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Dear Friend:

Such exciting recent developments in Ayurveda in Canada to share!

ANNOUNCING CANADA AYURVEDA RESEARCH and EDUCATION FOUNDATION

Approval for this federally registered non-profit foundation was received on the sacred day of JANMASTHAMI, 2017. The CAREF is now the vehicle for my Ayurveda work going forward from now, my 70th year on planet earth.

The intention of the Foundation is to feature modern research of ancient Vedic sciences, especially Ayurveda, while providing career-development education for in Ayurveda. Many hearts, minds and hands are helping to create this long-time dream as a budding reality. Thanks to the many, many souls who have contributed, directly or indirectly, to the creation and support of CAREF. Your membership will soon be available.

Update: CANADIAN AYURVEDA CONFERENCE MAY 18-20, 2018 in Vancouver, BC

I invite you to the first Canadian Ayurveda Conference planned for May 18-20, 2018 at the Vancouver Public Library and the University of British Columbia. Ayurveda professionals, students and enthusiasts from across Canada will come together for the conference as pioneers of growing Ayurveda in Canada. We have so much talent, expertise and professionalism to share.

The conference will start with Gala Fundraising Dinner on Friday May 18, 2018 from 6pm-10pm, also in support of the intention to create an Ayurveda College, intended to begin in September 2019. The event will feature beginner and advanced topics, Ayurvedic lunches and dinners, and sattvic evening entertainment. Business will have an opportunity to feature their products and services at designated booths.

Only 200 spots are available for this first conference attempt and 20 of them are already booked over 9 months in advance. With Keynotes Vaidya Vasant D. Lad and Dr. Ramkumar Kutty, along with other Ayurveda luminaries presenting from across the country, we expect the spots to be filled way in advance. [Tickets](#) are still available at the Early Bird rate until December 31.

Register early and enjoy Ayurveda learning and networking in support of our Ayurveda community development and Ayurveda education in Canada. Bring a friend whom you feel will benefit. [Sign up now](#) and get a priority on your preferred break-out sessions – first come, first served!

If you have any questions about tickets, sponsorships *or want to volunteer* for this history making conference, please send an email to our event coordinator at girishlimaye@gmail.com.

Update: AYURVEDA ASSOCIATION OF CANADA

I've recently had the great honour of joining as a founding member and also as a member of the Board of Advisors. As a collective, we now have a forum in Canada for unifying our professional interests.

Our conference is scheduled for October 21 and 22, 2017 in Toronto, where I have the privilege of offering a keynote address on the topic of Ayurveda Elder Care in Canada. To read the transcript of my talk in support of unifying our efforts nationally to help prepare a strong position for Ayurveda in Canada's health care choices, please click [here](#).

The Ayurveda Association of Canada provides an umbrella for issues such as insurance coverage for practitioners, compliance with the AYUSH international standards of educational practice and the importation/manufacture of Ayurveda products in Canada. For more information and to become a founding member, please click [here](#).

In Person CONSULTATION Openings in Toronto

As mentioned above, I am a keynote speaker for the Ayurveda Conference Toronto on October 21-22 and have a couple spots available for in person consultations, *Monday October 23 from 10 am to 4 pm* in the North York Area. For further information and to book your appointment, please visit <http://www.ayurveda-seminars.com>. Please click on 'Consultations' or call 604-290-8201. First come first served.

LAST CHANCE to register for PANCHAKARMA 2017-2018!

Are you or is someone near and dear to you suffering from chronic disease? Classical Ayurveda cleansing and rejuvenation science provides an opportunity for lifestyle change and traditional treatments to help adjust metabolism and unhealthy mental states.

NOW is the time to finalize your registration for either Panchakarma in Surrey (click [here](#)), Canada (3 or 5 day programs in Oct.-Nov.) or in Coimbatore (click [here](#)), India (29 or 41 day programs Dec.-Jan. '18).

TURIYA THERAPY

Want to develop hands-on healing skills for balancing the doshas of Vata, Pitta and Kapha?
Interested in Marma Science in Mental Health?

Jaisri developed these powerful yet simple techniques based in the Sankhya philosophy of creation, over decades of clinical practice and helped many to resolve deep-seated psycho-emotional trauma.

Learn these safe and effective stillness techniques for self-realization and self-healing in this convenient format of 60 hours. Certificate is awarded to successful participants.

What: Bodywork for Healing Trauma and Restoring Neuroplasticity, including The General Session, Vata Balancing Protocols, Pitta Balancing Protocols and Kapha Balancing Protocols

When: March 23-April 2, 2018 in Surrey, BC

Times: 10 am to 6 pm daily; day off: Wednesday, March 28

Prerequisite: Ayurveda Studies Program of 70 hours

Investment: \$1997Cdn+GST if paid by March 16; \$2127Cdn +GST thereafter. Can be earned back in weeks.

Learn the “General Session”, an introduction to Turiya Therapy including basic concepts, assessment techniques, chakra balancing, marma points, cranial protocols, mind/body principles, and much more. Turiya Therapy has its roots in Polarity Therapy and Ayurvedic medicine, and recognizes unresolved emotions as pathogens while offering powerful hands-on techniques for psycho-emotional and psycho-spiritual self-healing.

“Balancing the Doshas” introduces more than six new protocols and techniques to deepen the “General Session”. You will learn how to identify “doshas” and to use protocols for balancing Vata (air principle), Pitta (fire principle) and Kapha (earth principle) and their respective balancing protocols in Marma Chikitsa (Turiya Therapy). This program is suited to those with some knowledge of Ayurveda who want to deepen their clinical bodywork practice. Download flier [here](#).

For more information and registration, please contact Jaisri at 604-290-8201 (Can.) or visit: <http://ayurveda-seminars.com>

JESSICA KRUSE

Jessica is my beloved graduate and colleague. She invites you to her upcoming Ayurveda & Yoga Retreat Dec. 3-10, 2017 in Costa Rica. Join Jessica for this unique retreat bringing together two distinct areas of Costa Rica in one retreat, as well as the two sister sciences of Ayurveda and Yoga:

- *Daily Yoga, Meditation and Ayurveda lectures, 1 individual consultation*
- *Two Stunning Locations are Included for Accommodation, Private or Shared*
- *Ground Transport to and from San Jose International Airport, and more*

Investment: All-inclusive investment from \$1,400-\$2,000US - depends on accomms.)

Details and Registration: info@anilacr.com www.anilacr.com

Announcing 200-hr. Yoga Teacher Training in Costa Rica with Jessica Kruse

March 3-24, 2018

This intensive, hands-on 21-day Yoga Alliance 200-hour RYS-registered program is offered amid the beauty of Costa Rica. This all-inclusive program features organic meals and accommodation – and an integrative curriculum for yoga students wishing to deepen their understanding and practice of Yoga and Ayurveda. We’ll focus on practical applications of traditional Hatha Yoga and ancient Ayurveda as inherently synergistic systems of healing that to help achieve optimal

results, especially when used together.

TUITION: Early-bird if paid by Dec. 3rd, 2017: \$4000 US; thereafter: \$4500 US.

Complete Details and Registration: info@anilacr.com www.anilacr.com

Hope you enjoy these excellent opportunities and convey your experiences of Ayurveda to me. Please watch for our next newsletter to receive news of upcoming programs for 2018. I so look forward to hearing from you.

May Sri Dhanvantari continue to bless you!

Sincerely,

Jaisri Lambert

604-290-8201

www.ayurveda-seminars.com