

Dear Friend:

May this holiday season be a time for renewing your spiritual intentions and your health intentions. What is your main purpose in life and are you progressing on your path? May 2018 bring increased compassion, understanding and creativity to one and all.

SHARE AYURVEDA CONFERENCE 2018

You may know that our amazing group of volunteers has been working diligently for many, many months already to help bring together our Ayurveda community in Canada in support of Ayurveda education. The event is scheduled for May 18-20, 2018 in Vancouver and features keynote speakers Vaidya Vasant D. LAD and Dr. Ramkumar Kutty, both extra-ordinary innovators in the classic science of Ayurveda, along with many wonderful Canadian Ayurvedists.

Join with us during December because after January 1st, the registration will go up and program choices will go down. It seems that we may well sell out this event, so if you have thought of participating and visiting Vancouver, please do your online registration before the month's end, OK? Some sections of the site are still under construction, so thank you for your kind understanding. Click on: www.Shareayurvedaconference.com

To volunteer, please contact Girish Limaye at 778-840-8364 with your skill set and interests.

INTERVIEW ON SLEEPLESSNESS

This interview was recorded in 2015 on the topic of how to restore sound sleep according to Ayurveda. Psychologist Hanna Chusid from Los Angeles, interviewed me for an Israeli website. Please do forward the YouTube link below to those who are suffering from irregular sleep and need to understand the Ayurveda perspective on this important part of the triad of healthy daily living: Appetite, Elimination and Sleep.

Due to popular request and need, this interview on healing sleeplessness according to Ayurveda is re-posted. Discover insights and tips to help reform your mind and daily routine with understanding and ease. Please take the time to sit with a friend who needs this understanding of how sleep is an integral part of the entire daily picture, and watch here: https://www.youtube.com/watch?v=8uPA214I_kY

REPORT FROM VAIDYGRAMA

To read my current blog of activities and experiences here in India, please see my latest account since arriving Dec. 1st. by clicking [here](#). Many of you have expressed that you would have so liked to join with us, but for one reason or another, did not, and now feel you've missed out for this year. If you'd like to join for next year, please do put yourself on the wait list with your deposit or payment to ensure your spot. Participants are realizing they would not get this experience anywhere else.

For more information, please e-mail: Jaisri@ayurveda-seminars.com

RESTRUCTURING OF SEMINARS FOR 2018

Going forward I plan to teach only thrice yearly now. Classes are currently formatted into 11-day programs of 10 class days each, with a day off in the middle. These are skill-based programs capable of supporting your livelihood and your further Ayurveda learning.

SPRING	2018	MARCH 23-APRIL 2	<u>TURIYA THERAPY</u>
SUMMER	2018	JUNE 15-25	<u>ABHYANGA</u>
FALL	2018	SEPTEMBER 14-24	<u>NADI PARIKSHA</u>

CEU's are available from NAMA (PACE Credits) for the Nadi Pariksha program, and are also in process for the other two seminars. Registration has already begun for these programs, so if these practical programs are on your radar or you know colleagues for whom these programs are ideal, now is the time to reserve your spot, with your deposit or pre-payment. Register now to ensure your priority attendance!

ANOTHER PUBLISHED ARTICLE!

My article on 'Migraine Syndrome in Ayurveda', which began its journey to publication about 8 years ago, is about to appear in the inaugural issue of the JOURNAL OF YOGA PRACTICE AND THERAPY, a division of Scitechnol Journal.

Migraine brought me to Ayurveda many years ago and taught me about life and true living, in due course of time. I had to learn about my posture, food, sleep, breathing, digestion, hormones and especially the unresolved psycho-emotional causative factors.

Please do pass this article on to others who may benefit. It will appear on my website soon under Free Downloads, along with other published articles and papers, written by me and by other authors, now in the public domain. To check it out and have a sneak preview, please click [here](#).

You know I always love your feedback!

COSTA RICA YOGA & AYURVEDA RETREAT, MARCH 3-24, 2018 **ENRICHED 200-HR. YOGA TEACHER TRAINING WITH JESSICA KRUSE**

Jessica is an amazing teacher and healer, full of knowledge, humility and skill. Take advantage of this most valuable opportunity to rest, learn and relax in an exquisite and diverse mountain top location as well as an exquisite beachside setting, along with other like-minded participants from around the world. Your investment in this event will return to your life many-fold.

This experience can change your life and bring your holistic understanding to a new level. Live with community, yet have your own space and return rejuvenated, inspired and committed to your well-being going forward. **A rich, unparalleled Yoga Teacher Training opportunity for sincere seekers of self-healing, and yoga teachers new and old.**

Ayurveda massage therapy treatments are available following the event (separate fee). Advanced booking is suggested. For more information and to register, please click [here](#). Destiny awaits!

The New Year is almost here and I'm sending all best wishes to you and your family. May you receive the gifts of grace, clarity and the Christ consciousness of pure love, as the sun continues its journey back from its most distant location from earth to its closest one at the summer solstice, 2018.

The flower photos seen in this newsletter are taken in this tropical savannah of Tamil Nadu, sharing the incredible beauty, variety and glory of our amazing creation. Enjoy!

May the coming year be your best cycle yet for embracing Ayurveda as a complete science of personal equilibrium. I so look forward to you and your beloveds joining us in celebration of Ayurveda as she showers her blessings, so we can maintain health and pursue Self-realization.

Please do sign up NOW for the www.shareayurvedaconference.com in Vancouver May 18-20, 2018 in support of increasing access to Ayurveda education in Canada, and let your friend know about this historic opportunity.

With much love from India,

Jaisri

www.ayurveda-seminars.com