

Dear reader:

Here's news of important Ayurveda opportunities for 2018 from Jaisri and Ayurveda Seminars & Consulting. May these opportunities contribute to your clarity, understanding and experience of healing and good health!

GOOD NEWS ANNOUNCEMENT

I've recently received approval of my **Ayurveda Doctor** status with the U.S. National Ayurveda Medical Association! My account membership is now set as Ayurveda Doctor, as my application was recently processed and approved. My father would be well pleased, and I feel so grateful to all those who have supported my process, spanning many years of preparation and documentation.

Thanks to all those who contributed, especially beloved Vaidya Vasant D. LAD. Only with his support do I have the knowledge and confidence to use the term Ayurveda Doctor now! God is great, and does all accomplishments.

<http://www.ayurvedanama.org/members/?id=18597393>

JAISRI'S SEMINARS FOR 2018:

Apply now for these upcoming intensive seminars of 11 days (10 teaching days, one rest day each) to ensure your spot in these now rare opportunities for those with a good foundation in Ayurveda study:

March 23-April 2 [TURIYA THERAPY](#) (Applied Marma Therapy for Psycho-spiritual Self-Realization and Healing)

June 15-25 [ABHYANGA](#) (Ayurveda Massage Therapy for Qualified Ayurveda Students and Therapists)

September 14-24 [NADI PARIKSA](#) (Ayurveda Pulse Assessment for Intermediate or Advanced Students and Practitioners)

To view, print or forward the fliers with detailed information, please click on the title above. These practical programs can be taken as a series or independently, for experienced applicants. Better to reserve your place now and. For more information, please call Jaisri at 604-290-8201.

SHARE AYURVEDA CONFERENCE MAY 18-20, 2018

So many inspiring Ayurveda events are in store for you this coming year! For example, the Share Ayurveda Conference in Vancouver May 18-20 is for bringing together Ayurvedists from all over the country and beyond!

We'll be graced with the presence of two great luminaries of Ayurveda, Vaidya Vasant D. Lad, director of the Ayurvedic Institute in Albuquerque, New Mexico

and Dr. Ramkumar Kutty, director of the Vaidyagrama Healing Village near Coimbatore, Tamil Nadu.

An important feature of the conference is the Friday afternoon Professional Forum from 3-5pm at the UBC Alumni Centre Board Room. Please be on time to bring your voice to this important discussion of our Ayurveda Association of Canada (join at the website below) agenda for the upcoming year.

Please join us and bring a colleague, in support of Ayurveda education in Canada! For more information and to register, please visit our website (under construction for this all volunteer event), by clicking on this internet link: www.shareayurvedaconference.com.

AYURVEDA ASSOCIATION OF CANADA

If you are an Ayurveda Association of Canada member (I do encourage all Canadian practitioners to join in one voice for our Canadian professional development), you are eligible to take advantage of the conference enrollment discount until **March 16**.

This organization is positioned to be our voice for Ayurveda now and in future. I feel each professional and student voice matters to generate a support system for our leaders in this long-needed association.

To join, please click on www.ayurvedaassociation.ca. This is your final reminder about the conference discount, so please act now, OK?

MY UP-TO-DATE BLOG on PANCHAKARMA IN INDIA

To read the complete BLOG of my current trip to Tamil Nadu, India for panchakarma during December until Jan. 18, please click [here](#). Some of our group took a road trip to Kannur on the north coast of Kerala, for our resting and integration phase following treatment where I'm composing this newsletter.

Vaidyagrama features a sustainable living lifestyle along with excellence in individualized doctor-supervised treatment protocols. A profound healing experience for one and all who commit to the authentic panchakarma in Tamil Nadu!

This year's group alone represents healing of cancer and healing of disc herniation, following weeks of crippling pain with months of numbness and threat of back surgery. Prior years represents healing of erythematosus, overweight, obesity, chronic pain from a history of nerve injury from dental 'care' and more.

For 2018, if you are considering joining with me for the 35-day treatment program (41 days in all with 3 rest days to begin and end), then please do let

me know now. Reservations need to be made well in advance going forward, as the retreat centre is now fully booked for our treatment period of **Nov. 20-Dec. 30, 2018.**

If sign-ups warrant, I may extend my now completed 3-year commitment to host groups for authentic Ayurveda treatment at Vaidyagrama. Final payment due date is September 1, 2018. Please let me know if you'd like to be on the list and travel with us for the healing journey of a lifetime!

PRACTITIONER PROFILE: MADHAVI FRANCOISE BARRIOS

Each newsletter, I like to feature a colleague, product, recipe, opportunity or procedure that can help enhance your Ayurveda experience.

Madhavi Francoise Barrios has recently qualified for her Federal Diploma (designation pending) in Ayurvedic Medicine in Switzerland, an excellent accomplishment for a western student of Ayurveda! Hearty congratulations and Godspeed on your journey forward, bringing Ayurveda to westerners and easterners alike, both in Europe and in India.

Truly your journey from professional Psychotherapy practice in Geneva, to seeking truly holistic healing for your patients, to your nearly decade-long study of Ayurveda, the world's oldest and most comprehensive science of self-healing through nature's own law of cause and effect, and finally to the manifestation of your own Ayurveda and Yoga licensed hospital centre near the Valiyaparamba backwater, situated about an hour's drive from Kannur in the southwestern Indian state of Kerala on the Arabian Sea, is indeed inspiring.

Madhavi is one of the presenters you'll hear from at the Professional Forum and the Share Ayurveda Conference on Friday, May 18 at the UBC Alumni Centre Board Room from 3-5pm, and also via another presentation during the weekend Share Ayurveda Conference at the Vancouver Public Library.

To contact Madhavi Francoise Barrios, please email her at:

francoise.barrrios@gmail.com or online at:

www.espacetherapeutiquerousseau.ch. In India, she can be reached at +91-994-727-1514 or in Switzerland at: +41-22-732-2603.

Jaisri's Easy, Yummy DAHL Soup Recipe

No copyright – please share, OK?

This recipe is balancing to the tri-dosha, quick and easy to prepare, affordable, digestible and great for a quick winter meal. Organically grown ingredients are suggested when feasible. Have your ingredients ready. Serves 3-4. Recipe can easily be doubled.

1 Tablespoon oil – sunflower, grapeseed, coconut or ghee, depending on your digestion. These are all cooling oils. Warm in medium-sized, thick-bottomed pan.

1 Tablespoon fresh, coarsely-grated ginger root. Add to heated oil.

1 teaspoon black mustard seeds if you have root vegetables to add. Let them begin to pop.

1 teaspoon cumin seeds. Add and allow to begin to pop.

1/2 cup pre-soaked, rinsed and well-drained yellow split moong dahl. Add and stir until all parts are covered in the oil and spice mixture. Allow to cook on medium heat until the oil begins to absorb, about 3 mins. Stir.

1/4 cup presoaked Canadian wild rice or 1/4 cup white basmati or red rice. Stir until all kernels are coated and dryness begins to show up in your pot.

1 cup chopped vegetables of your choice. I like broccoli, carrots, peppers, celery, yams or cauliflower, in any combination or just one or two of these, depending what's on hand and doshically suited to your family/guests.

1 tsp. turmeric powder to sprinkle and quickly stir.

4 cups of pure water to quickly add before the turmeric has a chance to overcook or burn. Stir.

Bring all ingredients to a boil. Place a spoon in the pot to prevent boiling over.

After simmering for 20 minutes or so, remove from heat, cover and let stand for 5 mins. Pour all or part of the pot contents into your blender and carefully press the blender lid down with a cloth or oven mitt to prevent the mixture from escaping the blender and splattering or worse, scalding.

Return all ingredients to pot and stir.

Serve with 1 teaspoon lime juice, 1/4 tsp. mineral salt and a pinch of black pepper stirred into each bowl. Garnish with sprigs of cilantro or chopped chives. These ingredients are not cooked with the soup, but added afterwards, at the time of serving.

Enjoy and teach your friend this winning recipe, which expresses all six tastes in balance. It provides complete amino acid chains too, one reason why it's so very satisfying.

Please convey your experience of this recipe with your friends and family, OK?

Dear reader, you know how I love hearing from you, especially to understand your up-to-date experiences of Ayurveda. Looking forward to knowing your latest news, with very good wishes from mother India on these final days of our magnificent journey.

Yours,

Jaisri M. Lambert

www.ayurveda-seminars.com

604-290-8201