

Dear friend:

This newsletter is being composed on my arrival home following an amazing, wonderful, uplifting, historic, inaugural Ayurveda Association of Canada conference, themed “**Mental Health and the Environment**” in Toronto, March 21-22.

Still today, my highlights focus on brilliant, beautiful, strong women healers, teachers, clinicians, philosophers, mothers, daughters, grandmothers, yoginis, administrators, designers, musicians, lovers, wives, researchers, chefs, artists and especially, sincere young seekers.

Together, we all seemed to feel like cheering on one another’s individual creativity through Ayurveda. Andrea Olivera’s tribal, maternal leadership showed divine intervention was perceived by all, experiencing the joy of unity and being one together. Maya Tiwari reminded us from recent history that women have been the carriers of Ayurveda since time immemorial.

I also met men of nobility, creativity and distinction. We were honoured to view a powerful commentary from Dr. Shiv Chopra, a highly credentialed former Health Canada administrator, dismissed for proposing to prioritize addressing Canada’s public health by ensuring the environmental health of the primal elements of space, air, fire, water and earth.

Participants began to realize that perhaps all species are now in peril of genetic mutation, considering current lowered sperm counts, increased spectrum disorders and generalized societal stress, in place of, what the elders have taught, that our innate spiritual birthright is to enjoy peace, and each one can find it within, contributing to mass consciousness. Ayurveda and Yoga work together to achieve inner peace, as a tried and true strategy, beginning and ending with balance.

Please do spread Dr. Shiv Chopra’s important commentary and help renew this critical discussion of our **elemental** and **environmental** health going forward together. Ideas about how and what to do in the name of restoring balance? I feel manufacturers can be held accountable for restoration of resources extracted and that plastic clean-up begins with ceasing production, until balance is proven.

We heard of a plant cloning program at Guelph University for restoring endangered medicinal species. We heard devotional kirtan from Swaha. We heard one another’s encouragements and sharings.

My news of our upcoming Share Ayurveda Conference in May 18-20, 2018 was so very well received and we look forward to welcoming our colleagues from across Canada and elsewhere to celebrate and share the increasing presence of Ayurveda in Canada. Our site is still under construction, so please bear with us. Thanks. Meanwhile, please register at [www.shareayurvedaconference.com](http://www.shareayurvedaconference.com). I’d love you to follow our progress, in sweet anticipation of strengthening our community bonds together.

### **PANCHAKARMA IN TAMIL NADU**

Now I'm preparing to again host a group of health-seekers to Tamil Nadu for panchakarma treatment of 41 days of daily treatment, healing, meditation, simple food and devotional atmosphere amid 3 acres of lush botanical gardens and vastu-built accommodations. This is my third year in a row hosting this program with sacreearthjourneys.ca, co-created for those choosing to put their health first with classical Ayurveda. Has this program been pulling at you to join with us? Call me, OK? 604-290-8201.

### **PANCHAKARMA IN SURREY BC Nov. 20-24**

Only one last minute opportunity remains for this year to receive cleansing and rejuvenation treatments here in BC, without the long travel to India. Do you have a knowing that this opportunity is perfect for you? Jump on this this: 604-290-8201.

### **CONFERENCE UPDATE MAY 18-20, 2018**

We've now reserved our venue for Friday's special events at the University of British Columbia, for both our Professional Panel (\$40), bringing together practitioners from all over the country to frame our committees for collective interests such as Ethics, Insurance, Standards, Imports, etc., and our Friday evening Gala Fundraising Dinner (\$250 first come, first served) at the Jack Poole Hall at the UBC Alumni Centre, a very exciting evening for Ayurveda in Canada. Featured Keynote Speaker is Vaidya Vasant D. Lad. Please register at [www.shareayurvedaconference.com](http://www.shareayurvedaconference.com). This event is expected to sell out.

Saturday's and Sunday's events take place at the Vancouver Public Library, conveniently located in fascinating downtown Vancouver. We plan to bring together visitors from all over the world and to feature our Ayurveda talent and support in British Columbia. Sign up now at the Early Bird Rate until December 31, 2017. Register now and check this off your 'to do' list, ensuring your spot before sell out: [www.shareayurvedaconference.com](http://www.shareayurvedaconference.com).

### **REMINDERS FOR TWO AMAZING PROGRAMS IN COSTA RICA with Jessica Kruse**

#### **A: Ayurveda & Yoga Retreat Dec. 3-10, 2017**

Pamper yourself in the cradle of beautiful beach and mountain regions. Join Jessica on this unique retreat, created to bring two distinct areas of Costa Rica to you in one retreat, as well as the sisters sciences of Ayurveda and Yoga! What could be better?

#### **Features:**

- Private or Shared Accommodation
- Daily Yoga, Meditation and Ayurveda lectures
- Ayurveda Cooking Class
- 60 minute Ayurveda Consultation with Jessica
- Dietary Guidelines and Educational Resources to Take Home
- Ground Transport to and from San Jose International Airport

### Retreat Investment:

All-inclusive price ranges from \$1,400 – \$2,000 USD depending on accommodation.

### Complete Details and Registration:

Jessica Kruse | info@anilacr.com | www.anilacr.com

### **B: 200-Hour Yoga Teacher Training in Costa Rica Mar. 3-24, 2018.**

This Yoga Alliance 200 hour RYS registered program is offered in an intensive format of 21 consecutive days, amidst the exquisite, relaxing, romantic beauty of Costa Rica. Right program at the right time! This all-inclusive program is perfect for those seeking to deepen their practice and understanding of Yoga and Ayurveda. Together, these two sister sciences achieve optimal results. To ensure your spot and save, register now! Bring a friend and share this unforgettable experience with a study buddy, with the ocean and mountains to inspire and teach you!

### Features:

- \*20 days of instruction and 21 nights of accommodation
- \*two diverse and stunning locations (15 days beachside, 6 days in mountains)
- \*Daily Ayurveda lectures, yoga practices and meditation sessions
- \*A personal Ayurveda Consultation with Jessica
- \*Ground transport to and from San Jose airport
- \*Yoga Teacher Training Manual, Not Included

### Tuition Investment:

Early bird registration by Dec. 3rd, 2017:           \$4000 USD  
Regular pricing after Dec. 3, 2017:               \$4500 USD\*  
Full tuition due by February 3rd, 2018, space permitting.

### Complete Details and Registration:

Jessica Kruse | info@anilacr.com | [www.anilacr.com](http://www.anilacr.com)

**ANNOUNCING 2018 SCHEDULE of LIVE EVENTS with JAISRI**

**Registration is already beginning to fill up for next year, so enroll early now!**

**Email: [Jaisri@ayurveda-seminars.com](mailto:Jaisri@ayurveda-seminars.com)**

<b><u>SPRING</u> <u>flier</u></b>	<b>TURIYA THERAPY March 23-April 2</b>	<b>Heal Body &amp; Mind with Marma Therapy Still point protocols bring subtle awareness</b>
<b><u>SUMMER</u> <u>flier</u></b>	<b>ABHYANGA THERAPY June 15-25</b>	<b>Ayurveda Oil Massage Therapy Learn why this method is so in demand</b>
<b><u>FALL</u> <u>flier</u></b>	<b>NADI PARIKSHA Sept. 14-24</b>	<b>Pulse Assessment – Keys to Balance NAMA PACE CREDITS      All Levels</b>

**Investing in your Ayurveda education pays rich dividends**

Love to hear your news of your Ayurveda journey. May Sri Dhanvantari continue to bless you with abundant good health. Sincerely,

Jaisri M. Lambert