



August Newsletter

Dear Friend:

This is the season for sipping limeade with maple syrup, wearing light, cooling garments of cotton, silk or other natural fibers including wide-brimmed hats, and for practicing 'shitali' or cooling (left-nostril) breathing. White colour reflects heat while black colour absorbs, and thus increases heat.

Diseases of heat, infection and acidity can increase during summer. Diarrhea, rashes, bites, boils, bleeding, heartburn, infections, eruptions, conflicts and fevers can proliferate in hot summer; symptoms can arise and/or worsen at noon and midnight.

Keep cool by avoiding alcohol, sleeping after 10pm, direct sun exposure from noon-4pm and last-minute lunch planning. Pacify pitta dosha by early rising for sadhana, then do work activities in the early mornings and evenings. Plan to eat when hungry and drink when thirsty.

Try this cooling electrolyte recipe:

- One litre pure water
- One tablespoon lime juice
- One tablespoon maple syrup
- Two pinches of Himalayan rock salt

Mix well and enjoy to quench your thirst and replenish your cells!

ANNOUNCING STUDENT APPOINTMENT OPPORTUNITIES

In September, two reduced student rate Ayurveda consultation services are coming available:

1. New client intakes are offered at only \$260 + GST for these two classroom teaching example opportunities. Please book your preferred appointment time and prepare according to the "Consultation" pages on www.ayurveda-seminars.com by outlining your concerns, health history and daily routine. This opportunity is part of the Nadi Pariksha Pulse Assessment program, with students coming from all over north America. We maintain your confidentiality of course.

September 12 10am-noon

September 15 10am-noon

1. Ayurveda Abhyanga Massage Therapy sessions are offered at \$155 by my colleague and student, Jessica Kruse. If you feel you are a suitable candidate, please book your appointment by calling 604-290-8201.

Sept. 19 10am-noon booked 3:30-5:30pm

Sept. 20 10am-noon booked 3:30-5:30pm

Sept. 21 10am-noon booked 3:30-5:30pm

PULSE ASSESSMENT INTENSIVE SEPT. 8-18, 2017 IN BC, CANADA

Join us for this program, revised and increased by popular demand. Spaces are already filling, so enroll now to ensure your registration in this unique mentorship course.

This post-graduate curriculum is developed for intermediate and advanced levels of clinical skill development. My biggest influence in offering this class is Dr. Lad's encouragement.

This program is now in its third year and attracting international practitioners. The new format is 11 days, with a day off mid-program to support those coming from out of town. Two case studies are also included, Sept, 12 and Sept. 15, from 10am-noon.

For more information and to view/print/forward/tag the program flier, please click [here](#).

Student Testimonials:

"Jaisri is a very competent, thorough, a good listener, and highly intuitive. If she ever takes your pulse you will feel that she is right inside there checking things out in a way that no western doctor can."

"Jaisri's teaching style is utterly restorative and profound. She is a true master of this ancient knowledge. Learning from Jaisri also illuminated the importance of learning from a teacher who lives the knowledge & wisdom. Jaisri certainly does and it was an honour to be her student."

"Our teacher gave each one of us attention and acknowledged our concerns. Awesome! I learned so much from working with others, too."

PANCHAKARMA IN SURREY, BC 2017

*Have you been dealing with chronic health concerns?

*Do you want to feel younger, lighter and more aware?

*Do you need to heal deep-seated physical, emotional

or addictive patterns?

Panchakarma is the classical cleansing and rejuvenation process of Ayurveda. It's both therapeutic and preventative, is adapted to individual needs and is a proven method of improving metabolic and immune functions for the better. Spring to fall is an ideal time in BC to help move the 'doshas' back to their optimum sites and functions. Investment: \$755 Cdn per day + GST.

Dates available at present:

August 28-Sept. 1

September 25-29

October 2-6

Testimonial: "My first nine-day panchakarma program with Jaisri ten years ago literally changed my life path. Still today I apply the principles of Ayurveda food science. For example, I learned to cook and mastered the many varieties of kitchari. I also continue with the abhyanga self-massage therapy. One of the biggest results remaining with me now was shifting my bedtime from 11:30pm-midnight to an earlier bedtime of 10-11pm. "

PANCHAKARMA IN TAMILNADU, INDIA 2017-2018

This program is planned again for December 1 to January 17, as the third one in this series of three years. I'm seriously advising you to get your deposit in as soon as possible to reserve your spot because, as always, there's a limited number of spaces. As always, first come, first served.

To read my blog about the first part of our grand adventure this year, please click [here](#) to understand more about what it actually means to heal at a cellular level and simultaneously at the level of higher awareness. Look for the upcoming flier for December 1, 2017 – January 18, 2018. Best investment ever! To register, please call Jaisri at 604-290-8201 or Jaisri@ayurveda-seminars.com to make preparations to begin your program now for reaping best benefits.

Testimonial:

"When we looked at my list of complaints upon arrival, I was a bit shocked at how long it was! Many symptoms have cleared up completely and I'm hoping some of the more entrenched ones will improve over the next three months as I continue with the diet and herbs.

This is not a complete list but since I've been here... I've lost a few pounds, I'm sleeping solidly through the night, bumps on my skin have disappeared, congestion in my chest has improved, my sinuses are clear, puffiness under my eyes is reduced...my tongue is almost completely clear, my neck and back feel quite a bit better; digestion has improved and I haven't had a headache since the one I had when I first arrived. Mentally, I did a major detox and feel like a heavy weight has lifted. Something about the cleansing process and all those great satsangs--learning about how to create the conditions for health from the point of view of Sattva, Rajas and Tamas. It's such good stuff!"

For more information and to book your personalized program, please visit my website at www.ayurveda-seminars.com and call me at 604-290-8201.

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>

EXCITING COLLEGE FUNDRAISING CONFERENCE NEWS!

AYURVEDA FUNDRAISING CONFERENCE MAY 18-20, 2018

Our planned venue, the Vancouver Public Library, is a fitting setting for our ground-breaking event in Ayurveda in Canada. Do you feel called to join with us in support of Ayurveda's development in Canada? If so, please do volunteer for this wonderful undertaking, and contact our capable and honourable volunteer coordinator, Girish Limaye at girishlimaye@gmail.com to convey your skill base.

Our next volunteer meeting is planned for Sunday, Sept. 24 from 10am-11:30am. We're rotating home locations in the lower mainland for those living nearby and Skype is used by those outside the region. Please do bring your skills, talents and abilities!

Our website is now live, though still under construction, and so is our Early/Early Bird conference registration until August 20. Check it out!

<http://shareayurvedaconference.com/>

<http://shareayurvedaconference.com/index.php/register/>

The Early/Early bird rate of \$425 goes until August 20, and then becomes the Early Bird rate of \$460. Register Now!

INTRODUCING THE NEWLY FORMED AYURVEDA ASSOCIATION OF CANADA

AAC is an effort to be the common voice that represents the entire Ayurveda community in Canada. Prior, different individual practitioners, students and other enthusiasts looking to practice or study Ayurveda, often felt a lack of support or the right resources to guide them in their Ayurveda journey. AAC is born out of a vision to achieve the goal to unite everyone, support the practice and education in Ayurveda in Canada and be the common platform that looks after the interests of Ayurveda community.

Board of Directors:

Manjiri Nadkarni, President

Neelam Toprani, Vice-President

Paul Bath, Secretary-Treasurer

Ismat Nathani Dhala, Member

Ruth Lamb, RN, BA, MSN, PhD, Member

For more information and to become a member, please contact: info@ayurvedaassociation.ca or call 1-800-619-5218.

Ayurveda Seminars & Consulting supports uniting together under this one Canadian banner. Only together can we achieve the lofty goal of integrating Ayurveda into our health care options in Canada.

Dear reader, you know how much your individual journey inspires me to learn and serve in Ayurveda. Please do keep me posted regarding your progress of health and study of our beloved Ayurveda, a pure science of observation, cause/effect and liberation from misunderstanding and suffering.

I look forward to receiving your news, feedback and enquiries.

Sincerely,

Jaisri M. Lambert, Founder

Ayurveda Seminars & Consulting

www.ayurveda-seminars.com