

January 2016 Ayurveda Seminars and Consulting Newsletter

Dear Friend:

New beginnings are upon us, as the sun has now begun to increase towards the summer solstice. May this year unfold with peace, beauty, health and happiness for all living beings. May Ayurveda continue to increase worldwide and bless those in need of healthy living guidelines for body, mind and spirit.

Here at Vaidyagrama near Coimbatore in Tamilnadu state of India, the temperatures vary between 24 and 36 degrees C. over an average 24 hr. period. There's always a lovely breeze due to its valley location.

Panchakarma is indeed an amazing science. On the first day of treatment, my diastolic blood pressure was 94 (much too high). The following day, on my second day of treatment, it was 64 (healthy, normal). Both systolic and diastolic measures have remained normal and stable ever since! My weight is down about 30 lbs. since November, but most importantly, spiritual awareness has taken a quantum leap. Comments from group members are below – scroll down. Next year's program is in the works!

Truly the Vaidyagrama website (www.vaidyagrama.com) cannot convey the magic in the atmosphere or the exquisite intelligence of this development, generating a model for the healthy future of earth communities, based on principles of an almost forgotten past through Ayurveda. The visionaries who have intended and created this place are very life and growth affirming people and deserve our attention, I feel. This is a true model of sustainable farming, social justice and restoration of healthy generations.

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The mission statement describes Vaidyagrama as “a temple of healing, a vision of authentic Ayurveda for universal well-being and a complete healing space enhanced by Nature.” They define Vaidyagrama as “led by third generation physicians, offering traditional treatments, classical medicinal recipes, positive community living and healing relationships.” The healing journey here is described as “made fruitful with pure Ayurveda care, including naturally cooked wholesome food and an Ayurveda way of life, all in a green ambience, defined by Vaastu.” This is a unique hospital and community development project, based in Ayurveda living and natural farming, to enable an optimal healing environment.

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Here are comments from participants in the first Vaidyagrama group program:

"We are all so blown away by the skill, expertise, caring and tranquility of this amazing community development, with the hospital and Ayurvedic living at its core." J.M.L., group host, ayurveda consultant.

“I'm so glad I came and can't believe the care I'm being given here. It's unreal. Vaidyagrama is a special place for attentive care using authentic traditions, a global village with thoughtful presentations and a safe sanctuary to heal.”, K. G., medical specialist.

“PK healing includes the entire experience. I received so much here, far more than I expected and feel so grateful. The doctors continue the slow method of healing. I trust Ayurveda and their application of the science. With Jaisri, I enjoyed her mothering and was

touched by intimacies shared. I'm planning to return next year, too. Fullness remains ever full!" L.R., caregiver.

"This place is amazing. It's very, very uplifting. I'm working with a spiritual teacher here. Astounding. More than I thought it could be. It's a total lifestyle laid down in the sutras (medical scriptures). Incredibly loving, supportive. It's just such a privilege. I love the morning puja, especially when the priest anoints me. You wouldn't think the shirodhara (medicated oilstream therapy poured over the forehead) would be so encompassing. Astounding depth delivered. Next week treatments begin for osteoporosis. If the treatments are as effective as the others, I should be fine. I came to Vaidyagrama a frivolous socialite and am coming out a nun - ha!" S.M., spiritual teacher.

"I came to Vaidyagrama with less than 6 weeks preparation to learn about Ayurveda, begin a pitta pacifying diet, introduce myself to meditation, pranayamas and return to a daily yoga practice. My trip to India was my first flight out of the United States. Seventy six hours passed between the time I left home and arrived at Vaidyagrama, both events occurring in the dark. Despite many obstacles, including a dire illness after arriving, I know without a doubt I would like to return. Jaisri was helpful in many ways from day one, and all through my time in India. I have never experienced such loving, thoughtful, personal and professional care. This occurs every day and my doctors were also available 24/7 with a simple dial of his/her extension. I know, as I called often and was visited immediately, even for a nightmare. I suspect it may be quite difficult to leave, so instead, I'll look forward to my return." K.D., Montana, US

Stay tuned to upcoming newsletters about Vaidyagrama and it's parent organization, www.punarnava.org.

NEW PROGRAM – TURIYA THERAPY GENERAL SESSION March 4-6 in TORONTO, ONT.

For a couple of years now, my friend and colleague, Mukta Mudgal, has been wanting to sponsor this program in her home province of Ontario. Here is a unique opportunity to take this weekend intensive in applied Marma science that I've developed over many years of clinical practice, and I'm now passing on the most useful protocols that can be done by any beginner or advanced practitioner alike.

Turiya Therapy is a hands-on bodywork approach to support transcendence of the root causes of disease symptoms from their psycho-spiritual causes through self-realization. Toronto happened to be a stopover on my return flight from India, so this has turned into an opportunity for you to take this program and begin to apply it in your professional practise and for self-healing.

If you are a returning participant for this class, you qualify for a 10% discount on tuition, space permitting. If you refer a participant for this program, you also receive a 10% discount. For more information and to reserve your spot (limited spaces available), please register with Mukta Mudgal at 905-483-0268 or email her at: mukta@ayurbeing.com. Check out her website: www.ayurbeing.com. We are considering offering the following up seminars in October, 2016, according to student interest. To view/print/post forward the flier, please click [here](#).

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

The skill of Ayurvedic Abhyanga is much in demand today because of its efficacy, natural

oleation and historic proof of being a most effective method of treating so many disorders including headaches, digestive disturbances, pain conditions, disalignment, stress disorders, sleeplessness, constipation, frozen shoulder, anxiety, debility, osteo-arthritis and so many more. It improves sensory and motor function, dry conditions and psychological well being, among many other benefits.

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 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 expertise and success 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 30 years I've made much of my living 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 coming up. 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](#).

NADI PARIKSHA – AYURVEDIC RADIAL PULSE ASSESSMENT 2016 – RARE OPPORTUNITY TO LEARN THIS SKILL

Do you feel ready to take on this advanced skill development in Ayurveda? Join us for this second annual in-depth overview of Pulse Assessment According to Ayurveda, which I learned over many years with my mentor and teacher, Vaidya Vasant D. LAD. Applicants must have pre-requisite knowledge of Ayurveda. The seminars are useful for physicians, nurse practitioners, nutritionists, naturopaths, chiropractors, massage therapists, herbalists, healers and health care providers.

This unique program comprises 8 classes over 5 months, from March 20 - August 28, 2016. It's designed for integration of this subtle assessment skill into your clinical practice between seminars. Registration is limited, so it's suggested to reserve your spot now. 10% discount is offered on your tuition for referring another qualified participant. 10% reduction is offered for returning participants who want to go deeper into the depths of pulse perception according to this lineage.

Radial pulse assessment is the most important of the classical 8-fold assessment methods of ancient Ayurveda, the world's oldest holistic health science. Truly, this is the time to jump into your opportunity to begin mastery of Nadi Pariksha. Please email me at

jaisri@ayurveda-seminars.com with your qualifications or leave a message with the registrar, Larry Li at 604-346-9382. Please click [here](#) to view or forward the flier to those who may benefit.

National Ayurvedic Medical Association CEU's (Pace Credits) are now available for this course, a first in North America!!

VAIDYA VASANT D. LAD VISITS BASTYR UNIVERSITY IN KENMORE, WA March 12-13, 2016 (PIC HERE)

Diseases of the Respiratory and Digestive Channels

Don't miss Vasant Lad's annual visit to Bastyr Naturopathic University in Kenmore just north of Seattle on Sat. March 12 and Sun. March 13. Each one of his classes is always packed with healing energy at all levels, covering clinical effects and their antecedent causes according to ancient Ayurveda. Take advantage of this jewel of an opportunity when he comes to our region, making it possible to see and hear him in person. Experience his expertise as a teacher of Ayurveda in these troubled times, when true knowledge and understanding are rare indeed. Be one of the fortunate ones to learn through his drawings, voice and perspective, all exquisite in their simplicity, eloquence and uplift. Check out the links below and register to reserve your spot now. Almost all the knowledge of Ayurveda I've been graced to learn, Vasant Lad has given with both hands. You will increase your clinical and holistic knowledge in a beautiful, natural setting. For further information and to register, please click on these links:

<http://www.ayurvedawama.com/events/ayurvedic-approach-to-treating-disorders-of-the-respiratory-and-digestive-channels-ayur-15resp03>
<https://www.bastyr.edu/civicrm/event/info?reset=1&id=1822>

AYURVEDA STUDIES PROGRAM – 70 hrs. - AUGUST 2016 at IHN Vancouver, B.C.

This summer will be our 6th annual summer intensive overview of Ayurveda, the world's oldest holistic health science. This program is becoming well-known as an excellent foundation for those deciding to go further with Ayurveda, and for those seeking to complement their existing professional practice. It is a BC government approved certificate program, offered in a wonderful, central setting on Broadway near Ash (Cambie Skytrain Station). The convenient, conducive schedule is mornings only during August.

Here's a comment from one of last year's graduates: "The ad said this program would be life-changing, which is a big statement, so I was skeptical. But it was truly, indeed deeply, life-changing!"

For further information and registration, please click [here](#).

INTERNATIONAL RESEARCH PROJECT ON MENTAL HEALTH ACCORDING TO AYURVEDA

Abuja Saraswati from Oregon, USA is writing a book on how to cure mental illness using Ayurveda. She says, "My heart goes out to those who suffer from mental illness and I want to show them that there's an answer without harmful side effects. Most of the book will be knowledge from doctors Vaidyas Krishna Raju and Jaya Ramanuja Raju, who have each donated many hours for this book. I've also interviewed Vaidya Vasant D. Lad and Dr. Partap Chauhan. One of the best ways to inspire people to use Ayurveda is to show them

that others have been helped by it. So I'm including stories of those who overcame mental or emotional challenges, or who significantly improved. **Do you know of someone who might want to help by sharing their story?** If people want to be anonymous, they'll approve their story before it's published and will have complete control over the text. People don't have to write the story themselves, as I can talk with them and write it. I especially seek stories about dementia, eating disorders, amnesia, personality disorder, hypochondria and post-traumatic stress disorder. I have 16 years experience as an independent journalist and have published about 300 features and columns in about 60 publications, and can be reached at saraswati888@yahoo.com or by phone at: 541-488-7609.”

WORLD MEDICINE SPEAKER SERIES 2016 – High-Value, Low-Cost Community Talks Introducing Ayurveda in Vancouver, BC

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 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. Each class is new, fresh and enlightening.

Thursday, March 10, 2016: Spring Cleansing for Optimum Health

Spring is one of the ideal times to cleanse away the accumulated dross from winter's sluggishness and awaken the new buds of rejuvenation. Panchakarma is a highly sophisticated science of cleansing and rejuvenation from Ayurveda, the world's oldest holistic medical science. Learn simple home-based methods of optimum alignment with nature.

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 gastrointestinal 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 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 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 a little early to meet others. Bring a friend!

Location: Institute of Holistic Nutrition, 604 West Broadway #300, Vancouver, B.C. (near Ash St, 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 or forward the flier for these events, please click [here](#).