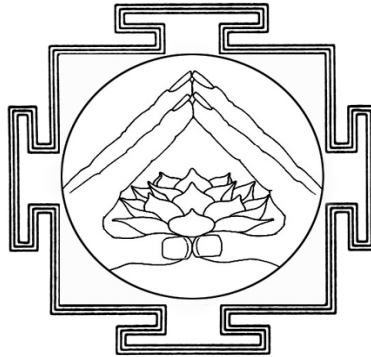


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# *Ayurveda Seminars & Consulting*



presents

## *Turiya Therapy*

*(Applied Marma Chikitsa or Treatment via Trigger Points)*

A Thirteen-Weekend Seminar Series  
in Three Levels and a Reunion with

*Jaisri M. Lambert, R.P.P.*



Level I - March 13-15, 2009

15 hours - Tuition \$450

Level II - March 20-22, March 27-29, April 2-4, 2009

45 hours - Tuition \$1350

Level III - June 5-August 2, 2009

200 hours - Tuition \$4500

Schedule: Fri. 6 - 9 pm; Sat. & Sun. 10 am - 6 pm

Grad Reunion - August 30, 2009 - Sun. 2 - 5 pm

Location: Pacific Inn, Surrey, B.C. (see [pacificinn.com](http://pacificinn.com))

*(Discount accommodations available for seminar participants)*

For more information and to register please call:

**(408) 378-2880 (U.S.) or (604) 290-8201 (Can.)**

e-mail: [jaisri@ayurveda-seminars.com](mailto:jaisri@ayurveda-seminars.com)

website: <http://www.ayurveda-seminars.com>

## *What Is Turiya Therapy?*

Turiya Therapy evolved from a synthesis of Polarity Therapy, founded by Dr. Randolph Stone, and its parent science of Ayurvedic medicine, the world's oldest holistic health science. Jaisri's teacher of Ayurveda, Vaidya Vasant D. Lad, named this 'new' science Turiya (transcendence) Therapy, to denote its inner still-point/self-realization therapeutic effect. Turiya Therapy integrates gem therapy, postural alignment therapy, subtle anatomy, breath therapy, color therapy, nutritional therapy, aroma therapy, psychobiological awareness, and more.

Participants will learn to address the root causes of disease within the connective tissue or fascia, via Marma Chikitsa, or treatment via energy doorways. Turiya Therapy recognizes unresolved emotions remaining in the fascia as pathogens, identified by Marma contact in subtle hands-on techniques. This comprehensive body-based counseling system from Ayurveda uses a combination of still-point and movement protocols. It is a safe and effective transformative science. Skills developed will help enhance your earnings.



Jaisri M. Lambert, Registered Polarity Practitioner, has been practicing and teaching natural healing methods since 1985. Her background includes nutrition, counseling, teaching and meditation. Jaisri completed a twelve-year classical apprenticeship in Ayurveda with the renowned Ayurvedic Vaidya Vasant D. Lad, MA.Sc. Other beloved teachers of Ayurveda include Dr. Robert E. Svoboda, B.A.M.S. of Texas and Dr. Thricovil Sukumaran,

B.A.M.S. of Kerala.

Jaisri has authored two books on Ayurvedic Polarity Therapy and is currently preparing a comprehensive student manual for Turiya Therapy. She is a founding member of the American Polarity Therapy Association and has introduced Polarity Therapy and its parent science of Ayurveda to many hundreds of delighted students since 1985. She is also a member of the International Alliance of Healthcare Educators and is fluent in French and English.

Jaisri also teaches practical Ayurveda such as Pulse Assessment, Clinical Abhyanga, Marma Therapy, specific diseases, Panchakarma and more.

## *Level I, The General Session - Mar. 13-15, 2009*

You will learn basic principles and practices, opening protocols, chakra balancing, dynamic rocking, reflex science and much, much more. This safe, powerful sequence can be used in almost any therapeutic situation.

- Theory of Invisible Anatomy
- Space and Prana
- Opening Cranial Cradles
- Principal Marmani and Chakras
- Anterior & Posterior Balancing Protocols
- Anchoring, and more.

## *Level II, Balancing The Doshas - Mar. 20-22, Mar. 27-29, Apr. 3-5*

Prerequisite: Level I

Level II, Intermediate Seminar, covers the introductory protocols to help balance each of the three principal Ayurvedic therapeutic 'dosha's' or 'humors' (elements). Vata governs psycho-biological air element, including functions of the nervous and endocrine systems, Pitta governs psycho-biological fire element, including the cognitive, digestive and hormonal systems, and Kapha governs psycho-biological earth element including structural, cardio-pulmonary, and fluid management systems.

You will learn both assessment and therapeutic techniques.

- Psycho-biology of Vata Dosha
- Colon Balancing Protocol
- Pranic Pulse Assessment
- Psycho-biology of Pitta Dosha
- Vision Balancing Protocol
- Psycho-biology of Kapha Dosha
- Cardio-pulmonary Balancing Protocol, and more.

## *Level III, Turiya Professional Development - June 5-Aug 2, 2009*

Prerequisites: Level I and Level II

Level III is a nine-weekend in-depth study of Ayurvedic therapeutics according to the fifteen sub-doshas. You will begin learning the principles and practices of the sub-doshic pulse readings and the balancing protocols for each, and more.

## *Level III*

### *Vata Dosha* - Dry, Light, Subtle, Dispersing, Astringent

#### Prana

Sankya Philosophy  
Introduction to Assessment Techniques and Ethics  
Communication, Perception and the Chakra System  
The Nervous System Balancing Protocol

#### Udana

Exploring Invisible Anatomy ©  
Effort and Speech  
Tongue and Face Reading  
Vocal Chord and Diaphragm Balancing Protocol

#### Samana

Samprapti (Pathogenesis) and Dhatu (Tissue) Formation  
Assimilation and Discrimination  
Digestive System Balances via Nabhi (Navel) Marma

#### Apana

Elimination, Menstruation and Reproduction  
Colon Balancing Protocol In-Depth Review  
Sacral Balances, Hip Releases, Structural Balance Techniques

#### Vyana

Circulation of Fluids and Emotions  
Cardio-Pulmonary Stimulating Protocol  
Review of Vata Dosha

### *Pitta Dosha* - Hot, Sharp, Penetrating, Liquid, Sour

#### Pachak

The Concept of Agni (Metabolism)  
The Aura as an Immune Intelligence, Ojas, Tejas, Prana  
Immune System Balances

#### Ranjak

Liver and Spleen Functions  
Anger Management in Ayurvedic Counseling  
Solar Plexus Balancing Protocol

#### Alochak

Color Perception and Chromo-Biotherapeutics  
Perception, Understanding, Vision and Point of View  
Vision Balancing Protocol In-Depth Review

### Sadhak

Higher Consciousness and Universal Mind  
Comprehension, Intelligence and Interpretation  
Cardio-Cranial Balancing Protocols

### Brajak

Skin Layers and Pigmentation  
Temperature Regulation  
Abhyanga (Oil Massage) Demo, Oils and Their Properties  
Review of Pitta Dosha

*Kapha Dosha* - Cool, Thick, Oily, Adhering, Sweet

### Kledak

Ayurvedic Food Science for the Family  
Dipan (Pre-digestion) and Pachan (Post-digestion) and Hunger  
Solar Plexus Balancing Protocol

### Avalambak

Cardio-Pulmonary Marmas  
Pranayama - Breathing Exercises  
Cardio-Pulmonary Calming Protocol In-Depth Review

### Bodhak

Six Tastes Science  
Psychology and the Tongue  
Ayurvedic Cooking and Shared Feast  
Jaw Release Techniques

### Tarpak

Memory Selection and Nourishment  
Cerebro-Spinal Fluid Palpation Techniques  
Cranial-Sacral Balancing Protocols

### Sleshak

Joint Release Techniques  
Short Leg Release Techniques  
Review of Kapha Dosha

Many like to take these programs more than once to more deeply integrate the theory and practices.

## *Level III, Self-Healing & Practicum Sessions*

Each student arranges to give thirty-one hours and to receive thirty-one hours of Turiya Therapy during the program in order to graduate—a total of 62 self-healing and practicum hours.

## *Assignments, Level III*

Assignments are due at the beginning of class each Friday. Reports of your student practicum Turiya Therapy sessions and reports of Turiya Therapy received as a student are also due at the beginning of class each Friday.

## *Attendance*

All students are expected to attend all sessions punctually. Participants from all three levels and their guests are welcome at the Graduation Reunion.

## *Graduation Reunion*

Sunday, August 30, 2009, 2 - 5 pm

Graduation is a time to reunite and celebrate our self-healing. We acknowledge the commencement of a deeper integration of Ayurveda and self-healing into our daily lives. Family members and guests are welcome.

To receive your Certificate of Completion, all attendance, assignments and practicum reports must be approved by August 29th.

## *Tuition Investment*

Your deposit of 50% tuition must accompany your application. The balance is due before the first class.

Tuition Options:

Level I – \$ 450 if prepaid by March 4, 2009 - \$ 500 thereafter

Level II – \$1350 if prepaid by March 11, 2009 - \$1500 thereafter

Level III – \$4500 if pre-paid by May 9, 2009 - \$4900 thereafter

Your tuition investment is often earned back during practicum sessions.

If you cancel your enrollment before the pre-payment discount deadline, a full refund will be made, less a \$350 processing fee. If you cancel before the first day of class, a 50% discount will be awarded, less the \$350 processing fee. If you cancel after the first day of class, no refund will be issued.

Previous graduates repeating a seminar are entitled to a 50% tuition discount.

## Testimonials

“With a background in holistic modalities over a 30 year period, I can say without reservation, that for me, Turiya Therapy crosses all boundaries and integrates well with every discipline I have learned. I have always been attracted to open-ended systems of health and self-healing that deepen and broaden my understanding. Turiya Therapy does this. I have also learned that even more important than content is the teacher who imparts the teaching. Jaisri is unparalleled.”

*J.I., Holistic Practitioner*

“In an economic downturn, skill development is a good investment. My massage therapy practice has jumped to a higher level of healing with these powerful Turiya techniques.”

*D.G., Registered Massage Therapist*

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### Turiya Seminars Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

Phones ( \_\_\_\_ ) \_\_\_\_\_ ( \_\_\_\_ ) \_\_\_\_\_

E-Mail \_\_\_\_\_

Level I \$ \_\_\_\_\_

Level II \$ \_\_\_\_\_

Level III \$ \_\_\_\_\_

Total Enclosed: \_\_\_\_\_

Make Checks or Money Orders Payable To:

*Ayurveda Seminars & Consulting*

*14358 Sunset Drive; White Rock, BC; V4B 2V5 Canada*

**Credit Card / PayPal Registration Online at**

<http://ayurveda-seminars.com/contact-ayurveda-seminars.htm>