

Greetings from mother India:

PANCHAKARMA IN TAMILNADU, INDIA 2017-2018

This message is reaching you as I'm just past the half-way mark of my amazing detoxification and rejuvenation program in Tamil Nadu. My group members are ALL experiencing remarkable results, though each program is so very different for suiting our individual needs.

This program is planned again for next year from December 1 to January 17, as the last one in this series of last year, this year and next year. So many of you have told me you plan to join this group, so 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 is first served.

You know I'm not any pressure sales person – I'm saying this so you don't miss out. **Now** is the time to commit to your health and well-being in a truly deep and gentle way that involves body, mind and consciousness. There's no better opportunity out there, I feel., and you know I've searched high and low. Experiencing is believing.

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!

RARELY OFFERED COOKING CLASS SERIES March 11-12 and March 18-19, 2017

Daily food practices are at the very foundation of the Ayurveda 'Dina Charya' (daily practices for healthy and long life) and of the health of 'Agni' (metabolic cellular intelligence). Disease almost always originates in wrong food choices, combinations, quantities and timing for individual needs.

So many food theories are out there, whether Paleo or Veganism or Blood Typing or Atkins or Canada Food Rules or so many others. Learn where each of these has merit and demerit, as compared to the age-old wisdom guidelines from Ayurveda, which has not changed its principles in thousands of years, to help guide humanity to living a full lifespan leading to conscious death, rather than death by disease.

For more information and to register for this wonderful, fun, life-changing series, please click [here](#), though content and value cannot be conveyed by the flier. Sign up now to each or all classes. More benefit and savings come by attending all 4 classes in this building-block series.

TRAUMA MANAGEMENT FOR NEUROPLASTICITY April 28-May 7, 2017

TURIYA – TRANSCENDANCE THERAPY

For decades I've made my living successfully offering bodywork therapies, while deepening my knowledge of healing arts through the study of many modalities,

especially ancient Ayurveda, the world's oldest, most comprehensive holistic health science.

Through the guidance and grace from my great mentor, Vaidya Vasant D. Lad (www.ayurveda.com), I've been blessed to developed Turiya Therapy (www.ayurveda-seminars.com), a complete sub-science of applied 'marma chikitsa' or healing through knowledge of the Invisible Anatomy©.

You are invited to join us in beautiful Nelson, BC (www.nelson.ca) at the Academy of Classical Oriental Sciences (www.acos.org) to be introduced to and trained in the basics of Ayurveda TURIYA THERAPY, a profound art of Self-realization and self-healing through still-point techniques based in classical understanding of meridians, chakras, doshas, dhatus, mind, emotions and higher consciousness.

For more information and to register, please contact the sponsor, Camela Cowan at camelacowan@yahoo.ca or by phone at 250- 505-3875. To view, print, forward or tag the flier, please click [here](#). We're looking forward to sharing your discovery and implementation of these amazingly simple, safe, deep-acting and effective techniques.

Graduate & Client Testimonials:

"After falling on my knee, I experienced severe discomfort and pain in my right hip and back to the point where I could not lie flat or sleep. Jaisri applied the Turiya - marma point Therapy to the affected area, and after a night's sleep, the pain was completely gone. It felt like a miracle. This is a painless, drug-free, very effective method of relieving trauma discomfort and pain. I have since had two Turiya therapy sessions for neck pain and headaches, again very effective in treating the discomfort and pain. I wish more people were aware of this amazing alternative to pain treatment".

S.B., Geologist and Yoga Therapy client

"The Turiya (Marma) Therapy classes you taught us have been so very helpful for me! I took classes with Jaisri and I'm so happy to say that I still apply her teaching in every session. The outcomes with the techniques Jaisri teaches is just amazing."

K.F.B., Osteopath, R.M.T., Ayurveda Lifestyle Counsellor

PLAN NOW FOR YOUR SUMMER INTENSIVE STUDY OF AYURVEDA in Vancouver!

This wonderful program is now in its seventh annual successful season of introducing Ayurveda to those new to her wondrous wisdom and life-changing content. Ayurveda is ever-fresh, as life itself. Past graduates returning for review study will find more depth and clarity of understanding, more of the art of Ayurveda, though the science is given primary focus. I remember taking introductory classes with Dr. Lad for about 9 years in a row. Still I love basics!

Dates: Aug. 8–Sept. 1, 2017

Times: Mon.-Fri: 9am-12:45pm Location:

Institute of Holistic Nutrition : #300-604 W. Broadway, Vancouver, BC.

For more information and to view/print/forward/tag the flier, please click [here](#). To register, please contact the Institute of Holistic Nutrition in Vancouver at 604-588-4000 or e-mail Saar at: liaison@ihnvancover.com. Visit these websites: www.instituteofholisticnutrition.com (search for Vancouver campus Continuing Education), and www.ayurveda-seminars.com (search for Jaisri M. Lambert's events schedule).

Graduate Testimonial: "Jaisri is an amazingly wise spirit, who has not only an incredibly compassionate and loving nature, but is also the best educator I've ever met. She is clear, concise, thorough, and very intuitive. Her extensive clinic background of 30+ years speaks for itself, as does her many years of apprenticing with Dr. Vasant Lad. She is definitely a leader in her field."

C.C. Yoga Therapist

Dear friend, you know I so love to receive your news about your journey of Ayurveda, and I do look forward to your updates, comments, successes and enquiries. Meanwhile, may Ayurveda continue to bless and grace you, now and all ways! Love from Jaisri M. Lambert at 604-290-8201 (from early March).