

Dear Friend:

Recently I've heard from many of you regarding your health needs and Ayurveda training needs. This newsletter contains news of some excellent upcoming opportunities!

**PANCHAKARMA IN INDIA DEC. 1, 2017-JAN. 18, 2018**

Choose from either the 41-day or the 29-day (two date options) immersion into classical Ayurveda cleansing and rejuvenation treatment in Vaidyagrama Healing Village near Coimbatore, Tamil Nadu, India. This rural setting is where an exceptional group of classically trained Ayurveda physicians have dedicated to creating a setting, a team and an experience of Ayurveda practice based strictly in scripture-based individualized panchakarma. Register and begin to prepare now for this unique opportunity for guided and supported health building. "The best investment I've ever made", said a recent participant.

For more information and to register, please review the following links:

**Overview:** <http://www.sacredearthjourneys.ca/current-tours/ayurveda-health-and-healing-retreat-in-india-2017>

**Description:** <http://www.sacredearthjourneys.ca/current-tours/ayurveda-health-and-healing-retreat-in-india-2017#description>

**Details:** <http://www.sacredearthjourneys.ca/current-tours/ayurveda-health-and-healing-retreat-in-india-2017#details>

**Blog Part II:**

**SPECIAL! ABHYANGA MASSAGE THERAPY TRAINING DATES JUST ANNOUNCED**

So many of you have requested Ayurveda Abhyanga or healing oil massage therapy, so I've set aside these dates: April 6, 7 and 8, 2017, to help support younger students and apprentices to learn this wonderful healing practice of ABHYANGA. It's expected these appointments will fill quickly, so please book now as only a few appointments are still available. The best part is that the old rate of \$155 applies for your two-hour session, including shower.

Please call Jaisri at 604-290-8201 or email me at [Jaisri@ayurveda-seminars.com](mailto:Jaisri@ayurveda-seminars.com) to book your appointment.

**CONSULTATION APPOINTMENTS IN NELSON, BC**

Only a few Ayurveda consultation appointments are still available the week of April 8-11 for those seeking clarity in their health program, especially for chronic, unresolved symptoms. Ayurveda is the world's oldest holistic health science and offers a classical model of re-balancing cellular metabolism. Ayurveda remains the most effective holistic health-care and healing system in the world. Cause and effect is well-understood in Ayurveda, and still today is the most comprehensive approach to health of body, mind and consciousness.

To book your appointment, please contact Camela Cowan at 250-505-3875 or email her at: [camelacowan@yahoo.ca](mailto:camelacowan@yahoo.ca).

**GURUKULA PROGRAM with Dr. Lad in Pune, Maharashtra NOV. 5-DEC. 15, 2017**

In 1999 and 2015 I attended this wonderful professional development program abroad in India with Dr. Lad and learned so much by attending his own two clinics: the urban clinic in Pune and the more rural clinic at his 'new' ashram, the Vasanta Institute of Ayurveda, located nearby in suburban Uruli Kanchan village. It was amazing to learn with him in his own home setting.

Gurukula is a program for studying directly with the teacher and is intended for intermediate and advanced students of Ayurveda. The community setting for group learning results in a deepening of professional Ayurveda intentions as well as of one's personal health development and spiritual growth. It's also for expanding experience and knowledge of Ayurveda clinical practice in India today.

Additionally, this program includes a visit to Dr. Lad's ancestral farmhouse and grounds, an extraordinary opportunity to experience the hidden aspects of Ayurveda and India herself. Group outings are adapted each year to the group needs and interests.

Fee includes tuition, ashram housing, meals and program-related travel such as to and from the urban clinic, farm visit, medicinal manufacture and temple outings. This program is offered by The Ayurvedic Institute in collaboration with The Vasanta Institute of Ayurveda, whom I've found to be in great service of Ayurveda and Dr. Lad, my most beloved teacher and mentor.

For more information and to register, please visit:

<http://www.ayurveda.com/education/pune-training-programs>

or contact Tiffany at [studentservices@ayurveda.com](mailto:studentservices@ayurveda.com) or call:  [\(505\) 291-9695 Ext. 126](tel:(505)291-9695) in Albuquerque, New Mexico, USA.

The growth of Ayurveda in Canada is now moving quickly, I'm noticing. You know I'm very interested to understand what you would like to see offered and developed here, and if you'd like to be part of this surge in interest in the world's oldest holistic health science in the west!

I so look forward to hearing from you!

With best wishes for your whole health from,

Jaisri

604-290-8201

[www.ayurveda-seminars.com](http://www.ayurveda-seminars.com)