

February 2016 Ayurveda Seminars and Consulting Newsletter

Dear Friend:

You've never seen a newsletter as packed with amazing Ayurveda information and opportunities as this month's! You'll want to read every word to see just how Ayurveda is burgeoning, growing and creating her own scene!

PANCHAKARMA IN INDIA

When Vaidyagrama was first mentioned to me several years ago, I was skeptical as I've been prone to be. Then I kept hearing of it increasingly and began to research it, finally deciding to take the risk of meeting a small group of 3 Canadian and 3 American women here for 6 weeks panchakarma from Dec. 20, 2015 to Jan. 30, 2016.

Now each and every one of us has experienced profound healing of body, mind and consciousness, through the gentle ways of simplicity, loving kindness and the application of skilled Ayurveda care. We also benefitted from other Vedic systems of knowledge, such as Vaastu. We're now becoming so inspired to return to basic Ayurveda for daily living and loving.

Many of you expressed interest in joining us last year, but the trip was a gamble. Now we have experience to guide you through the perils of travel to India. Yes it's a significant investment of time, funds and faith, and well worth it, according to participants, who have all reported health improvements at every level.

Next year's tentative program dates are: Dec. 19, 2016 – Jan. 28, 2017 (41-day program) or Dec. 19, 2016 to Jan. 16, 2017 (29-day program), and includes new features such as 3 rest days before and after treatment, and important tips learned from this first inaugural trip, such as how to best prepare for the self-care dedication of panchakarma and make best use of this amazing life-affirming process.

PANCHAKARMA AT VAIDYAGRAMA DEC. 19, 2016 – JAN. 28 , 2017(tentative)

Arrival date for both groups is planned for Dec. 16 and the outbound travel date for Feb. 1st, 2017 (for the 41-day participants). The 29-day participants' treatment days would end on Jan. 16 and participants would depart on Jan. 20, 2017. Feedback from this year was that the 41-day process was by far more recommended, and that the shorter program is only to be considered by those who cannot take 6 weeks to dedicate to this process.

The 41-day program really means 47 days plus 2 days travel to and from from north America, and the 29-day program really means a 32 days program plus 2 days travel to and fro. For traveling from the US and Canada, our feedback is that a half-way overnight stopover is advised, as traveling for 40-70 hrs. can be not only gruelling, but also compromising to your health.

Please be advised that rest is suggested after panchakarma, for an equal number of days as the treatment and calls for your careful integration of the physician's suggestions, to support maintaining your gains. It's said that the benefits of treatment are integrated during the rest period following the treatment phase, when your self-care program becomes pivotal to your cleansing and rejuvenation outcomes of body, mind and spirit.

To access an amazing interview with Dr. RamKumar Kutty on the Vaidyagrama story, please click this link: <http://www.conversations.org/story.php?sid=454>

For more information and to register for this once in a lifetime opportunity for helping to restore your health at all levels, please go to: SacredEarthJourneys.ca (projected to be available March 31) or call Jaisri at 604-290-8201.

PUNARNAVA TRUST

Vaidyagrama hospital is one part of the Punarnava family of sustainable community development projects. Punarnava Trust is a registered non-profit organization managing several charitable activities. Vaidyagrama is the for-profit arm and the Punarnava Trust is the community service arm.

'Annam' is one of the Punarnava family of programs, which delivers a simple, balanced daily meal to over 100 needy and infirm elders from eleven nearby villages.

'BalaGramma' is the newly built home for underprivileged teens from nearby villages, and is situated within walking distance of the Vaidyagrama hospital premises. Its purpose is to foster social health and maximize the human potential of local youth, in a region where poverty, alcoholism and depression have been commonplace. BalaGramma projects further community development for up to thirty youth and eventually younger children, to provide life skills and educational support in the process of becoming skilled members of this self-sustaining community. A life-skills school is also planned for equipping the children for study in various trades, to become pillars of the community, based in Ayurveda and Vedic principles of living, and aimed at sustainability and healthy growth. The most able among them will also be supported to become Ayurveda physicians and therapists.

'AuEra Living' is a residential program for those choosing to live an Ayurveda lifestyle, especially into the elder years. It is a community program to bring together elders and youth in a generational interaction for mutual benefit. For more information, please visit: <http://www.AuEraLiving.life>.

Additionally, employment opportunities are being provided at Vaidyagrama for the previously jobless villagers who are being trained as gardeners, housekeepers, cooks and maintenance people etc., to create meaningful livelihood in the community, and create their future according to the ancient Vedic principles of living.

To learn more about this unique healing village, please go to: www.vaidyagrama.com. To support these educational and charitable developments based in Ayurveda and to become a Punarnava Trust member, as I have, please go to: <http://punarnava.org/donate.php>

LAST CHANCE TO REGISTER! TURIYA THERAPY GENERAL SESSION IN OAKVILLE, ONTARIO MARCH 4-6, 2016

Do you feel called to the compassionate realm of hands-on healing? Only two spots remain for you in this introductory General Session, to learn safe, effective and powerful, yet simple techniques for self-transformation, with originator, Jaisri M. Lambert.

Transcend your symptoms into self-healing through still-point awareness and direct self-realization. Within you is a great laboratory, which contains perfect knowledge of bio-chemistry, psychology and symptomatology, both causes and effects. Turiya Therapy is a 'pre-meditative' still-point technique for applying the ancient art of Marma Chikitsa (trigger point therapy) in everyday applications, for well-being at all ages., from birth to re-birth.

If you are a past graduate of this class, you automatically qualify for a 10% tuition discount. Bring your friend and enjoy a further 10% tuition discount for each participant enrolled by March 1st. Meet Mukta Mudgal and Vanessa Bosco, local healers offering Ayurveda, Turiya Therapy and related sciences in the Greater Toronto Area.

For more information and to register, please call the registrar, Mukta Mudgal at Ayurbeing in Oakville at: 405-483-0268. To view, print, download and forward this flier to those whom you know will benefit, please click [here](#).

WORLD MEDICINE SPEAKER SERIES 2016

Please note the following small changes to the high-value, low-cost community Ayurveda talks at the Institute of Holistic Nutrition in Vancouver. The March 10th event is cancelled because our venue was unavailable. All other events are expected to go ahead as planned. From our original post of this series, the June 16 event was changed to June 9th, so please refer to the schedule below for the most up to date listings. Hope you can join us for these information-packed classes, some of which are brand new, and others ever-fresh.

World Medicine Speaker Series 2016
with Jaisri M. Lambert, Ayurveda Consultant
www.ayurveda-seminars.com

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 and other Vancouver volunteers in 2009 to provide accessible, low-cost Ayurveda education. Jaisri has participated annually in this forum since 2011, offering affordable events such as presentations, workshops, classes and community talks. We invite you to enrol early and to convey these opportunities to those whom you feel will benefit. Each class is new, fresh and enlightening. Bring a friend!

Thursday, March 31, 2016: Dina Charya –the Secret of Self-Healing

Each day offers a unique opportunity for renewal of our prana, our life-force. Early rising, timely fresh food, right profession and constitutional understanding are all required for optimum living. Learn the secrets of ancient Ayurveda for day to day self-healing. Join us to understand the profound capacity of each human being for fulfillment, joy and happiness based in daily awareness of Self.

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 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 competence is 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

Marma therapy means the science of energy points, chakras and meridian systems of the body. This evening will be dedicated to the theory and practice 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 and bring a friend.

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.

Thursday, October 6, 2016: Breast Cancer Viewed in Ayurveda

October is Breast Cancer Awareness month, and each October I present a community talk on the prevention and management of this all-too-common diagnosis. This talk is for practitioners and patients alike who are on the front lines of the health care system. Ayurveda brings a clear understanding of the pathogenesis of this epidemic disease. It's estimated one woman in 8 will hear this diagnosis. Some will not survive the 'treatment'.

Enrolment: \$10/person, \$15 for two at the door. Pre-registration suggested to receive your class handout. Supports room rental and marketing expenses.

Times: 7-9pm. Please be seated on time and come early to meet other like-minded people. Bring a friend and save!

Location: The Institute of Holistic Nutrition, #300-604 W. Broadway (at ash near Cambie Skytrain)

Contact: 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. To print/post/forward the flier, please click [here](#).

NEW PROGRAM: ABHYANGA – AYURVEDA OIL MASSAGE THERAPY
March 24-28 inclusive (Easter Weekend)

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 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.

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. One participant may be able to stay at my home at a nominal cost of \$40/night.

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

Investment: \$997 - can be earned back in a short time. Class size is limited. Location is TBA.

To view, print and forward the flier for this 5-day seminar, please click [here](#).

NEW PROGRAM: YOGA AND AYURVEDA IN SURREY, BC, APRIL 9, 2016

Umerath Hussein came to talks I gave with the World Medicine Speaker Series and became inspired to spread the good word about Ayurveda, the world's oldest holistic health science, which is still helping those searching for definitive health answers today. Umerath is sponsoring this event as part of her Sisterhood Centre of BC, at the Healing Movements Yoga Studio.

Please do join us for discovering the links between the sister-sciences of Yoga and Ayurveda and their complementary basic principles. Both sciences were developed during ancient Vedic times to empower the maintenance of good health of body, mind and consciousness and have been taught together for millennia.

Learn how simple adjustments to your morning routine can enhance your breathing (lifespan), focus of attention digestive power and generalized life satisfaction throughout your days. Understand your unique constitutional type which will help guide your Yoga practice, your food and lifestyle choices, your day-to-day psychology and

much more.

Location: Healing Movements Yoga Centre; #115 - 8377 128th Street, Surrey, B.C. V3G 4G1
Date & Time: April 9, 2016 from 1-5 p.m.
Investment: \$65 at the door or \$55 (if prepaid by April 8)

Enrol before April 8th and take \$10 off!

Additional \$5 off for referring a friend, family member or colleague whom you know will benefit from this life-changing presentation, if paid by April 8th!

To register, please send your payment to:
Sisterhood Centre of B.C. 13158 104th Ave., Surrey B.C. V3T 1TZ
Phone: (604) 366-0128 or email: umerath@hotmail.com

To print, forward or post the flier, please click [here](#).

For more information, please contact Jaisri at (604) 290-8201 or visit www.ayurveda-seminars.com

NEW INTERVIEW WITH VAIDYA VASANT D. LAD

This wonderful interview was video-taped at the Vasanta Institute of Ayurveda in Uruli Kanchan, Maharashtra in December, 2015. It is a rare and up to date glimpse of the unique personality of our beloved mentor of Ayurveda. Get ready to enjoy over an hour of wonderful insights into his life and mission to bring authentic holistic health from nature's own gardens and forests to the people, bypassing expensive supplements and dangerous methods. If you believe in prevention, you'll love this treasure:

<https://www.youtube.com/watch?v=RcJ7C4echEs>

LAST CHANCE TO REGISTER FOR NADI PARIKSHA (Pulse Assessment) 2016

This second annual Ayurvedic Pulse Assessment series is open to advanced students and practitioners of Ayurveda. Please call Jaisri today to discuss your eligibility for this rare opportunity and plan to join with us for a group study of the most important of the AshtaVidhaPariksha, or the Eight-fold Assessment from Ayurveda. Prior graduates are eligible for a 15% discount. Your successful referral also qualifies you for a further 10% discount! Final discount date: March 15th! Register now!

The flier [here](#) can be saved, printed and forwarded to others in your network who will benefit. Nadi Pariksha takes time to learn, so get started now and deepen your professional development! For more information and to register, please contact the registrar, Larry Li, at: meditationswerve@gmail.com. Please email me at jaisri@ayurveda-seminars.com to convey your interest, or call 604-290-8201.

NEW BOOK ON THE AMAZING NEEM TREE, TRADITIONAL AYURVEDIC MEDICINAL TREE BY K. FERLOW

The author of this comprehensive work is our own local Klaus Ferlow, Master Herbalist, Professional Herbal Advocate, founder of Ferlow Botanicals, Vancouver, B.C. (1975) and NEEM RESEARCH, Mission, B.C. (2013) to protect and promote this precious healing gift to humanity. He writes: "Finally after working for over 53 months and two major set-backs, my book about the miraculous medicinal Neem tree from India that offers better plant health, human health, animal health and environmental health, *Neem: Nature's Healing Gift to Humanity* is available from": www.amazon.com/book-Neem-Natures-Healing-Humanity/dp/0993727506

Please check out his website for the book: www.neemresearch.ca (coming soon). To purchase online premium quality herbal medicinal Neem personal care products with no harmful ingredients such as preservatives, dyes or parabens, please go to: www.ferlowbotanicals.com. For more information, please click on this website: www.energygrid.com/health/2014/02kf-neem.html. Klaus can be reached at: klausferlow1@gmail.com

REGISTER EARLY FOR THIS SUMMER'S AYURVEDA INTENSIVE IN VANCOUVER

Join us for this 70-hr. PCTIA approved Continuing Education certificate program sponsored by the Institute of Holistic Nutrition, conveniently located on Broadway at Ash, 1 block from the Cambie Skytrain station in Vancouver. This will be our 6th 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.

For more information, please click on this link (enter IHN's link here please) or call Jaisri at 604-290-8201. 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](#).

You know I love to hear from you and what's new with you! I especially want to know about what will help the readers of this newsletter! Call me directly for more information about any of the items in this month's edition, and forward this opportunity to others whom you know will benefit. It's all about community, right?

With good wishes from,

Jaisri M. Lambert

604-290-8201 (Can.)

www.ayurveda-seminars.com

jaisri@ayurveda-seminars.com