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World Medicine Speaker Series 2015

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The World Medicine Speaker Series was created by Priya Anand, to support public awareness of holistic health sciences in Vancouver. The WMSS grew out of a volunteer project, the Shanti Centre, spearheaded by Todd Caldecott and other Vancouver volunteers in 2009 to provide accessible Ayurveda education. Jaisri has participated in the forum since 2011, offering affordable, accessible events such as presentations, workshops, classes and talks. We invite you to enroll early and to convey these opportunities to those whom you feel will benefit.

May 6 SPRING CLEANSING IN AYURVEDA

Panchakarma is the science of cleansing and rejuvenation from ancient Ayurveda, a sophisticated system of individualized elimination of toxins that may have accumulated over the winter or prior. Join us to understand the timely proven ancient practices for re-setting your metabolic system. Contrast the classical approach to cleansing with some modern concepts, with a view to avoiding common pitfalls. Understand when home cleansing is preferred and when professionally supervised panchakarma is preferred.

June 10 HEALING SLEEPLESSNESS WITH AYURVEDA

Of the three cardinal Ayurvedic indicators of health: appetite, elimination and sleep, sleep disturbance can immediately disturb the other two principal life functions, quickly removing balanced routines and clear thinking. Sleeplessness affects so many in our world of stress, microwaves, isolated living and disconnectedness from nature. Learn simple, effective, proven techniques from Ayurveda and Yoga sciences to help re-train your neuro-transmitter bio-rhythms and restore your sleep naturally. Bring a friend whom you feel will benefit.

July 22

HEADACHES – AN AYURVEDIC PERSPECTIVE

Join us for an analysis of the three main types of headaches (vata-occipital, pitta-ocular/temporal/coronal and kapha-frontal) and their causes and management strategies from the world's oldest holistic health science. Understand how food and lifestyle choices play into the subtle law of cause and effect. This class will be of interest to clinicians and sufferers alike. Bring your health care provider or colleague to re-discover the insights that have made Ayurveda so relevant today!

August 12

INVISIBLE ANATOMY(c) IN AYURVEDA

Invisible anatomy refers to the aura, chakra and meridian systems of ancient medicine. These are considered to be bridges between the body and mind and play an important role in self-healing through self-awareness. Our generalized emotional patterns can be for creativity and expansiveness or for introversion and contraction. We'll explore concepts such as thermal effect, pranic channels (nadis), qualitative thinking, cosmic breathing and the stillness between the inhale and exhale. This class will help you move from outer to inner awareness, from individual understanding to universal intelligence.

September 23

MANAGEMENT OF ANXIETY, ANGER, DEPRESSION MENTAL HEALTH ACCORDING TO ANCIENT AYURVEDA

By looking to management strategies from ancient medicine, we discover the simple secrets of emotional contentment. Emotional disturbance, if unresolved, can destroy health, relationships, families and life itself. Asking what causes lie behind these symptoms can lead to our core healing through understanding. We will cover skills to become aware of our true needs and how to fulfill them. Learn to turn anguish into liberation from suffering with drugless therapies.

October 7

BREAST CANCER ACCORDING TO AYURVEDA

October is Breast Cancer Awareness Month and each year I offer a class to show how Ayurveda has faced this problem thousands of years ago and described causative factors, prevention and corrective measures, including food choices, herbal supplementation, lifestyle measures and possible therapies. Ayurveda takes a holistic approach to the spiritual, emotional, mental and physical integration of the self-healing process. Ayurveda can complement modern medicine for the sake of the patient's well-being. Bring a friend whom you feel will benefit. This class has helped others to find their way back to health.

Enrollment: \$10 /person, \$15 for two at the door.

Supports room rental and marketing expenses.

Times: 7-9pm.

Please be seated on time and come a little early to meet others. Bring a friend!

Location: Institute of Holistic Nutrition, 604 West Broadway, #300
Vancouver, B.C.

Contact: Registrar Priya Anand at 604-374-4039

or email: nice.girl.2000@hotmail.com

For more information about Jaisri, please go to: www.ayurveda-seminars.com

Pre-registration suggested to be sure to receive your class handout.