

March 2017 Newsletter

Dear friend:

PANCHAKARMA IN TAMILNADU, INDIA 2017-2018

Many of you know that I've recently returned from a truly amazing of classical cleansing and rejuvenation with Ayurveda panchakarma. My group members ALL experienced remarkable results, though each program is so very different for suiting individual health needs.

Our program is now planned again for December 1, 2017 to January 18, 2018 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. It will be first come, 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. You'll find my journal entries from December, 2016. This program is the best investment ever, I feel!

To view/print/forward/post the retreat program flier, please click [here](#). To read the supporting information and documentation, please click [here](#) for the General Program information and [here](#) for the Program Details. I'm looking forward to hosting you on this deep journey of healing according to ancient Ayurveda.

The registrar for this program is Helen Tomei of Sacred Earth Journeys for our third year in a row. Please click on the links below to view this and other programs of Sacred Earth Journeys.

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>

NEW PROGRAM ANNOUNCEMENT: PULSE ASSESSMENT in AYURVEDA

This program focusses on 'Nadi Pariksha', the most important of the eight-fold assessment criteria of classical Ayurveda, and is now expanded to a new 60-hr. format, including Overview, Prakruti, Vikruti, Dhatus, Sub-Doshas, Ojas/Tejas/Prana, Case Studies and much more. This unique opportunity is a chance to learn what I've been taught over the last 30+ years at the feet of my amazing mentor and teacher, Vaidya Vasant D. Lad, master of Ayurveda and all related topics.

Pre-requisite for this program is the Ayurveda Studies Program - 70 hrs. or equivalent. For the Pulse Assessment flier please click [here](#). For the Ayurveda Studies Program flier, please click [here](#).

To register for this program, please contact Jaisri@ayurveda-seminars.com or call 604-290-8201.