

Dear Friend (or individualized first name)

Infinite thanks to dear Larry Li www.actioncompassion.com whose generosity of spirit has created this for you, dear reader, and for me in service of Ayurveda.

New season!

Now we're into the rainy season in the northwest, bringing increased exposure to upper respiratory infections, exacerbated by the cold, damp weather and reduced exposure to sunlight. The best prevention is to build good immunity ('ojas' in Sanskrit) throughout the year, so your aura more easily repels airborne infection-causing organisms.

Keeping warm is critical, both to protect from external cold by choosing insulating fabrics such as wool, (a sustainable, bio-degradable fiber), and from internal cold by choosing warming whole foods such as ginger, turmeric, peppers and carrots to mention only a few. Avoiding cooling influences such as room temperature water and too much sitting is also important.

Emotions associated with cold quality such as anxiety and depression can increase in rainy, overcast conditions, so warming pranayama practices such as bastrika and kapala bati can help maintain positive, upward thinking. Have you considered nourishing a generosity practice within your means, such as making secret donations or spontaneous gifting of your excess possessions or time? Your warmed heart brings confident circulation to your extremities! Try it!

Is your personal health program up to date?

Now is the time to consult your local Ayurveda practitioner to help prepare and adapt to the inevitable seasonal changes of life, especially at this junction of the fall moving soon into winter. Ayurveda views each individual life as a unique gem in the never-ending necklace of life, and teaches that personalized adaptations of classical principles are to be adopted by each one as time moves forward. Some tips:

- SLEEP AND ARISE EARLY
- EXERCISE TO LIGHT SWEATING IN THE MORNINGS (EXCEPT ON MENSES), THEN RINSE OFF
- MAINTAIN WARM FEET
- COVER CROWN, EARS, THROAT AND NOSE WHEN OUT OF DOORS
- FAVOUR COOKED SOUPS AND ROOT VEGGIE STEWS BEFORE 7PM

Enquire more about panchakarma in Surrey during Nov. - Call 604-290-8201

A few spots have been added to meet the demand for personalized health retreat and recalibration of bio-rhythms in preparation for winter. Call early to plan your dates!

Enquire more about panchakarma in India from December 16, 2016 – January 31

What is your health worth to you? Put your own health first at last and sign up for this healing retreat program in rural TamilNadu, known for maintaining the classic practices and methods of original Ayurveda. Join us now!

Here are pics of last year's group. It turned out to be life-changing for all participants, though we all then took a leap of faith in traveling to India for PK. Click [here](#) for pics and more info. Last chance to register!

Register now for Turiya Therapy in stunning Nelson, BC April 28-May 7, 2017

Many of you have requested this class and now is the time to sign up and ensure your place in this unique, intensive program. The venue of Nelson, BC (click for tourist information [here](#)) is beyond beautiful. This retreat program is sponsored by one of my dear graduates, Camela Cowan at 250-505-3875.

Turiya Therapy is a psycho-spiritual body-energy healing science based in Ayurveda, the world's oldest holistic health system. Learn internal mental balance through simple, safe and profoundly transcendent techniques directly from the developer, Jaisri M. Lambert. Jaisri has evolved these techniques based in the Invisible Anatomy © of Ayurveda over thirty years of clinical practice.

Turiya Therapy brings transformation through realization, engaging stillness as a doorway to mental health. Learn about the importance of marma (energy centres), meridians, chakras (step-down transmitters of consciousness), aura (individualized electro-magnetics and immunity), directional strengths of energy flows and much more.

Register early by contacting Camela Cowan at camelacowan@yahoo.ca. A very few consultation appointments are available, also organized by dear Camela. These may go quickly, so early sign up is suggested. Click [here](#) to print the flier and registration form.