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World Medicine Speaker Series 2016

with Jaisri M. Lambert, Ayurveda Consultant

www.ayurveda-seminars.com



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, low cost Ayurveda education. Jaisri has participated annually in the forum since 2011, offering affordable events such as presentations, workshops, classes and talks. We invite you to enrol early and to convey these opportunities to those whom you feel will benefit. Each class is new, fresh and enlightening.

Thursday, March 10, 2016: Spring Cleansing for Optimum Health

Spring is one of the ideal times to cleanse away the accumulated dross from winter's sluggishness and awaken the new buds of rejuvenation. Panchakarma is a highly sophisticated science of cleansing and rejuvenation from Ayurveda, the world's oldest holistic medical science. Learn simple home-based methods of optimum alignment with nature.

Thursday, March 31, 2016: Dina Charya – the Secret of Self-Healing

Each day offers a unique opportunity for renewal of our prana, our life-force. Early rising, timely fresh food, right profession and constitutional understanding are all required for optimum living. Learn the secrets of ancient Ayurveda for day to day self-healing. Join us to understand the profound capacity of each human being for fulfillment, joy and happiness based in daily awareness of Self.

Thursday, April 28, 2016: Face Reading in Ayurveda

Our face reveals internal organs and their functions, doshic tendencies and psychology. Looking minutely at the shape, lines and markings of the face, eyes and tongue can reveal a great deal about our capacity for self-healing. Face shows the respiratory patterns, mental habits and emotional tendencies. The journey of self-knowing and self-healing begins with the face.

Thursday, May 12, 2016: Ayurvedic Self-Care for the Menstruating Years

Female reproductive disorder is rampant in our society today. The years from menarche to menopause are given great importance in the health of society as a whole according to Ayurveda, a complete science of prevention and management of all 'dis-eases'. Learn about your reproductive system from a classical perspective. Menstrual flow days are considered sacred – understand why!

Thursday, May 26, 2016: Excellent Digestion – Key to Immunity

'Agni' or metabolic, digestive competence is considered the main goal of Ayurvedic therapies and personalized health programs. Without a clear understanding of your gastro-intestinal tract, its functions and post-digestive effect, we'll not be able to achieve a disease-free life. Ayurveda has accumulated tens of centuries of understanding of digestion into simple principles of food choices, timing and food combining.

Thursday, June 9, 2016: Introduction to Marma (Turiya) Therapy

Marma therapy means the science of energy points, chakras and meridian systems of the body. This evening will be dedicated to the theory and practise of simple therapies for profound, safe realization of our mind-body functions. Easy, safe techniques for entering the 'doorways' to your true Self will be conveyed. Wear loose clothing and bring a friend.

Thursday, June 30, 2016: Kitchen Home Remedies

Everyday ingredients will be explored for their first aid value. Learn the properties of various herbs and spices for maintaining good digestion, elimination and immunity. Understand what food substances to use in various family situations such as fever, nausea, constipation, pain relief and much more. Join us for a lively, practical discussion of how to adapt to changing conditions day to day and season to season.

Thursday, July 14, 2016: Arthritis from an Ayurvedic Perspective

This topic has never been presented by the World Medicine Speaker Series until now! Understand this all-too-common disease, much misunderstood except from the Ayurvedic perspective. Learn about specific herbal supplements available for management of the various manifestations of joint disease. This class can change your life, help you remove the causes, manage pain, degeneration, inflammation and much more. Bring a friend whom you feel will benefit.

Thursday, October 6, 2016: Breast Cancer Viewed in Ayurveda

October is Breast Cancer Awareness month, and each October I present a community talk on the prevention and management of this all-too-common diagnosis. This talk is for practitioners and patients alike who are on the front lines of the health care system. Ayurveda brings a clear understanding of the pathogenesis of this epidemic disease. It's estimated one woman in 8 will hear this diagnosis. Some will not survive the 'treatment'.

Enrollment: \$10 /person, \$15 for two at the door. Pre-registration suggested to receive your class handout. 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: The Institute of Holistic Nutrition, 300-604 W. Broadway (at ash near Cambie Skytrain)

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