Come on retreat with NAMA

Ayurveda and the Mind

15th Annual NAMA Conference
16TH ANNUAL NAMA CONFERENCE

Ayurveda & Spirituality

April 24–26, 2020
The Art of Living Retreat Center
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Dear Attendee,

Welcome to NAMA’s 15th annual conference, Ayurveda and the Mind. The NAMA conference is a place to come together as a community and celebrate Ayurveda and all that it has to offer. For over 19 years, NAMA has been working hard to grow a community in the United States, and its efforts have proven to be successful. It is with the support of our members, our volunteers, and the Ayurvedic community that we were able to make the significant advances that we have and that we can offer this time of celebration each year.

This year we have an incredible array of educational events in a setting like no other. From our pre-conference practicums to our featured presentations and panelists, our educational offerings promise to be valuable and intriguing. We also want to encourage you to take the time to restore your sense of well-being in the inspiring natural setting of this year’s venue. In addition, this year we are providing many networking opportunities and times to socialize with conference attendees, presenters, sponsors, and exhibitors. Take a look at the schedule and consider the ways you would like to connect with the NAMA community.

Come by the NAMA table and meet our staff and volunteers! We want to share with you all of NAMA’s latest happenings and the many initiatives that NAMA has undertaken over the past year. The NAMA table will be located in the foyer of the Redwood Auditorium and will be hosting the NAMACB’s and the NAMAAC’s volunteers and staff as well. At this table, you will find our friendly membership manager, who will happily answer your questions and help you make the most of your NAMA membership. We invite you to take the time to find ways to bring NAMA into your life year-round by becoming a part of NAMA through committee membership and volunteer opportunities.

Also do not forget this year’s fundraising efforts. We are excited about the growth of Ayurveda through Accreditation. If you would like to donate at the conference, you can find out how at the NAMA table. “If you give a little help to NAMA, your dreams, my dream, our dreams will be the reality.” — Vasant Lad

We hope you enjoy this event wholeheartedly, and we are looking forward to building lasting memories with you.

The NAMA Conference Committee

All presentations will be recorded by Backcountry Productions. Visit their table to order recordings of any of the sessions. backcountryrecording.com

Photographs taken by NAMA throughout the conference may be used in future publications and/or on NAMA websites.

NAMA reserves the right to make changes to the schedule if needed. Daily announcements will be made with any updates.

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Ayurveda Yoga Therapy for Stilling the Mind

Friday, April 26, 8:30 AM — 11:30 AM               Location: Outlook 201

For many of us the mind is anything but still. We constantly experience thoughts, feelings, and sensations that can disrupt our concentration and disturb our peace of mind. Both yoga and Ayurveda give us tools that turn our minds away from chaos and rigidity and toward one-pointed attention, the hallmark of an undisturbed mind. Ayurvedic concepts of dinacharya, ahāra-vihāra, swasthavritta, and ritucharya serve as the broad canvas upon which the eight limbs (aśtānga) of yogic practice move us toward positive mental states. Achieving positive states of mind reduces the turmoil of our lives and helps us realize the full potential of our dharma. In essence, Ayurvedic yoga therapy helps us live quieter, more focused lives.

Ginger Hooven, C-AP, C-IAYT, AYT-NAMA, E-RYT-500
Ginger Hooven applies her continued study of Samkhya philosophy in a practical way, exploring yoga practices through the lens of Ayurveda. Chair of Mount Madonna Institute’s School of Yoga, she teaches in the College of Ayurveda and is Program Director of the new Ayurvedic Yoga Therapy program.

Arun Deva, C-AP, C-IAYT, AYT-NAMA
Arun Deva is a NAMA Board Member and chair NAMA Ayurveda Yoga Therapy (AYT) Committee. Arun is committed to uniting yoga and Ayurveda for therapeutic purposes. He writes about, lectures on, promotes, and teaches the subject. Arun is also fond of looking for the Buddha in every face he sees.

Amy Wheeler, PhD, C-IAYT
Amy Wheeler has been a Professor of Kinesiology at California State University for 20+ years. Amy’s degrees include a BA and an MA in Health Promotion and a PhD in Education and Psychology. She currently serves as President of the Board for the International Association of Yoga Therapists (IAYT).

Welcoming Tea Social

Friday, April 26, 4:00 PM — 6:00 PM               Location: Redwood Auditorium

Join us for this special event with our Sponsors and Exhibitors in the Redwood Room. This is the perfect opportunity to socialize, meet other conference attendees, and see what our incredible lineup of Sponsors and Exhibitors have to offer!
Herbal Preparations for Healing the Mind

Friday, April 26, 8:30 AM — 11:30 AM
Location: Training Kitchen

Herbs are a special adjunct for healing the subtle aspect of the mind in Ayurveda along with the diet, lifestyle, and treatment interventions. This practicum will focus on an array of herbal preparations for a variety of imbalances associated with the mind. This class will be in a special teaching kitchen so participants will learn hands on and work directly with the herbs and recipes.

Jayarajan Kodikannath, BAMS, BS, AD
Vaidya Jayarajan Kodikannath is a classically trained Ayurvedic Doctor from India and an accomplished teacher representing a lineage of traditional Ayurvedic Practitioners from Kerala, India, currently working as the Vice President and Academy Director of Kerala Ayurveda (USA). Dr. Jayarajan gained extensive clinical expertise in traditional Ayurvedic practices during his more than 10 years as the Chief Medical Officer of Kerala Ayurveda, India.

Meenakshi Gupta, BAMS, MD (Ayu),
Meenakshi Gupta is a classically trained Ayurvedic Doctor from India and panchakarma specialist. She is the founder and Director of AyurRoots Ayurveda Wellness Center in the Dallas—Fort Worth area and the Texas institute of Ayurveda in Plano, Texas. She is a trainer and teacher of international repute with more than 20 years of international experience in Ayurveda and has held seminars, workshops, and classes at various venues.

Group Meetings

Friday, April 26, 5:00 PM — 6:00 PM

Student and New Member Meeting: Hosted by the Students Subcommittee, this meeting is a must for all those who are new to NAMA. Come hear from a successful NAMA Certification Board examinee, learn how to make the most of the Conference from a member of NAMA’s Executive Committee, and connect with other new members. Location: Outlook 201

AYT Group Meeting: Come meet members of the AYT committee, and learn about our newest professional category. Location: Outlook 101
Panchakarma and the Mind

Friday, April 26, 1:00 PM — 4:00 PM                          Location: Outlook 201

This special practicum on panchakarma will focus on how the design and treatment protocols can be used to help with identified disturbances and/or imbalances of the mind of the panchakarma client. Four veteran practitioners of PK will offer their time tested and unique application models that will include diet, herbal protocols, shirodhara, hrid basti, and paschat karma routines to help the client work with their minds. This practicum will include demonstration, hands on (where applicable), theory, and case study examples.

Cynthia Copple, AD
Cynthia Copple, Ayurvedic Doctor, is the author of Know Your Blueprint: The Ayurvedic Secret to Restoring Your Vitality in 30 Days and the Director of Lotus Holistic Health Institute. An Ayurvedic Practitioner for over 35 years, she is cofounder and past President of NAMA and cofounder and past Dean of Mount Madonna Institute College of Ayurveda.

Jay Apte, BAMS, MS
Jay Apte received her BAMS degree from Pune University in 1973 and her MS in Pharmacology from the University of North Texas in 1991. She has helped thousands of clients suffering from a variety of illnesses during her more than 30 years of practicing in the U.S.

Jeff Turner, AD
Susan and Jeff Turner are NAMA - recognized Ayurvedic Doctors and faculty at Mount Madonna Institute. They have operated their integrative medical clinic, Living Ayurveda, combining Ayurveda with modern medical diagnostic testing since 1999. Their areas of specialty are panchakarma, difficult chronic health issues, diabetes, and autoimmune disease.

Susan Turner, AD
Susan and Jeff Turner are NAMA - recognized Ayurvedic Doctors and faculty at Mount Madonna Institute. They have operated their integrative medical clinic, Living Ayurveda, combining Ayurveda with modern medical diagnostic testing since 1999. Their areas of specialty are panchakarma, difficult chronic health issues, diabetes, and autoimmune disease.
Vedic Counseling

Friday, April 26, 1:00 PM — 4:00 PM
Location: Outlook 101

Vedic counseling is a comprehensive life guidance based upon the Vedic tradition of Self-knowledge and Cosmic knowledge. Ayurveda, Yoga, Vedic astrology, and other branches of Vedic knowledge are based upon an understanding of Consciousness. They reflect the essence and practical wisdom of Vedanta, the unity of all in the Self. Vedic counseling provides an integrative counseling model with special approaches for every type of person, group, and circumstance. It guides us towards optimal physical, psychological and spiritual well-being, addressing all the main goals of life including health, vocation, education, prosperity, relationships, happiness, and Self-realization. The journey always starts with ourselves and our own minds before we can be properly prepared to guide others.

Vamadeva Frawley
David Frawley (Pandit Vamadeva Shastri) is a world-respected teacher of Ayurveda, yoga, Vedanta, and Vedic studies, and one of the four founding advisors for NAMA. He has taught extensively on yoga and Ayurvedic psychology, Vedic counseling, and meditation. He is Director of the American Institute of Vedic Studies.

Suhas Kshirsagar, BAMS, MD (Ayu), AD
Suhas Kshirsagar is a classically trained Ayurvedic Physician and a gold medalist from prestigious Pune University. A Rig Vedic Brahmin by tradition and an accomplished clinician by training, he brings tremendous value to his clients and students alike. He is an insightful medical astrologer and Vedic counselor.

Membership Meeting

Friday, April 26, 7:30 PM — 9:30 PM
Location: Redwood Auditorium

The NAMA Membership meeting is a special gathering to review the accomplishments of NAMA over the past year and what is planned in the year to come. Join us to learn how NAMA is advancing the profession of Ayurveda and enjoy this time to build lasting friendships and professional relationships.

Networking Hour: After our membership meeting, we will be hosting a short networking social for all conference attendees. We will have areas for you to divide into groups for students, Ayurvedic professionals, and organizations. Join us to connect with the community and build lasting relationships.
Asana Class with Ann Wagoner

Saturday, April 27, 6:45 AM — 7:45 AM  
Location: Outlook 201

Take time at the beginning of your day to fully arrive and experience the connection of mind, body, and consciousness. Through gentle asana and pranayama for the season, unravel the tensions of travel and ground yourself for in-depth exploration.

Meditation with Kamalesh Ginger Hooven

Saturday, April 27, 6:45 AM — 7:45 AM  
Location: Outlook 101

Begin your morning meditation in satsang with a touch of mantra, mudra, and pranayama to set the stage. Become receptive to the day's conference offerings by developing a calm, steady, and peace-filled mind.

Emotional Health & Well-Being

Saturday, April 27, 9:00 AM — 10:00 AM  
Location: Redwood Auditorium

The integration of Ayurveda with yoga yields a perfect template for improving our emotional intelligence and physical well-being. The latest science clearly demonstrates the link between mind, emotions, and disease but offers few tools that target this mind-body connection to promote healing. In addition to discussing the impact of stress and social problems on physical and emotional health, this session will explore how to manage negative feelings and encourage a positive mindset that fosters success in work, relationships, and overall wellness.

The speaker will share enlightening observations drawn from his clinical experience in helping clients cultivate emotional stability and resilience through various alternative modalities including Vedic counseling; panchakarma; emotional detox; herbs, diet, and lifestyle changes; and spirituality.

Suhas Kshirsagar, BAMS, MD (Ayu), AD
Suhas Kshirsagar is a classically trained Ayurvedic Physician and a gold medalist from prestigious Pune University. A Rig Vedic Brahmin by tradition and an accomplished clinician by training, he brings tremendous value to his clients and students alike. He is an insightful medical astrologer and Vedic counselor.
Food & Mood: Diet Approaches to Balancing the Mind & Feeding the Senses

Saturday, April 27, 10:30 AM — 12:00 PM
Location: Outlook 101

Ayurveda has long recognized the relationship between the mental and physical effects of various foods and the condition of the person who eats a particular food as well as when, where, and how much of that food is consumed. This panel of experts on that topic will explore how food affects our mental state, including the pivotal role of tri-gunas, and how to use Ayurvedic principles to stabilize and balance the mind. Case studies will be presented to exemplify an Ayurvedic approach to feeding the mind and the senses.

Amadea Morningstar
Amadea Morningstar's work in Ayurveda has celebrated nutrition and the mind since 1983. Her recent publications include Easy Healing Drinks from the Wisdom of Ayurveda and a chapter on Ayurveda in Leininger's.

Shaaranya Geetanjali
Dean of Ayurveda Studies at Vedika Global and directs Vedika's philanthropic Ayurveda clinic in the San Francisco Bay Area, California. Shaaranya began her career as a molecular biologist at Georgetown and Stanford Universities and, in 2015, became the first Ayurveda instructor in the Stanford School of Medicine's Health Improvement Program.

Manjusha Vinjamury, BAMS, AD
Ayurvedic Practitioner, licensed acupuncturist, educator, a clinician with over 25 years experience, and administrator. Manjusha received her MD (Ayurveda) from University of Kerala, MAOM from SCUH, and Fellowship in Integrative Medicine from AIHM. Currently, she is the Founder-Director of Acuveda Health Center, CA, and teaches at SCU and AUCM.

Yogi Cameron, C-AP
Yogi Cameron is an author, TV presenter, and NAMA-certified Ayurvedic Practitioner who brings wellness and healing to the public through the media and events around the world. YC has been featured in the Wall Street Journal, the Ellen DeGeneres Show, the New York Times, and Vogue and by 160 other publications and TV shows.

Akil Palanisamy, MD - Panel Moderator
Akil Palanisamy, MD, is a Harvard-trained physician practicing integrative medicine, blending Ayurveda and Western medicine. He is the author of The Paleovedic Diet: A Complete Program to Burn Fat, Increase Energy, and Reverse Disease.
Addiction: An Ayurvedic Perspective

Saturday, April 27, 10:30 AM — 12:00 PM
Location: Redwood Auditorium

Addictions have become a serious issue in modern life from social media to opioids and everything in between. This panel of experts will focus on how Ayurveda views addiction and its affliction in the mind. It will focus on the full variety of disturbance of the mind through addictions and how it can be addressed through Ayurveda and yoga. Case study presentations will be provided to illustrate approaches to addiction.

Dinesh Gyawali, BAMS, PhD
Ayurvedic Physician and Assistant Professor of Physiology at Maharishi University of Management, Fairfield, Iowa. In his career of 18 years, he has helped thousands of people in Nepal, India, and the U.S. He is an advocate of evidence-based Ayurveda and has presented in many national and international conferences on Ayurveda and Integrative Medicine.

Myra Lewin, C-AP
Myra has studied and practiced Ayurveda and yoga for more than 20 years. A Professional Member of NAMA and the author of two books, Myra has guided thousands of people to healing and reclaiming their natural state of health through consultations, treatments, and yoga and through Ayurveda teacher trainings, workshops, and immersions.

Victor Briere, AD
Victor has an Ayurveda practice based on the belief that a healthy body and mind are the pillars for a life full of spirit and joy. He operates clinics both in Gualala (in Northern California) and in Los Angeles with his colleague Madison Madden, AD. He graduated from Kerala Ayurveda Academy.

Manas Kshirsagar, AD
Manas is an acclaimed Wellness Consultant who comes from a Rig Vedic Brahmin tradition and has an extensive background in Ayurveda. He practices a holistic approach to medicine, drawing from a philosophy of healing that revolves around diet, yoga, meditation, detoxification, nutrition, and effective stress management.

Anupama Kizhakkeveettil, AD
Anupama is a licensed acupuncturist, yoga teacher, professor and Program Director for Ayurvedic medicine at Southern California University of Health Sciences. She has held seminars and educational presentations on Ayurveda at various venues.
Ayurvedic Herbal Protocols for Mental Disorders

Saturday, April 27, 10:30 AM — 12:00 PM
Location: Outlook 201

The panel will share their extensive experience in applying Ayurveda to the treatment of anxiety, depression, addiction, and other mental disorders. They will discuss the Ayurvedic and Western pharmacopeia within the context of the Ayurvedic model of dravyaguna and outline the best practices for formulating effective herbal protocols. Each presenter will share a case study that has proven successful in his or her practice.

Jared Fisher, C-AP
Specializing in kaya cikitsa and panchakarma, Kashyapa directs the Arogya Center, where he serves patients daily in overcoming the roots of dis-ease and in the realization of health. He has served over 500 patients since 2012, hoping to repay the magnanimity of his teachers and to share the honey pot of the Rishis.

Sheena Sooraj, BAMS
Vaidya Sheena Sooraj is an accomplished Ayurvedic clinician and educator with 16 years of experience in India and the U.S. A leading Kottakkal Arya Vaidya Sala dealer, in Bangalore (India) for 12 years, she is currently serving Kerala Ayurveda, USA, as the core faculty member and practitioner.

Manisha Kshirsagar BAMS, DY&A, Esthetician, AD
Classically trained Ayurvedic Physician with over 25 years of experience in the field. She specializes in women’s health and beauty and has successfully designed herbal products, herbal supplements, skincare lines, Ayurvedic foods, and medicinal teas for various companies. She is a published author, an eminent educator, and an acclaimed Ayurvedic Practitioner.

Kamya Pillai, BAMS, C-AP
Classically trained Vaidya (Ayurvedic Physician) with over eight years of experience in education and clinics. She endeavors to empower her clients and students with the science of inner well-being. She graduated from Mahatma Gandhi University, Kerala, and is currently working as a practitioner and faculty member at Kerala Ayurveda Academy.

Jayagopal Parla, BAMS, MD (Ayu), AD, C-IAYT - Panel Moderator
Internationally known speaker, educator, and practitioner of Ayurveda, with extensive clinical, teaching, and research experience. He is founder and Director of Athreya Ayurvedic Integrative Health Center, Long Beach, CA; Vice President of Athreya Corp.; a professor at AUCM; and a faculty member at SCUHS and Japan School of Ayurveda.
Jyotish for Mental Health

Saturday, April 27, 1:30 PM — 3:00 PM                             Location: Outlook 101

Jyotish (Vedic astrology) is an excellent tool for evaluate and heal the conditions of the mind. Poor emotional health is a major challenge in one's physical health and many life events. This highly experienced panel will explore the practical utility of jyotish in clinical settings. Each presenter will offer their unique perspective and an interesting case study to demonstrate the value of chart reading, Vedic counseling, and spiritual guidance.

Vamadeva Frawley
David Frawley (Pandit Vamadeva Shastri) is a world-respected teacher of Ayurveda, yoga, Vedanta, and Vedic studies, and one of the four founding advisors for NAMA. He has taught extensively on yoga and Ayurvedic psychology, Vedic counseling, and meditation. He is Director of the American Institute of Vedic Studies.

Komilla Sutton

Robert Schneider, MD, FACC
Dean of the College of Integrative Medicine and Director of the U.S. government-funded Institute for Natural Medicine and Prevention at Maharishi University of Management. He is an internationally recognized physician-scientist-educator in Integrative Medicine. Author of Total Heart Health on yoga and Ayurveda for preventing heart disease and aging.

Suhas Kshirsagar, BAMS, MD (Ayu), AD - Panel Moderator
Suhas Kshirsagar is a classically trained Ayurvedic Physician and a gold medalist from prestigious Pune University. A Rig Vedic Brahmin by tradition and an accomplished clinician by training, he brings tremendous value to his clients and students alike. He is an insightful medical astrologer and Vedic counselor.
Integrative Management of Anxiety & Depression

Saturday, April 27, 1:30 PM — 3:00 PM
Location: Outlook 201

This session will focus on using Ayurveda and/or yoga either as a main therapy with Western medicine in a secondary role or vice versa. The panel experts will include models of integration with other modalities including western medicine and will provide case studies to highlight practical applications.

Ashlesha Raut BAMS, MD (Ayu), AD
Ashlesha Raut is a B.A.S, MD (Ayurveda), from Mumbai University, India, and is board certified in Integrative Medicine. She is a chief clinician at Ayurveda for Healing and practices Ayurveda in the Midwest. She is a passionate researcher and teacher, engaged in programs at many academies and universities, and has presented at many international conferences.

Madison Madden, AD
Madison is a NAMA-recognized Ayurvedic Doctor and cofounder of Pacific Coast Ayurveda. She performs and oversees all clinical practice and Panchakarma, serves as a PACE Provider, certified Kundalini yoga teacher, birth attendant, and dance/movement specialist. She is gratefully guided by Yogi Gurubhai, and a passion for the teachings of ancient wisdom.

Marni Chanoff, MD
Harvard-trained psychiatrist and Kripalu-certified Ayurvedic Health Counselor and has an integrative mental health practice in the Boston area, where she developed an individualized approach to the practice of psychiatry, psychotherapy, diet and lifestyle counseling, and Ayurvedic consultations.

Sheila Patel, MD - Panel Moderator
Sheila is the Medical Director at the Chopra Center for Wellbeing. Her special interests include preventive medicine and mind-body medicine, with an emphasis on Ayurveda. She also serves as the Clinical Director for the Chopra Center's research team and has coauthored several scientific articles on the benefits of mind-body practices and Ayurveda.
FRIDAY

8:00 AM - 5:45 PM
Conference Registration
1440 Lodge Lobby

8:30 AM - 11:30 AM
Herbal Preparations for Healing the Mind
Teaching Kitchen

NOON - 6:00 PM
Sponsor & Exhibitor Registration
1440 Lodge Lobby

NOON - 1:00 PM
Lunch
1440 Dining Hall

1:00 PM - 4:00 PM

4:00 PM - 6:00 PM
Welcoming Tea Social
Redwood Auditorium

5:00 PM - 6:00 PM

6:00 PM - 7:00 PM
Dinner
1440 Dining Hall

7:30 PM - 8:30 PM
Membership Meeting
Redwood Auditorium

8:30 PM - 9:30 PM
Networking Hour
Redwood Auditorium

SATURDAY

6:45 AM - 7:45 AM
Breakfast
1440 Dining Hall

7:00 AM - 8:30 AM
Welcome Orientation
Redwood Auditorium

8:30 AM - 9:00 AM
Featured Presenter: Emotional Health and Well-Being
Redwood Auditorium

9:00 AM - 10:00 AM
Tea Break
Redwood Auditorium

10:00 AM - 10:30 AM
Addiction: An Ayurvedic Perspective
Redwood Auditorium

10:30 AM - NOON
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<td>Welcome Orientation Redwood Auditorium</td>
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<td>Plenary Panel &amp; Closing Circle Redwood Auditorium</td>
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Mindful & Practical Approach to Research in Ayurveda

Saturday, April 27, 3:30 PM — 5:00 PM

Location: Outlook 201

This session will focus on the role of research as a way to advance understanding of the teachings of Ayurveda and furthering the growth of this science in our western world. The panel presenters will share current Ayurvedic research and its outcomes, how to develop collaborative research protocols, understanding whole system research, modern Ayurvedic research related to a clinical condition, and bridging Ayurvedic concepts to the gut-brain and gut-body axis including the microbiome.

Christine Peterson, PhD, C-AP
Fellow at UCSD School of Medicine conducting clinical trials on the therapeutic modulation of human microbiomes in inflammaging, neurodegenerative disease, and gut-related disorders. She is clinically assessing and describing mechanistic bases of Ayurvedic Medicine with modern scientific methodologies such as the tools of systems biology.

Freedom Cole, C-AP
Freedom Cole is a practitioner of Ayurveda, yoga therapy, and in jyotish. He is the author of two books and numerous articles. Freedom teaches a traditional jyotish lineage from Odisha, India. He is on the faculty of the Kripalu Integrative Yoga Therapy program and is presently working on a PhD, researching trauma and prajnaparadha.

Vivek Shanbhag, BAMS, MD (Ayu), ND
Vivek has been a best-selling author for over 30 years. Vivek is also the founder and Director of the Integrative Medicine Experts Team at Natural Medicine Clinic and Academy, San Jose, California; a faculty member at Mount Madonna Ayurveda College and Bastyr University; founder and Director of the Ayurvedic Academy and Clinic in Seattle.

Namyata Pathak, BAMS, MD (Ayu), AD
Namyata Pathak is a trained Vaidya scientist, teacher, and physician of Ayurvedic and Integrative Medicine with a focus on Internal medicine for all ages. She has developed integrative clinical programs for cardio-metabolic disease prevention in India and U.S. and has extensive clinical experience in Parkinson's disease.

Rammohan Rao, PhD, C-AP, RYT
Panel Moderator: Ram holds a PhD in neuroscience and worked as a Research Associate Professor at the Buck Institute for Research on Aging on mechanisms of age-associated neurodegenerative diseases. Ram is also a faculty member at the California College of Ayurveda and a dedicated Hatha yoga practitioner.
Yoga Therapy and the Mind

Saturday, April 27, 3:30 PM — 5:00 PM

The focus of this session is to learn the use of yoga therapy to enhance the practice of Ayurveda. The panel will share how using pranayama, meditation, mantras, vibrational healing, mudras and mama in yoga practices can be used as an adjunct therapy to patient care, creating a healing and care giving environment. Case studies that accentuate the effectiveness of this approach to healing the mind and emotions will also be presented.

**Anisha Durve, D.O.M., C-AP**

Anisha Durve is a Doctor of Oriental Medicine, Ayurvedic Practitioner, and Ayur-yoga meditation instructor since 2000. She trained with Dr. Vasant Lad for four years and cowrote Marma Points of Ayurveda with him. She just launched the Marma Institute of Ayurvedic Acupressure.

**Ann Wagoner, MA, C-AP, C-IAYT, RYT-500**

Ann is the founder the Center for Ayurveda and Yoga Study and a teacher at Portland Community College and Living Yoga. She has a Master’s degree in Ayurveda and is certified by the International Association of Yoga Therapists. Ann is also the President of the Oregon Yoga and Ayurveda Association and the founder of Lighthouse Publishing.

**Dhanada Kulkami, BAMS, AD**

Dhanada is an accomplished international keynote speaker, researcher, and guest faculty member of the Osher Lifelong Learning Institute at the University of North Texas. She has been honored with international awards in Ayurveda and yogic research. She is known for her Ayurvedic solutions through various media outlets.

**Robert Schneider, MD, FACC**

Dean of the College of Integrative Medicine and Director of the U.S. government-funded Institute for Natural Medicine and Prevention at Maharishi University of Management. He is an internationally recognized physician-scientist-educator in Integrative Medicine. Author of Total Heart Health on yoga and Ayurveda for preventing heart disease and aging.

**Lissa Coffey - Panel Moderator**

Group Meetings

Saturday, April 27, 5:00 PM — 6:00 PM

Schools Meeting: Come and share with other schools. This is a great time to build on our yearlong history of monthly discussions and projects with the Schools Sub-committee. Location: Redwood Auditorium

State Associations Meeting: Come and network with other states working on projects ranging from getting an association up and running to working on their legislative agenda. Location Room 201

PACE Meeting: Come and meet with our Education Coordinator, Arya Hawkins, and find out what’s happening with PACE these days. Location Room 101

Foundations of Ayurvedic Psychology

Saturday, April 27, 7:30 PM — 8:30 PM

Ayurveda traditionally covers health and disease for body, and mind, which reflect one another. It is inherently as much a psychological therapy as a physical treatment. Its emphasis on reducing the doshas and improving sattva guna provides it with a foundation on both levels. Ayurveda’s relationship with Yoga and Vedanta enhances its psychological approach. Ayurveda’s behavioral and lifestyle regimens, which include meditation, sustain psychological wellbeing overall. My talk on Ayurveda and the Mind will address the importance of the psychological aspects of Ayurveda, their relevance today in the information age, and how they provide the basis for right living, longevity, happiness and Self-realization. It will address healing methods from mantra to meditation, but also special Ayurvedic herbs for the mind.

Vamadeva Frawley

David Frawley (Pandit Vamadeva Shastri) is a world-respected teacher of Ayurveda, yoga, Vedanta, and Vedic studies, and one of the four founding advisors for NAMA. He has taught extensively on yoga and Ayurvedic psychology, Vedic counseling, and meditation. He is Director of the American Institute of Vedic Studies.
Musical Performance by Wah

Saturday, April 27, 8:30 PM — 10:00 PM

Wah!
Wah! is a world-renowned musician who brings healing through sound and the teachings of yoga. She has been working in the field of personal development for over 25 years and has published books on yoga and healing. She has lectured at Princeton University, Loyola Marymount University, performed with Deepak Chopra and Wayne Dyer, and taught at Omega Institute and 1440 Multiversity. She’s been featured in Ladies Home Journal, Mantra Yoga & Health Magazine, and Yoga International Magazine. She conducts workshops, women’s retreats, and yoga teacher training modules in addition to performing music concerts, Healing Concerts, and DJ sets.

Silent Auction

Saturday, April 27, 8:30 AM — 8:30 PM
Location: Redwood Auditorium

Take a look at all of the great donation we have this year! Located in front of the Redwood Auditorium all day Saturday. Help us raise some extra funds. Bidding ends at 6:30 PM and Auction Items will be ready for you at 8:30 PM after the Keynote presentation.

Help Us Advance Ayurveda!!!

Now that so many Americans are seeking to manage rising healthcare costs and improve their overall well-being by integrating holistic medicines and practices into their lifestyle, the opportunity to foster the growth of Ayurveda in the U.S. has never been greater. Help us forward our work and help to create broader and more natural healthcare options for American citizens while establishing this ancient healthcare system to its rightful place in the market through accreditation. Why is accreditation important for the Ayurvedic profession?

Donate Today!!
Visit: https://www.ayurvedanama.org/donate/
Ayurveda and the Mind

Sunday, April 28, 9:00 AM — 10:00 AM

Ayurveda and allied knowledge systems in the Vedic parampara deal with not only the body and mind but also the human spirit and consciousness. In this session, we will explore the various aspects of the manas and its role in the disease causation process as well as its relevance within the context of health, healing, and living.

Ramkumar Kutty, BAMS
Ramkumar Kutty is a lifelong student of Ayurveda and other traditional Indian knowledge systems and is an internationally known speaker on Ayurveda. He is a Founder-Director of Punarnava Ayurveda, an institution committed to “Authentic Ayurveda for Universal Well-Being” and is on the Board of Directors of The Arya Vaidya Pharmacy (Coimbatore).

Asana Class with Myra Lwein

Sunday, April 28, 7:45 AM — 8:30 AM

Location: Outlook 201

Join me for a sustainable and balanced yoga asana session, focused on calming vata dosha, nourishing the joints and creating a sattvic mindset.

Meditation with Alakananda Ma, MD, AD

Sunday, April 28, 7:45 AM— 8:30 AM

Location: Outlook 101

Begin your day with an open heart! Join us for a guided loving-kindness meditation as we radiate love to ourselves and all beings.
Plenary Panel and Closing Circle

Sunday, April 28, 11:00 AM — 12:30 AM

What are some of the ways Ayurveda has worked with the mind down the ages? How can this ancient wisdom be presented in a way that’s fresh and relevant in twenty-first century America? In our closing panel, our distinguished featured presenters sum up our conference theme and empower us to carry new insights into our daily lives and our practice of Ayurveda.

**Vamadeva Frawley**
David Frawley (Pandit Vamadeva Shastri) is a world-respected teacher of Ayurveda, yoga, Vedanta, and Vedic studies, and one of the four founding advisors for NAMA. He has taught extensively on yoga and Ayurvedic psychology, Vedic counseling, and meditation. He is Director of the American Institute of Vedic Studies.

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**Suhas Kshirsagar, BAMS, MD (Ayu), AD**
Suhas Kshirsagar is a classically trained Ayurvedic Physician and a gold medalist from prestigious Pune University. A Rig Vedic Brahmin by tradition and an accomplished clinician by training, he brings tremendous value to his clients and students alike. He is an insightful medical astrologer and Vedic counselor.

**Alakananda Ma, MD, AD**
Alakananda Ma is the current president of NAMA. A graduate of a top London medical school, she has been practicing Ayurveda since 1989. She is the founder and president of Alandi Ayurveda Gurukula in Boulder, Colorado, and is internationally known for her insightful Ayurvedic articles.
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A global house of Ayurveda brands, The Ayurveda Experience is one of the largest global Ayurveda-focused companies in the U.S. We bring Ayurvedic education and high-quality Ayurvedic products to homes around the globe, including North America, Australia, and New Zealand.

**Kottakkal - Platinum**
We are Arya Vaidya Sala’s (AVS’s) only authorized distributor in the U.S. of their classically formulated Ayurvedic products made in Kerala, India. We offer a large selection of Arishtams, Kashayams, Tailams, Ghritams, Lehams, Churnams, Kwathams, Vatikas, and more.

**Banyan Botanicals - Ojas**
Banyan Botanicals was born out of a love for the deep wisdom of Ayurveda. Our mission is to help people achieve and maintain optimal health and well-being. We are proud to offer sustainable organic herbal products, as well as inspiring educational content.

**Athreya - Gold**
Our mission is to promote Ayurveda and provide our community with the highest-quality traditional Ayurvedic herbs created by Ayurvedic Doctors from India. We value customer satisfaction and the efficacy, safety, and consistency of all our products.

**Kerala Ayurveda Academy - Gold**
Kerala Ayurveda USA offers traditional Ayurvedic education, services, and products in Milpitas, CA, and online, including state-approved AHC, AP, Ayurvedic Doctor & Panchakarma Technician certifications; NAMA-recognized ACE and PACE programs; health consultations by Vaidyas; panchakarma therapies; and clinical internships and programs in India.

**Ayurvedic Institute - Gold**
The Ayurvedic Institute, recognized as the leading Ayurvedic school outside of India, was established in 1984 to teach the traditional Ayurvedic medicine of India and provide certificate training programs, weekend and intensive seminars, webinars, panchakarma therapies, Ayurvedic books, products, and more.
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California College of Ayurveda - Silver
The California College of Ayurveda has been serving the needs of students, practitioners, and the community for over 20 years. We are dedicated to the highest quality in education, health care, and research in the field of Ayurvedic medicine.

Charak Herbs - Silver
Charak Pharma has been spearheading a research-based approach to Ayurveda for the past 70 years. Charak’s Innoveda herbal supplements are pure, safe, and effective standardized herbal extract blends free of GMOs, gluten, yeast, egg, artificial flavors, added sugar or starch, milk, and wheat.

Komal Herbs - Silver
Our vision for better living has driven us to set up a new state-of-the-art cGMP facility, your true source of high-quality, sustainably sourced, fair trade organic Ayurvedic herbs; whole plants; authentic preparations; and supplemental formulations with contract manufacturing and private label options.

Kripalu - Silver
For more than 40 years, Kripalu Center for Yoga & Health, located on a breathtaking campus in the Berkshires of western Massachusetts, has been the premier destination for all those seeking a joyful, inclusive, and compassionate environment for wellness, learning, and retreat.

Mount Madonna - Silver
Mount Madonna Institute College of Ayurveda educates and empowers future health professionals to use Ayurveda to transform individual and community well-being. The college provides academic and clinical education at the Health Counselor and Practitioner levels and the opportunity to achieve an MA Ayurveda graduate degree.

Ayurshakti - Silver
Founded by Dr. Smita Naram, Ayurshakti specializes in pulse reading (nadipariksha) and manufacturing & distribution of herbal formulations that comply with stringent European standards and regulations. Ayurshakti supplies its products to Doctors, Practitioners, and clients through its offices on four continents.
Tea Sponsors

**Davidson's Organic Teas - Saturday Morning**
Davidson's Organic Teas is the direct-from-garden source for organic and fair trade teas, herbs, and spices. Davidson's recently introduced a line of Ayurvedic Infusions in partnership with Drs. Suhas and Manisha Kshirsagar with the aim of providing balance between mind, body, and spirit.

**Balancing My Life - Saturday Afternoon**
Balancing My Life applies a collaborative approach to holistic health care. Our team includes an Ayurvedic Practitioner, a Certified Emotional Health Coach, and an Ayurvedic Chef who work together to provide comprehensive evaluation and treatment protocols and deliver results to the whole person.

**Ayurway - Sunday Morning**
The Ayurway Integrative Approach aims to create a powerful grassroots health culture based on blending the best of East and West in both traditional and modern medical sciences. To achieve this, Ayurway has developed unique diagnostic measures, coupled with therapeutic techniques from all over the world, to provide comprehensive health care for your well-being.

Media Partners

**Ayurveda Journal of Health**
The Ayurveda Journal of Health is a professional publication that focuses on Ayurvedic science, philosophy, and clinical practice. Our strong editorial team rapidly screens submitted articles and ensures early and careful decisions regarding publication in AJH.

**IAYT - International Association of Yoga Therapists (IAYT)**
IAYT supports research and education in yoga, and serves as a professional organization for yoga teachers and yoga therapists worldwide. Our mission is to establish yoga as recognized and respected therapy. www.iayt.org.

**LA YOGA Magazine and the Bliss Network**
LA YOGA Magazine and the Bliss Network have been sharing inspiring lifestyle and wellness content related to yoga and Ayurveda since 2002. Our growing community offerings include the Bliss Kit Subscription Box, regular email newsletters, event calendars, and more. www.layoga.com
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Celebrates the timeless wisdom and beauty of an Ayurveda-inspired lifestyle. The mission of AJARA is to help healthcare professionals build and enhance their practice by providing distinctive, high-quality Ayurvedic beauty care products, treatment accessories, customized training, and artisan-made shirodhara equipment.

Ayurway
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Canna-Veda Counseling & The Lighthearted Farmer
Canna-Veda blends ancient wisdom with modern research to counsel, motivate, and inspire healing through Ayurvedic protocols, cannabis (CBD) education, and life coaching techniques. Joanna Matson, founder and CEO of Canna-Veda, offers individual consults, group classes, workshops, and retreats to small and large groups. Joanna Matson. www.canna-veda.com

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Home to Vaidya R.K. Mishra’s Shaka Vanshiya Ayurvedic formulations for safe transdermal and transmucosal herbal synergies, Lalita’s full-spectrum skin care line, 100% pure organic incense, unique massage oil blends, and tea and cooking masalas. Discover the full range of SVA items at www.chandika.com or call us at 1.888.3CHANDI (1.888.324.2634) or info@prana-center.com

Davidson’s Organic Tea
Davidson’s Organic Teas is the direct-from-garden source for organic and fair trade teas, herbs, and spices. Davidson’s recently introduced a line of Ayurvedic Infusions in partnership with Drs. Suhas and Manisha Kshirsagar with the aim of providing balance between mind, body, and spirit.

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Holy Cow Online Marketing is passionate about helping you share Ayurveda with the world. All practitioners should have an online presence. Do you? Does your website need updating? We can help! Please come meet us and ask about our NAMA Specials!

Hale Pule
Hale Pule Ayurveda & Yoga, based on Kaua`i, offers classically based, clinically focused training in person and online. Hale Pule offers a 600-hour counselor program, clinical mentorship, and NAMA-certified continuing education, including Ayurvedic chef and treatment training.
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At Nariveda, we take a revolutionary approach to optimizing both internal health and external beauty. Our scientifically innovative elixirs deliver “body-ready” adaptogenic herbs and plant-based micronutrients with increased bioavailability for rapid regeneration and cellular healing.

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Northwest Institute of Ayurveda offers a unique self-empowering Ayurveda Health & Life Coach Training that serves as level 1 of our two-level Ayurvedic Practitioner Program. Reclaim your bliss, create radiant health, transform your life, and make a difference!

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**State Associations**
Come and meet the state associations and groups that are forming around the country. This is an opportunity to meet Ayurvedic associates and friends in your state and to find out what is developing in your area and how you can become involved.

**Sumitra Remedies**
Sumitra Remedies - a NJ-based family-owned company. Promoting Ayurvedic products in U.S. through Retail, Manufacturing and Distribution. Current partners include Baidyanath, Vedic Juices, Banyan Botanicals, Himalaya. We are your one-stop Ayurvedic Shop. Visit [www.TheVedicStore.com](http://www.TheVedicStore.com) for wholesale pricing signup.

**The Ayurvedic Approach**
The Ayurvedic Approach supports your Ayurvedic practice. Offering coaching, private mentoring, online tools, and products to enhance your clients’ experience, opportunities for collaboration, affiliate marketing, and continuing education - all designed to support you in growing your business to its fullest potential.

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