face shows the respiratory patterns, mental habits and emotional tendencies. The journey of self-knowing and self-healing begins with understanding the face.

#### Thursday, May 12, 2016: Ayurvedic Self-Care for the Menstruating Years

Female reproductive disorder is rampant in our society today. The years from menarche to menopause are given great importance in the health of society as a whole according to Ayurveda, a complete science of prevention and management of all 'dis-eases'. Learn about your reproductive system from a classical perspective. Menstrual flow days are considered sacred - understand why!

### **Thursday, May 26, 2016: Excellent Digestion - Key to Immunity**

'Agni' or metabolic, digestive competencies considered the main goal of Ayurvedic therapies and personalized health programs. Without a clear understanding of your gastro-intestinal tract, its functions and post-digestive effect, we'll not be able to achieve a disease-free life. Ayurveda has accumulated tens of centuries of understanding of digestion into simple principles of food choices, timing and food combining.

### **Thursday, June 9, 2016: Introduction to Marma (Turiya) Therapy**

Turiya Therapy means the science of energy (Marma) points, chakras and meridian systems of the body. This evening will be dedicated to the theory and practise of simple therapies for profound, safe realization of our mind-body functions. Easy, safe techniques for entering the 'doorways' to your true Self will be conveyed. Wear loose clothing, bring your yoga mat and a friend for learning by exchange.

### **Thursday, June 30, 2016: Kitchen Home Remedies**

Everyday ingredients will be explored for their first aid value. Learn the properties of various herbs and spices for maintaining good digestion, elimination and immunity. Understand what food substances to use in various family situations such as fever, nausea, constipation, pain relief and much more. Join us for a lively, practical discussion of how to adapt to changing conditions day to day and season to season.

### **Thursday, July 14, 2016: Arthritis from an Ayurvedic Perspective**

This topic has never been presented by the World Medicine Speaker Series until now! Understand this all-too-common disease, much misunderstood except from the Ayurvedic perspective. Learn about specific herbal supplements available for management of the various manifestations of joint disease. This class can change your life, help you remove the causes, manage pain, degeneration, inflammation and much more. Bring a friend whom you feel will benefit.

To pre-register, please call Registrar Priya Anand at 604-374-4039 or email her at [nice.girl.2000@hotmail.com](mailto:nice.girl.2000@hotmail.com).

### **ABHYANGA FOR PROFESSIONAL PRACTICE JULY 7-11, 2016**

Do you have background in Ayurveda? Searching for an in-depth workshop in Ayurveda oil therapy?

This five-day program can be your opportunity to learn this wonderful professional development skill. Priority is given to licensed practitioners and those with Ayurveda background. Register now to reserve your spot in this convenient, thorough program!

The skill of Ayurveda Abhyanga is much in demand today because of its efficacy, natural oleation benefits and historic proof of being a most effective method of treating so many disorders including headaches, digestive disturbances, disalignment, stress disorders, sleeplessness, constipation, frozen shoulder, anxiety, debility, osteo-arthritis and so many more. Turiya Therapy improves sensory and motor function, pain conditions and

brings psychological well-being, among its many other benefits. Powerful results from simple techniques!

Abhyanga is especially useful for helping mitigate the aging process and to promote healthy growth in children, indeed anyone seeking nature-based solutions to common health concerns. Oils are precious and have been used from time immemorial as natural, whole food healing substances with no preservatives! Learn the art of choosing which oils are suitable for which clients and when. There are many methods and styles of massage worldwide. This method was learned by watching my Ayurveda mentor, Vaidya Vasant D. Lad, demonstrate it in the year 1991. Since then, I've practised and refined it to impart this expertise very successfully with countless clients.

Abhyanga is also one of the important 'purva karmas' or preparatory actions for panchakarma, the cleansing and rejuvenation science of Ayurveda. For nearly thirty years I've made much of my living mostly in the field of bodywork and massage techniques, and now at age 68, I feel it's time to pass on these skills to younger practitioners. Oh, if only I had a mentor to guide me in clinical practice this way! This is a golden opportunity to increase referrals, gain deeper professional competence and enjoy watching clients become well and inspired again.

Good health and stamina are suggested pre-requisites to learn this time-tested technique, the science and art of healing through the application of plant-based and herbalized oils. Includes aromatherapy, 'dravya gunya' (properties of substances, in this case oils), application techniques, basic marma science, supervised practice and so much more!

Priority is given to licensed therapists and those with prior Ayurveda background. Space in this special class is limited, so please convey your qualifications to me by email at [jaisri@ayurveda-seminars.com](mailto:jaisri@ayurveda-seminars.com). Two fortunate out of town participants may be able to stay at my home for the nominal cost of \$40/night.

A recent graduate of this program says, "The workshop was an eye-opening doorway to Ayurveda, filled with truth, knowledge and most importantly, experience. Training through practical receiving and giving was a highly healing experience. I now feel confident in the knowledge and experience I've gained for my own practice of oil massage. Jaisri's mastery in teaching or organic learning ignited a life-long dedication to Ayurveda, and I feel highly grateful."

Times: 10am-6pm daily. Please bring your lunch.

Investment: \$997 Cdn. - can be earned back in a short time. Class size is limited, so apply to register early!

Please call: 604-290-8201 or email [jaisri@ayurveda-seminars.com](mailto:jaisri@ayurveda-seminars.com).

### **AYURVEDA STUDIES PROGRAM – VANCOUVER – August 2016!**

Join us for this unique 70-hr. PCTIA-approved Continuing Education certificate program sponsored by the Institute of Holistic Nutrition, conveniently located on Broadway at Ash, 1 block west of the Cambie Skytrain station in Vancouver. This will be our 6<sup>th</sup> year of this popular, in-depth introductory program, whose graduates go on to advanced study in Ayurveda and deepen their professional development to integrate the world's oldest holistic health science into their health and/or healing practice.

This program is pre-requisite for most of my other workshops such as Turiya (Marma) Therapy, Abhyanga (Ayurveda Massage) and Nadi Pariksha (Pulse Assessment). This is only PCTIA-approved Certificate program in BC, offering transfer credit to other recognized institutions. Get on it!

To view, save, print and forward the flier, please click [here](#). For more information, please click on this link (enter IHN's link here please) or call Jaisri at 604-290-8201. REGISTER NOW FOR THIS SUMMER'S AYURVEDA INTENSIVE IN VANCOUVER, B.C. TO SECURE YOUR SPOT IN THIS RARE OPPORTUNITY!

### **TURIYA THERAPY ANNUAL WEEKEND SEMINAR SERIES**

Each September I offer my signature bodywork healing series in applied marma science, named by Vaidya Vasant D. Lad as 'Turiya Therapy'. Interest is higher than ever, so I suggest you register early for this amazing series of 4 weekends in September. Prior students are eligible for a 10% discount on investment. By referring your friend who pre-pays by August 29, 2016, you are also eligible for your 10% discount. For more information and to register, please click on the flier [here](#), visit [www.ayurveda-seminars.com](http://www.ayurveda-seminars.com) and call me at 604-290-8201.

### **VAIDYAGRAMA PANCHAKARMA PROGRAM 2016-2017**

When I decided to take my first trip in 2015-2016 to Vaidyagrama Ayurveda hospital for personal healing and rejuvenation through classic panchakarma, I had no idea of the hidden depths behind this amazing centre and their dedicated physicians and staff. Spending over six weeks there, slowly I discovered (there was no overt proselytizing) that the registered Punarnava Trust, VG's umbrella non-profit foundation, was conducting a free daily food program for over 100 infirm and elders in local villages, as well as other community service projects for youth, revival of classic dance in the region, conference events to showcase the best of Ayurveda and Vedic sciences and other inspiring activities.

I became a founding member of the Punarnava Trust. My USD\$100 membership entitles me to privileges such as access to professionally-penned articles by the best current Vedic scholars, including Dr. Robert Svoboda and Dr. Claudia Welch, while contributing to Punarnava Trust community service projects such as the Medical Camp and Eye Camp, operated free by Vaidyagrama doctors in local villages. You too can join the Punarnava Trust family and contribute to this amazing project of Vedic living in today's reality. Click on: [www.punarnava.org](http://www.punarnava.org).

Many readers of this newsletter have read direct testimonials from last year's participants. Seeing their benefits, I became inspired to escort another group in December, 2016 to January, 2017. Registration is already filling quickly, though spots remain open at present. The upcoming program is designed to include new, valuable features while maintaining the same investment.

Of the two panchakarma options: 41 days or 29 days of treatment, I'm encouraging participation in the full six weeks program, because of the increased health benefits experienced from a longer stay. Please call me to put your name(s) on the list and receive further information. Jaisri at 604-290-8201.

### **INTERVIEW ON SLEEPLESSNESS**

This interview was conducted in 2015 on the topic of how to restore sound sleep according to Ayurveda. Psychologist Hanna Chusid from Los Angeles, interviewed me for the Israeli website: [www.sleepasap.org](http://www.sleepasap.org) Please pass this on to those who are suffering from irregular sleep and need to understand the Ayurveda perspective on this important part of the triad of life: Appetite, Elimination and Sleep.

<https://www.youtube.com/watch?v=8uPA214IkY>

Each newsletter brings such wonderful responses from so many readers, and I so love hearing your news and enquiries. I look forward to your feedback about Ayurveda developments worldwide. Here in BC we're doing what we can to further access to this ancient and invaluable knowledge of Ayurveda.

Blessings upon you and your families – we've barely six degrees of separation, I've heard!

Good wishes from,

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