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A warm welcome to each of you,

We are so excited to be present with you here! The planning and preparation that have happened over these past few months have yielded an event and a gathering of our Ayurvedic community that will fill us in so many ways. Our membership has grown greatly since NAMA’s first conference and so has the diversity of our Presenters, Sponsors and Exhibitors. Expect to expand your knowledge, expect to broaden your horizons, expect to make new friends and form important alliances. Some of you may be attending a NAMA conference for the very first time. Welcome! Some of you may be visiting the beautiful state of Rhode Island for the very first time. Welcome to New England! Some of you may have faithfully been present each year. Welcome back!

Our 2016 Conference is titled Ayurveda Tomorrow: Be the Change. Those of us who love Ayurveda, who treasure its practices and who dwell in its wisdom understand that Ayurveda is ancient in the most sacred sense. It is elemental and it is timeless. For those of us who have been called by Ayurveda, the quiet whispers of the sages inform all we are and all we do. If you are here reading this, you too have been called. Unfortunately there are many people in our world who have never heard the word Ayurveda and many others who do not fully understand how their health and their lives could be positively impacted by diet and lifestyle adjustments. Today we are calling each of you to be the change that our world needs. We will help you, we will teach you and we will support you.

Over the next few days you will have an opportunity to enhance your clinical skills, to become aware of the role that research plays and to better understand how you can bring Ayurveda to your community. You will hear about Agni, Ojas and Doshas. You will have a chance to speak with our generous sponsors, become acquainted with the products sold by our exhibitors and better understand the role that NAMA plays in our community. You will hear the words of our featured presenters who have travelled from all across our country just to be with us. This is truly a special gathering.

May our time together be filled with joy of spirit. We hope that you return to your communities rejuvenated and ignited with a passionate fire that will spread our good news far and wide.

Namaste,
The 2016 Conference Team
At our 2016 Conference we are asking each of you to consider how you might be the change you wish to see in our world. We are not asking you to do this in isolation. We offer you the support of our organization which is comprised of many dedicated individuals who are thoughtfully helping NAMA to grow and deepen in ways that will teach, inspire and guide each member.

VISION STATEMENT
NAMA is the voice of the Ayurvedic community that empowers individuals, communities and humanity to achieve health and well-being through Ayurveda.

MISSION STATEMENT
The National Ayurvedic Medical Association is a national organization representing the Ayurvedic profession in The United States of America. Its mission is to preserve, protect, improve and promote the philosophy, knowledge, science and practice of Ayurveda for the benefit of humanity.

Stop by our NAMA table and meet our staff and volunteers. We encourage you to find a way to become a part of our growth process. We are happy to answer your questions and to help you make the most of your NAMA membership.

For more details about our organization, visit us at AyurvedaNAMA.org

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Official conference book seller Nataraj Books is one of the USA’s leading South Asian Book distributors. Offering a variety of books, CDs, DVDs, cards, gifts and statues, they can fulfill any size order. natarajbooks.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.

Program designed by Michael Quanci mquanci@quancidesign.com

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Stay updated throughout the conference at #NAMAconf
START TO FINISH

6:00 - 9:00 PM Thursday | Grand Ballroom
OPENING DINNER AND MEMBERSHIP MEETING

Our conference will begin with a shared meal followed by our annual membership meeting. Listen to all the ways that we have grown in the past year and become informed about the path that NAMA is charting for our future.

4:00 - 6:00 PM Saturday | Grand Ballroom
RESEARCH POSTER EVENT

Take time during the course of our weekend to view the Research Posters on display in the Grand Ballroom. On Saturday evening researchers from around the world will be on-hand to answer your questions about their current research initiatives and the data they have generated, including its relevance for current Ayurvedic practice and follow-up studies. We sincerely hope you will take advantage of this opportunity to access the latest developments in the field.

1:30 - 3:00 PM Sunday | Grand Ballroom
CLOSING PANEL
Ayurveda as a Messenger of Change

PANELISTS Jay Apte, David Frawley, Nancy Lonsdorf
MODERATOR Bill Dean, NAMA Board Member

We take our responsibility to the Ayurvedic discipline seriously and we carry this message to our individual communities, being the change we want to see in contemporary healthcare. In this panel discussion our panelists will focus on telling us about the special concepts that make Ayurveda uniquely positioned to evolve the current healthcare model. In this way each of us can be the messenger of change that can help evolve the present healthcare delivery system.

The panel will be followed by an introduction to the 2017 Conference: Ayurveda and the Evolution of Modern Medicine.

All attendees are invited to participate in the closing circle as we send one another back to our own communities until we meet again April 21-23, 2017 at the Doubletree Hotel in Oak Brook, Chicago, Illinois.

A WORD OF THANKS

This year our conference theme of Be the Change holds a secondary meaning for those of us who work behind the scenes to create our gathering. In 2015 Devi Mueller stepped down from her roles as Membership and Conference Manager. She left extremely big shoes to fill. Gratefully Devi documented the processes she created over these years and she continued to offer her support as we each stepped into our new roles.

Our hope is that at our 2016 conference we will see Devi sitting and listening, talking and laughing, immersing herself in the conference in a way that she was not able to do during all her years of service.

Devi, we are ever grateful.

The 2016 NAMA Conference Team
YOGA ON THE ROAD

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In health care around the world, major changes are happening; integrative medicine is emerging. Western medicine is marrying eastern medicine thereby offering the best and safest therapies from both worlds. It is not “I” or “YOU” but “WE”. Health care is shifting from “disease care” and is turning to “true health care”, addressing all levels of our being — body, mind and spirit. Ayurveda is a major aspect of this emerging science. Ayurveda is no longer an ancient practice; it is a cutting edge science.

As NAMA members we have to work hard. NAMA is us. If we want people to listen to the voice of Ayurveda, we have to make NAMA bigger, better and stronger. We have to have great “Sangha Shakti”!

DR. JAY APTE is an India trained Ayurveda practitioner in the Bay Area and Silicon Valley. She has BAMS degree from Pune University in India. In addition, she also has a Master’s degree in bio-medical sciences (Pharmacology) from the University of North Texas. Dr. Apte has practiced Ayurveda for more than 35 years and her sole focus is on providing the very best Ayurvedic (holistic) health care, including Panchakarma treatments, by bringing eastern wisdom and western knowledge together.

Dr. Apte has served as a board member of (NAMA) and was a past president of the California Association of Ayurvedic Medicine (CAAM). She is an entrepreneur and has started various Ayurvedic businesses including an Ayurvedic wellness center, Ayurveda academies (to teach Ayurvedic medicine around the U.S.), Herbal Care, the first company to manufacture Ayurvedic Herbal supplements in the U.S. and AyurFoods, the world’s first manufacturer of delicious and tasty, holistic and healthy Ayurvedic foods. In September she launches “Vedafoods - culinary cousins for the Sugar conscious.

Dr. Apte is a gifted teacher and has given seminars and lectures in various forums around the U.S. She is a proud grandmother of three wonderful grandchildren, enjoys nature walks and is very passionate about Ayurveda.

Ayurveda and Yoga Therapy as Adjuvant Therapy in Conventional Medicine

Ayurveda is an art of self-healing and a science of longevity. It is also a spiritual science of healing with intuition, intellect and love. Yoga is a philosophy (Yog Sutra of Patanjali) and a stepwise practice (Patanjali Ashtanga Yog) to achieve self-realization. During this practice of self-realization, the body and mind develop health benefits which are used as adjuvant therapy in conventional medicine. Yoga also incorporated the philosophy of Ayurveda and became Yoga Chikitsa or
Yoga Therapy, which is primarily an adaptation of the Yoga practices for patients with various chronic ailments. Hence Yoga Therapy is Ayurveda; it can be used for primary prevention of a disease or preventive medicine, as secondary prevention of a disease or therapeutic medicine to prevent progression or reversal of the disease. Yoga Therapy also helps in the rehabilitation of a disease with better management, less pharmaceutical support and a better quality of life. As most chronic lifestyle related diseases manifest themselves with an acute onset, standard evidence-based conventional therapy should begin at that time, along with the Ayurvedic practice of Dinacharya or daily routine and a relaxation practice of daily yoga therapy routine to achieve personal lifestyle modification. This dinacharya and Yoga Therapy will gradually improve one’s underlying condition and the chronic use of medications can be slowly withdrawn to reduce its side effects, resulting in improved, medication-free, disease free healthy life style.

DILIP SARKAR, MD, FACS, CAP., is one of the foremost experts in Yoga Therapy who combines his 45-year experience in Conventional Medicine with his extensive knowledge of Integrative Medicine, including Ayurveda and Yoga Therapy. Dr. Sarkar has held positions that included teaching as a primary focus of his medical career. He was an Associate Professor of Surgery at Eastern Virginia Medical School in Norfolk, Virginia, and Chairman of the Department of Surgery and Chief of Staff at Portsmouth General Hospital.

He serves on several local and national healthcare boards as: President, Board of Directors, American Heart Association, Hampton Roads, Virginia, Chairman of it’s Mission Committee and My Life Check; Life Member, National Ayurvedic Medical Association (NAMA) and Member of its’ Standards Yoga Subcommittee; President, Board of Directors, International Association of Yoga Therapists (IAYT); Fellow, American Association of Integrative Medicine (AAIM) and Chairman of the Board, Life in Yoga Institute. He is a Certified Ayurvedic Practitioner and continues to practice and teach classes in Yoga Therapy, Mind/Body Connection, Ayurvedic Wellness, Integrative Nutrition, and Integrative Medicine. Currently, he is the Chairman of the School of Integrative Medicine, Taksha University, Hampton, VA.

After 25 years of practice as a Vascular Surgeon in Tidewater Virginia, Dr. Sarkar retired from practice after suffering a heart attack and undergoing by-pass surgery in 2001. Since then, he developed a profound interest in Ayurvedic medicine and Yoga Therapy, devoting considerable time to the study of these ancient treatments and wellness philosophies in Virginia and in India.

PLENARY SESSION

11:00 AM - 12:30 PM Saturday | Grand Ballroom

Ayurveda and the Mind

We hear a lot about the Body, Mind and Spirit. This session will explore the anatomy and physiology of the mind, or Antakarana-the inner equipment of the mind and the role of Mind (sattva), Soul (atma) and Body (sharira) in health and ill health. We will review concepts of the mind according to Sankhya, Vaisheshika and other philosophers and Mano Vaha Srotas through Charaka and Sushruta.

Relationships are the foundation of how we view ourselves. Everyone looks in the mirror but no one looks behind that mirror. Learn to go behind the mirror for healthy emotions. Learn to clean the mirror and see within. In some people, this mirror does not exist. So much emotional “dirt and dust” has accumulated that no reflection is possible.

In this session we will explore how psychological trauma influences the way we think and feel about ourselves and how perception and time create separation, expectation and desire. Traumas in our lives can create great blocks within us, causing harm in our relationships and creating difficulty in the most
important relationship, the relationship to self. You have great potential to heal yourself. Discover how healing can take place to create deeper peace and clarity.

**VASANT LAD** brings a wealth of classroom and practical experience to the United States. A native of India, he served for three years as Medical Director of the Ayurveda Hospital in Pune, India. He was Professor of Clinical Medicine at the Pune University College of Ayurvedic Medicine for 15 years. He holds a Bachelor’s of Ayurvedic Medicine and Surgery (BAM&S) degree from the University of Pune and a Master’s of Ayurvedic Science (MASc) degree from Tilak Ayurved Mahavidyalaya. Vasant Lad’s academic and practical training include the study of Allopathy (Western medicine) and surgery as well as traditional Ayurveda.

Beginning in 1979, he has traveled throughout the United States sharing his knowledge of Ayurveda. In 1984 he came to Albuquerque as Director, principal instructor and founder of The Ayurvedic Institute. Vasant Lad is the author of numerous books and respected throughout the world for his knowledge of Ayurveda. Vasant Lad is the author of 11 books on Ayurveda as well as hundreds of articles and other writings. With over 500,000 copies of his books in print in the US, his work has been translated into more than 20 languages.

**KEYNOTE SPEAKER**

7:30 - 8:45 pm Saturday | Grand Ballroom

**The Art and Science of Vedic Counseling**

Ayurvedic practice is done in a counseling setting and requires good counseling skills for it to be truly effective. Ayurveda rests upon a clear communication between the practitioner and client as a necessary part of treatment and life-style recommendations. It addresses psychological, emotional and spiritual issues, not simply physical complaints. The Ayurvedic practitioner has a more direct relationship with the client than other medical practitioners, and must have a good rapport with them.

Yet Ayurvedic practitioners may not have extensive or specific training in counseling, particularly from a Vedic perspective. Even if their diagnosis and treatment recommendations are otherwise correct, these may not succeed without proper communication with the client. Ayurvedic practitioners do not always know the art of follow-ups and how to guide the client in making practical and realistic life changes over a long period of time, which limits the success of treatment as well.

The talk will focus on a new counseling model for Ayurveda, including information and insights from the new book, *The Art and Science of Vedic Counseling* by Dr. David Frawley and Dr. Suhas Kshirsagar (Lotus Press 2016), which addresses an integral Vedic counseling model relative to Ayurveda, Yoga, Vedanta, Vedic astrology and Vastu. We will discuss the nature of counseling in Ayurveda and why the counseling model is so important in the development of Ayurveda today.

**DR. DAVID FRAWLEY** (Pandit Vamadeva Shastri) is a world-renowned Vedic teacher (Vedacharya). He is the author of over forty books published in twenty languages over the last several decades. His fields of expertise include Ayurveda, Yoga, Vedic astrology, Vedanta, Tantra, Vedic studies, ancient India and modern India, in which fields he has numerous published articles as well.

Dr. Frawley is the only western Vedic teacher to receive the prestigious Padma Bhushan Award from the President of India, one of India’s highest national honors, for his pioneering work in Ayurveda, Yoga, and Vedic studies. He is the only American to receive the National Eminence
Award from the South India Educational Society, which has only been given to a few important figures in Indian culture over the last twenty years.

He has a rare a doctor of letters from SVYASA (Swami Vivekananda Yoga Anusandhana Samsthana), the only deemed Yoga University recognized by the government of India. He is one of the main advisors for Sanchi University of Buddhist and Indic Studies in Bhopal, India. He is a Master Educator for the Chopra Center and guides their advanced mantra meditation teacher training.

Dr. Frawley is one of the four founding advisors for NAMA and has worked with many Ayurvedic organizations worldwide, including many Ayurvedic schools and organizations in the United States. His special areas of study in Ayurveda extends from herbal medicine, to Ayurvedic psychology, and Yoga and Ayurveda. He is director of the American Institute of Vedic Studies (www.vedanet.com), which has extensive on-line resources and publications.

PLENARY SESSION
8:30 - 10:00 am Sunday | Grand Ballroom

Ancient is the New New: Evidence-Basis for Ayurvedic Lifestyle and The Urgent Need to Integrate Ayurveda Today

With chronic disease at epidemic proportions around the world, the need for novel preventive and health-restoring solutions is urgent. Modern research reveals that dramatic reductions in cardiovascular and other chronic disease is possible through lifestyle intervention, however the knowledge base is fragmented, often inconsistent and insufficient to motivate many patients. Ayurvedic knowledge offers a powerful added dimension of diagnosis, prevention and care through personalization, chronotherapeutics and medicinal foods and herbs based on the tridosha system that is appealing to the patient, “makes sense,” and is supported by a growing body of research. Integrating Ayurvedic knowledge into mainstream integrative medicine training and practice, public awareness and education, as well as further research are urgent needs today. This talk will address the evidence basis of key Ayurvedic concepts of health and discuss how to integrate these immediately to enhance the health of the individual and the population as a whole.

DR. NANCY LONSDORF is an integrative physician and recognized Ayurvedic expert specializing in women’s health. She is board-certified in Integrative and Holistic Medicine (ABIHM) and in 2011 received the Atreya (Ah tray uh) Award for excellence in Ayurvedic practice from the Association of Ayurvedic Practitioners of North America.

Dr. Lonsdorf received her medical degree from the Johns Hopkins School of Medicine and did her residency training in psychiatry at Stanford University. Dr. Lonsdorf is currently Associate Clinical Professor of Physiology and Health at the Maharishi University of Management and also trains health professionals in Maharishi Ayurveda at the University of Maryland, The Taylor Center for Integrative Medicine in La Jolla, California and the Atlantic Health System Chambers Center for Well Being in New Jersey.

Dr. Lonsdorf resides in Fairfield, Iowa where she has a private practice in Integrative Medicine and Ayurveda, as well as consulting remotely over phone and Skype.
PRACTICUM SESSIONS

2:00 - 5:30 PM Friday | Newport Room

How to Translate Your Clinical Experience into Publications and Research

An important component of any health profession is the publishing of case studies, research, and systematic literature reviews. Publication is how a field disseminates scientific and clinical information to the broader biomedical community. As Ayurveda evolves into a widely recognized, highly effective healthcare system in the West, it is essential that Ayurveda has a visible presence in the publication of high quality clinical and research studies. This presentation will provide four workstations for interactive assistance to Ayurvedic practitioners on how to 1) conduct a literature search, 2) write a publishable case study, 3) develop and conduct a clinical research study, and 4) write a systematic literature review.

DIANA I. LURIE, PhD., is a Professor of Neuropharmacology at The University of Montana. She received her PhD in Neuroscience from the University of Pennsylvania, and directs a research laboratory focusing on CNS injury, and the response of the nervous system to natural products, including Ayurvedic herbs. Dr. Lurie is an Ayurvedic Practitioner and teaches neuroscience, Anatomy and Physiology, and courses in Ayurveda. She is the Editor-in-Chief for the Ayurveda Journal of Health.

2:00 - 5:30 PM Saturday | Wickford Room

Sattvajaya Cikitsa: The Conquest of Truth as a Therapeutic Tool

Sattvajaya punar ahitebhyo arthebhyo manonigraha: Regarding techniques for controlling or restraining the mind from desires for unwholesome objects, to be achieved by increasing Satvta. This is the solitary reference to Sattvajaya in the Caraka Samhita but it magnificently explains what all yogin know: pratyahara is the single greatest tool for controlling the sensory mind. Since ahara means food, Ayurveda teaches us to identify the food for each of the 11 senses and also how to control our relationship with them. The mind is functional in four ways. The senses are the key in this approach. It is the senses that are most in need of healing in our overly sensory world today. We will explore the role of Ayurveda in treating psychological trauma and addictions along with the sister science of yoga.

ARUN DEVA is a yogin, practitioner of Ayurvedic medicines, yoga cikitsa provider and a world traveler, looking for the Buddha in every face he sees. He has presented on Ayurveda worldwide and also has been practicing Ayurveda at his clinic in LA since 2004. Arun has also lectured extensively on Ayurveda at conferences, is faculty at LMU and chairs NAMA’s Standards Committee subcommittee for Ayurvedic Yoga Therapy Category. You may find him and his writings at www.yogarasayana.com.
**Phyllis Hogan**

**Keynote Speaker**

**Featuring Infectious Disease and Herbal Therapies Track**

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Major breakthroughs in medical science were expected after the human genome was sequenced; scientists warned that any benefit would likely be decades away because genetic disease is more dependent on epigenetics (the environment above the gene) than on genetics. The field of epigenetics has shown that environment, diet, and lifestyle have a far greater influence on health and disease than does genetics. Ayurveda is based on the knowledge that environment, diet and lifestyle are major factors in promoting health and preventing disease. This presentation will compare the principles of the new science of epigenetics with those of the ancient science of Ayurveda.

Martha Harkey has a BS in pharmacy, MS and PhD in pharmacology, an Aloha Ayurveda Academy graduate, and Kerala Ayurveda Academy student. She has over 40 years of experience in medicine, most of which studying, teaching, conducting research, and practicing complementary medicine either at UC Davis Medical School or on Kauai. She now provides medication therapy management for patients with multiple diseases, works with physicians to simplify drug dosage regimens, and offers Ayurvedic consultations.

Healthy conception through the wisdom of Ayurveda begins with both the mother and the father. We will explore teachings out of the classical texts of Ayurveda to balance the mind, emotions and physical body to prepare mom and dad for healthy conception. Once the baby is conceived, pregnancy becomes one of the most important phases in a women’s life. Changes are occurring in her body, mind and soul level. We will also discuss how Ayurveda supports the woman anatomically, physiologically and psychologically throughout her pregnancy. Learn diet practices, lifestyle practices and simple home remedies to support preconception and all three trimesters of pregnancy.

As a faculty member of the Kripalu School of Ayurveda, Dr. Rosy Mann brings more than 15 years of experience as an Ayurvedic physician specializing in women’s health. Trained under the guidance of renowned Ayurvedic physicians in India, she received a BAMS degree with distinction in 1994 from Guru Nanak Dev University in Amritsar, India. In addition to women’s health, her areas of expertise include panchakarma, Ayurvedic nutrition and cooking, pulse analysis and Ayurvedic herbology.

A case based discussion will be used to highlight the Ayurvedic approach to skin diseases that overuse antibiotics, such as acne, rosacea, and eczema. The vast overuse of antibiotics is a critical issue in medicine, leading to an epidemic development of drug-resistant bacteria. The dermatology cases will be discussed in detail from the Ayurvedic perspective. Secondly, the power of each individual practitioner to contribute to research will be highlighted with a tutorial on how to construct a case report for submission to peer-reviewed journals while maintaining the Ayurvedic perspective. The Ayurvedic contribution to clinical evaluation and research can inspire the development of new treatment approaches and decrease antibiotic use.

Dr. Raja Sivamani is an Assistant Professor of Dermatology at the University of California, Davis. He had bioengineering graduate training from UC Berkeley and Ayurvedic training at the California College of Ayurveda. He engages in clinical care, teaching, and research. He has conducted clinical studies for the past 15 years and authored over 60 publications. Bridging concepts from Allopathic and Ayurvedic medicine, plant sciences, and food sciences, he aims to develop integrative therapies.
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- Reading & writing Sanskrit in Devanāgarī script
- Reading and interpreting classical Ayurvedic texts
- Sūtras, Shāstras, & Sandhis
- Dravya Guna Shāstra (Ayurvedic herbalism)
- Vedic Philosophy
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- Nādī Vijnānam (the art of pulse assessment)
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The Role of Ayurvedic Medicine in Maintaining Remission in Various Types of Cancers

Scientific literature generally lacks whole-practice research assessing effectiveness of holistic medicine. Ayurvedic and Naturopathic care with or without conventional oncology treatments aids in enhancement of quality and efficacy of cancer treatment. During the course of complementary and alternative care with Ayurvedic and Naturopathic medicine, remission was attained in a case of metastatic prostate cancer, when applied post-prostatectomy; remission was also maintained in two cases of breast cancer. Metastatic colon cancer, nonresponsive to chemotherapy, went into remission with complimentary care and is cancer free on 4th year follow up.

Dr. Virender Sodhi born and raised in Himachal Pradesh, India. From a very early age, Dr. Sodhi knew that he wanted to be a physician and would go to the village doctor feigning illness in order to procure remedies to put into his “doctor’s kit”. He received MD in Ayurveda from Dayanand Ayurvedic College Jalandhar, India in 1980, and graduated with ND degree from Bastyr University in 1988. Last year he published Ayurvedic Herbs, The Comprehensive Ayurvedic Healing Solutions.

Bringing Ayurveda to My Community: A Social and Clinical Approach

Marcia will discuss the various ways she has helped Ayurveda grow in her community (the Ayurvedic community and the integrative medical community). She will then describe, via clinical case studies, how she has helped Ayurveda to grow in the lives of her clients. Marcia has increased the awareness of Ayurveda in her community through teaching, beginning a social organization, and by proper clinical Ayurvedic treatment of patients/clients.

Marcia Meredith is nurse practitioner and an Ayurveda practitioner. She is a 2006 graduate of the two year program at the Ayurvedic Institute in Albuquerque, New Mexico and a grateful student of Dr. Vasant Lad. She studied with Maya Tiwari from 1998 2003 and acknowledges Alakananda of the Alandi Ashram in Boulder, Colorado for her wisdom and teachings. She has a private Ayurveda health care practice, Health Through Ayurveda, in Minneapolis, Minnesota.

An Everyday Approach to the Ayurvedic Diet: Traditional Foods Adapted for Modern Lifestyles

Practice of Ayurvedic therapies must be coupled with correct diet: seasonal, sit-down, dosha balancing meals. This presentation outlines meal plans and seasonal food preparations that can be effectively integrated into busy lives. Ayurvedic Health Counselors and Practitioners are responsible for teaching clients to prepare meals for home and work as key actions to promote self-healing through Ayurveda. Helping clients implement an organized and seasonal approach to mealtimes, teaching them techniques for preparing the recommended foods, and providing approachable recipes will ensure success. Old habits need to be replaced by new ones, and this presentation will prepare practitioners to guide clients into seasonal and dosha-specific diet.

Kate O’Donnell is the author of The Everyday Ayurveda Cookbook: A Seasonal Guide to Eating and Living Well. She is an Ayurvedic Practitioner and Ashtanga yoga teacher based in Boston. Kate specializes in yoga, cooking skills, and Ayurvedic cleanse programs, offering online group programs, residential immersions and individual consultations. Her Ayurveda and yoga trainings, retreats, and writings aim to help others come closer to their true nature.

State and Regional Association Discussion

Join other members of our Ayurvedic community to learn what is currently happening with our regional groups in California, Washington, Minnesota and Colorado. Discuss ideas and concerns related to Ayurveda in your state or region, and network with others to transform those thoughts into active supportive associations.

Tesia Love, Membership Manager and Chair of the Membership Committee, will moderate the discussion.
### THURSDAY
April 14

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April 15

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<td>6:30 AM</td>
<td>Welcome/Orientation</td>
<td>BRISTOL A</td>
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<tr>
<td>8:30 AM</td>
<td>Epigenetics and Ayurveda</td>
<td>GRAND BALLROOM</td>
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<td>8:45 AM</td>
<td>Martha Harkey</td>
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<td>Epigenetics and Ayurveda</td>
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<td>12:30 PM</td>
<td>Vasant Lad</td>
<td>GRAND BALLROOM</td>
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<td>12:30 PM</td>
<td>Healthy Conception</td>
<td>BRISTOL B</td>
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<tr>
<td>2:00 PM</td>
<td>Cancer Remission</td>
<td>GRAND BALLROOM</td>
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<td>3:30 PM</td>
<td>From Ama to Agni</td>
<td>BRISTOL A</td>
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<td>Epigenetics and Ayurveda</td>
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<td>5:30 PM</td>
<td>Ayurvedic Diet</td>
<td>BRISTOL A</td>
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<td>5:30 PM</td>
<td>State &amp; Regional Association Discussion</td>
<td>BRISTOL B</td>
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### SATURDAY
April 16

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<td>Embracing Local Herbs</td>
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### SUNDAY
April 17

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<td>Tea Break</td>
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<td>10:00 AM</td>
<td>Healing Pain &amp; Balancing Moods</td>
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<tr>
<td>12:30 PM</td>
<td>Yoga, Ayurveda and Psychology</td>
<td>BRISTOL B</td>
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<td>1:30 PM</td>
<td>CLOSING PANEL</td>
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<td>Intro to 2016</td>
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OPTIONAL GATHERINGS

4:00 - 5:30 PM Friday | Bristol B
State and Regional Association Discussion
Join Tesia Love, NAMA’s Membership Manager, and members of our Ayurvedic community to learn what is currently happening with our regional groups in California, Washington, Minnesota and Colorado. Discuss ideas and concerns related to Ayurveda in your state or region, and network with others to transform those thoughts into active supportive associations.

2:00 - 4:00 PM Saturday | Newport Room
Standards Committee Forum
Join Hilary Garivaltis, NAMA Board Member and Chair of the Standards Committee, for an open dialogue about issues related to NAMA standards and projects under development by the various Standards Subcommittees including the Ayurvedic Doctor Grandfathering Subcommittee, Ayurvedic Yoga Therapist Subcommittee, Panchakarma Subcommittee and the Exam Subcommittee.

4:00 - 5:00 PM Saturday | Bristol B
Author Book Signing
Bring your newly purchased books to be signed by their authors including David Frawley, Dr. Lad, Nancy Lonsdorf and others!

12 – 7pm Saturday only!
Silent Auction
The silent auction is a treasure trove of great items for you to bid on in the Grand Foyer. Check out all the amazing offerings and then be sure to check back often to keep your bid on top! A listing of the winning bids will be posted at the end of the Saturday banquet at the NAMA table.

Winning bidders should pay for and pick up items on Saturday night between 9:00 – 10:00 pm or Sunday morning between 7:30 – 8:30 am.

Tea will be served in the Grand Foyer each day between sessions. Use this time to meet up with friends, visit with our sponsors and exhibitors and stop at the NAMA table.

Schedule is subject to change. Look for updates at registration.
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**Scientific Mastery of Vata Dosha Through Pranayama: Modern Therapeutic Implications of Recent Molecular Discoveries**

It is well known that Vata acts as a subtle energy that controls cellular function. The molecule Nitric Oxide (NO) is an intra/extracellular signaling gas, a powerful vasodilator with a very short half-life, actively produced by many cells. It has been investigated in numerous pathological processes, from neurocognitive disorders, to pain and stress, to DNA/RNA dysregulation. We will demonstrate how NO is involved in normal respiratory processes as well as in pranayama, exploring correlations with other body systems (other dhatus and srotas). Attendees will be empowered with the practical clinical application of the new NO–Vata paradigm and the evidence-based therapeutic potential of pranayama in the Vata-related epidemics of our time.

**Eduardo Cardona Sanclemente, PhD,** Doctor of Sciences, Professor and Senior Research Scientist at several medical schools and research institutes. His exploration of Ayurveda began as a patient followed by obtaining an advanced degree. He is a Fellow of the Royal Society of Medicine, UK, works as a qualified Ayurvedic practitioner and was the Scientific Director of Ayurvedic Practitioners Association, UK (APA). His research focuses on metabolic, cardiovascular and other chronic diseases.

**How to Counsel Clients on Suitable Yoga Therapy Practices for Daily Routine**

The yoga therapy based practices of asana, meditation, pranayama, mudra and more offer important modalities for both daily maintenance as well as timely interventions to encourage balance. We'll review how to decide if your client’s current practices are helping them to facilitate balance or are encouraging imbalance. We'll review why this is important, discuss the energetics of practices, and how to talk to your clients about their practice (including identifying red flags and how to make suggestions for modifications). We'll review some case studies and engage in a partner exercise to apply the concepts and be able to utilize them in clinical practice.

**Felicia Tomasko,** RN, ERYT500 is an Ayurvedic practitioner and Yoga Therapist. She is also the editor in chief of LA YOGA Ayurveda and Health, and Find Bliss magazines. Felicia teaches in the Yoga Therapy RX program at Loyola Marymount University, contributed to the textbook Yoga Therapy and Integrative Medicine, is on the faculty of the Natural Epicurean Academy of Culinary Arts, and teaches Yoga and Ayurveda on Yogaglo.com. She earned her certification in structural yoga therapy in 1997.

**Embracing Local Herbs in Ayurvedic Practice**

A major step in the right direction to create a more sustainable practice is the use of local herbs rather than those imported from the East. Aromatic plants that perfume and adorn our gardens, wild herbs that abound in field and hedgerow as well as those grown locally give us the means to provide our patients with the best possible care. Each herb has its unique wisdom, pranic attributes and energetic effects, as well as pharmacological constituents and potential ability to heal; herbs from both East and West are dynamic manifestations of Consciousness and an extraordinary gift. With an understanding of how to use local herbs from an Ayurvedic perspective we can incorporate them into modern Ayurvedic practice.

**Anne McIntyre** is a Fellow of the National Institute of Medical Herbalists and a Member of the Ayurvedic Practitioners’ Association in the UK. She has been in clinical practice working as a medical herbalist for nearly 35 years and for the last 25 years as an Ayurvedic practitioner has incorporated Ayurveda into her practice, producing an integrated approach to the care of patients and prescription of herbs. She is the author of over 20 books on herbal medicine and Ayurveda.
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SYMPOSIUM ON YOGA THERAPY AND RESEARCH
At the Hyatt Regency Reston, Virginia—June 9–12, 2016

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Keynote Speakers:
Josephine Briggs, MD
Sandra McLanahan, MD
Gary Kraftsow, MA, E-RYT 500
Michael Lee, MA, Dip. Soc. Sci., E-RYT 500

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BANYAN BOTANICALS
2:00 - 4:00 PM Saturday | Bristol A Room

From Ama and Agni to Leaky Gut Syndrome and Microbiome: Integrating Ayurvedic and Allopathic Concepts to Heal the Digestive System and Cure Disease

This presentation will review cutting edge medical research on digestive health. It will provide a basic scientific understanding of the microbiome, our 100 trillion gut bacteria, and explain their vital roles in the body. It will explain the concept known as “leaky gut syndrome”, one of the root causes of many different diseases. It will review the parallels between this concept and Ayurvedic pathogenesis which describes the production of ama and spread of it to the different dhatus. It will present an integrated treatment model to help with healing leaky gut syndrome, strengthening Agni, balancing the microbiome and improving overall digestion.

Akil Palanisamy, MD is a Harvard trained family physician currently practicing integrative medicine in San Francisco, incorporating Ayurveda and allopathic medicine. He completed his premedical training at Harvard College, residency at Stanford University, and a Fellowship in Integrative Medicine with Dr. Andrew Weil at the University of Arizona. He also studied at Arya Vaidya Chikitsalayam and completed an apprenticeship with the renowned Ayurvedic doctor L. Mahadevan, MD in Kanyakumari, India. Dr. Palanisamy is the author of The Paleovedic Diet (released January 2016), which integrates Ayurveda with ancestral health and modern medicine to create a customized plan for wellness.

2:00-4:00 PM Saturday | Bristol B Room

Creating Safe and Healing Environments Through Vastu

Our world, as well as our bodies, are made up of the five elements earth, water, fire, air and space. According to the science of Vastu, your home and workspace are living organisms that, when brought into harmony with the forces of nature, will improve and enhance the quality of life for anyone living and working within those spaces. Diving deeply into the science of Vastu, learn effective tools to eliminate the toxic effect of environmental stress to create safe, healthy care giving spaces in clinics and homes.

Michael Mastro is North America’s leading expert of Vastu Shastra, the first science of environmental harmony and wellbeing. Vastu creates stress-free living and working environments that improve the quality of life, eliminating the blocks to success, productivity and fulfillment. For over 40 years, Michael has used Vastu for his clients worldwide to align their home and workspaces. He designed and built the first Microsoft building and many buildings for The Boeing Company employing the principals of Vastu.

2:00 - 4:00 PM Saturday | Newport Room

Standards Committee Open Forum

Gather for an open dialogue about issues related to NAMA standards and projects under development by the various Standards Subcommittees including the Ayurvedic Doctor Grandfathering Subcommittee, Ayurvedic Yoga Therapist Subcommittee, Panchakarma Subcommittee and the Exam Subcommittee.

Hilary Garivaltis, Board Member and Chair of the Standards Committee, will moderate the forum.

10:30 AM - 12:30 PM Sunday | Bristol A Room

How to Use Ancient Wisdom to Heal Pain and Balance Moods

Attendees will learn how a Western MD has blended ancient Ayurvedic wisdom to balance the mind and body. Many patients in pain seek out traditional medications or take over the counter pills to abort pain. These medications can lead to many long term side effects. This program will review how we can utilize Ayurveda in the framework of western medicine with the goal of reducing medications by attaining an optimal state. We will review the current approach that is taken for pain and mood disorders and then review how Ayurveda can allow us to see pain based on doshic imbalance. With this information, we can guide patients on dietary changes, supplement programs, specific yoga and breath work, thus allowing another layer to healing.

Trupti Gokani, MD, is an award-winning, board certified neurologist known for her innovative and integrative approach to treating headache pain. She has a unique approach that melds modern medicine and ancient wisdom. In her thriving clinical practice along Chicago’s North Shore, patients seek her insights as an Ayurvedic “neurologist coach” (Optimal Mind Coach) who heals the head by healing the mind and the body. Dr. Gokani is the founder of the Zira Mind and Body Center. www.ZiraMindandBody.com

CONTINUED ON NEXT PAGE
SUNDAY

10:30 AM - 12:30 PM Sunday | Bristol B Room

The Three Wisdom Traditions: Yoga, Ayurveda and Psychology as a Wrap Around Support in Clinical Treatment of Trauma, Anxiety and Depression

The intentional use of yoga, Ayurveda and psychology to work toward supporting regulation, adaptability and resiliency for clients with diagnosis of anxiety, depression and trauma is currently being applied at the Clifford Beers Child Guidance Clinic in New Haven, CT. We have created a biopsychospiritual model of support by weaving together aspects of each of these healing traditions. Sattvajaya, the intentional use of techniques to draw the mind to its natural state, is the ultimate goal of healing the mind. We employ this concept as a guiding ideal, and work from the client’s current level of functioning toward balance. Our six stage, small group therapy model, is also applied to individual treatment offering clients a pathway to health.

Kathryn Templeton, MA, RDT/MT, E500RYT, has devoted her life to the health of others. A psychotherapist for 25 years, and a faculty member of the Himalayan Institute, she continues to work both clinically and as an educator specializing in the treatment of complex trauma, anxiety and depression. As an Ayurvedic Practitioner, Senior Para Yoga teacher, and Professor of Psychology Kathryn has developed specialized treatments integrating the principles of Yoga and Ayurveda with clinical therapy.

10:30 AM - 12:30 PM Sunday | Newport Room

The Future Integration of Ayurveda in the Spa Industry

Aveda IBW was the first beauty school in North American that received approved from the Department of Education and The National Accrediting Commission of Cosmetology Arts and Science (NACCAS) in 2014 to provide an Ayurveda program with the support of financial aid. Susan will discuss Aveda’s goals with the application of Ayurveda into their institution. She will further discuss how Ayurveda is impacting the beauty Industry.

An award winning innovative business leader, Susan Final founded The Skin Institute and Day Spa in 1993 (now Neroli Salon & Spa), and opened her second company in 1994, The Institute of Beauty and Wellness. Susan’s passionate commitment to the guest experience, caring for her team and education drives her. Being technically licensed in hairdressing, a Cidesco Diplomat in esthetics and seasoned educator provide her with an important business perspective for the needs of the guest and her team.

CLOSING PANEL

1:30 - 3:00 PM Sunday | Grand Ballroom

Ayurveda as a Messenger of Change

PANELISTS | Jay Apte, David Frawley, Nancy Lonsdorf
MODERATOR | Bill Dean, NAMA Board Member

We take our responsibility to the Ayurvedic discipline seriously and we carry this message to our individual communities, being the change we want to see in contemporary healthcare. In this panel discussion our panelists will focus on telling us about the special concepts that make Ayurveda uniquely positioned to evolve the current healthcare model. In this way each of us can be the messenger of change that can help evolve the present healthcare delivery system.

The panel will be followed by an introduction to the 2017 conference:

Ayurveda and the Evolution of Modern Medicine

ALL ATTENDEES ARE INVITED TO PARTICIPATE IN THE CLOSING CIRCLE as we send one another back to our own communities until we meet again

April 21-23, 2017 at the Doubletree Hotel, Oak Brook in Chicago, Illinois.
MORNING SESSIONS
Open to all attendees

6:30 - 7:30 AM | Newport Room
Yoga with Kim Valeri of Kerala Ayurveda

A progressive morning asana sequence infused with Ayurvedic principles and Yogic practices that purify pranic channels to promote calmness and clarity. A class to refine your poses, connect to the spiritual essence of your own practice, and awaken your creative spirit. We will start the day contemplating the conference theme while engaging the collective energy of the group. For all levels.

6:30 - 7:30 AM | Wickford Room
Meditation with Larissa Carlson of Kripalu

Have springtime work and travel agitated your vata dosha and left you feeling both depleted and sluggish? Dive into a meditative journey designed to refresh the body, soothe the nerves, and restore tranquility to the mind. Harmonize vata while uplifting kapha with a few nourishing chants, a precious pranayama sequence, and both standing and seated meditations. Prioritize self-care and discover how much more energy, clarity, and motivation you have for a day of NAMA explorations! Note: for comfort, please bring a yoga mat, towel, or meditation cushion.

6:30 - 7:30 AM | Newport Room
Kathryn Templeton of Banyan Botanicals and the Himalayan Institutes

ParaYoga to tend to your fire — join Kathryn in an agni practice to work with your pranic hub, awaken your power to transform, digest and have vibrant health.

6:30-7:30 AM | Wickford Room
Meditation with Ginger Kamalesh Hooven of Mount Madonna

Warm up the body with gentle asana, warm up the breath with basic pranayama and cool down the mind with a short guided meditation before silence. Perfect for all levels of practitioners.

6:30 - 7:30 AM | Newport Room
Yoga with Pam Nixon of RUVED

Pam will be sharing Kundalini Yoga, also called the Yoga of Awareness. It combines breathing (pranayama), sounds (mantras), yoga postures (asanas) and hand positions (mudras) to work on every aspect of the body, mind and being. Kundalini Yoga consists of simple yogic techniques that can be practiced by everyone. It keeps the body in shape and trains the mind to be strong and flexible in the face of stress and change. Oxygen capacity is increased along with blood flow to the glands, resulting in heightened awareness and vitality. Through breathing techniques and meditation, peace of mind can be obtained.

6:30 - 7:30 AM | Wickford Room
Meditation with Anupama Vaidya and Susan Gordon of Ayurveda Sadhana

The Satsamagam practice involves reading, chanting and listening to old traditional scriptures and then discussing, assimilating their meaning, reflecting and meditating on the source of those words and understanding of how to bring their meaning and true practicality into one’s daily life.
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**Ayurveda Experience** One of the largest content-based, Ayurveda-focused websites in the US with over 350,000 subscribers, The Ayurveda Experience is the one-stop portal for all-things-Ayurveda: Publish your work, consult clients and make products reach international audiences through video courses, articles, pod-casts, webinars and calls.

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**Kripalu Center for Yoga & Health** is the premier destination for those seeking wellness, learning, and retreat. Located in the Berkshires of western Massachusetts, Kripalu offers more than 700 programs a year that deliver life-changing, immersive experiences to nearly 40,000 guests.

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**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 these ancient therapies. Ayurvedic healing includes herbs, nutrition, panchakarma cleansing, acupressure massage, Yoga, Sanskrit, and Jyotish.

**Banyan Botanicals** is an Ayurvedic lifestyle company specializing in products made from Ayurvedic herbs that are sustainably sourced and fairly traded. We offer the largest selection of USDA certified organic Ayurvedic herbs as well as herbal tablets, liquid extracts, massage oils and chyavanprash.”

SILVER SPONSORS


**Bastyr University** Internationally recognized as a pioneer in natural medicine, Bastyr University offers 20 degree programs in areas such as naturopathic medicine, acupuncture and nutrition. Bastyr’s Master of Science in Ayurvedic Sciences is the first accredited degree of its kind in the nation. www.Bastyr.edu

**Dermveda** integrates alternative and allopathic perspectives on skin care. Our online platform focuses on skin well-being through scientific education that incorporates eastern and western philosophies. Drawing from Ayurveda and other ancient traditions, Dermveda aims to personalize a holistic approach to skin health.

**Kerala Ayurveda** is a full spectrum company spanning academies, products, research, hospitals, clinics, medical spas and resorts. Traditional Ayurvedic healing and educational services are offered in the U.S. and abroad: certification programs, specialty workshops, continued education, retreats and clinical internships.
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Mount Madonna Institute, College of Ayurveda offers professional training at all levels; AHC, CAP, and Master of Arts – Ayurveda. As a California State and NAMA recognized college, our students learn from the finest Master teachers through a comprehensive academic and clinical curriculum.

RUVED’s vision is to expand the Ayurvedic philosophy to a new and growing market of natural supplement users. RUVED is family owned and operated by the Sodhi brothers who are involved from farm to market, ensuring products of the highest quality and purity.

MEDIA PARTNERS


LA Yoga Ayurveda and Health is dedicated to building community and sharing information about Yoga and Ayurveda in the modern world with city event calendars at events.yoga and vibrant newsletters in Boston, LA, and San Francisco. blissnetwork.com; layoga.com/subscribe

PARTNERS

The American College of Vedic Astrology™ (ACVA) is a non-profit educational organization whose mission is to advance the quality and reach of Vedic knowledge. ACVA provides certification, symposia, research, and a blend of live and online education. Contact info@acvaonline.org or visit www.acvaonline.org.

The American Herbalists Guild (AHG) was founded in 1989 as a non-profit, educational organization to represent the goals and voices of herbalists specializing in the medicinal use of plants. Our primary goal is to promote a high level of professionalism and education in the study and practice of therapeutic herbalism.

Council of Vedic Astrology (CVA) was founded in 1993 in collaboration with the Indian Council of Astrological Sciences (ICAS). We are the first and largest non-profit membership organization to implement certification for professional Vedic astrologers in the West with members in several countries.

International Association of Yoga Therapists (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 a recognized and respected therapy.
R∙U∙VED® was founded in 1998 by the Sodhi brothers, who came to the United States to share their knowledge of Ayurveda and demonstrate the incredible healing power of traditional and natural medicine. Knowing how critical having quality products was to the health of their patients, the Sodhi brothers decided that the only way to ensure that they were getting the pure ingredients that they needed was to grow their own herbs. So they returned to India to buy their own farms where they could oversee every crucial step of each plant’s life cycle, from the planting of a tiny seed to the harvesting of mature herbs ready to be prepared and made into supplements. Since then, Ayush/R∙U∙VED®’s herbs have been grown in the pristine Himachal Pradesh region of the Himalayas, where indigenous plants have been used for centuries of Ayurvedic medicine and tradition. Providing uncontaminated, unadulterated herbal products is the founding principle of R∙U∙VED®. We have full knowledge of and confidence in the contents of our herbal products. That is just one of the many reasons that R∙U∙VED® is a name that represents quality and purity; for the sake of our customers and our own families.

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Our Roots
Ayurved Sadhana comes under the umbrella of Prabhuram Ayurvedic College. Vaidya Prabhuram Jivaram & his son Dr. Yoga Prabhuram founded the INP in Mumbai, India to bring change to the course of Ayurvedic education & to fight for the rights of Ayurvedic Physicians.

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  •  Advanced Ayurvedic Practitioner  •  Mentor  •  Coach

Anupama Vaidya
•  Founder of Ayurved Sadhana
•  Ayurvedic Coaching
•  Ayurvedic Doula Coach

Renay Oshop
•  Founder of Ayurveda
•  Ayurvedic Art Therapist
•  Sanskrit Language Coach

Susan Bernhardt
•  Founder of Essence Ayurveda
•  Ayurveda and Yoga

Heather Marie
•  Ayurvedic Practitioner
•  Ayurvedic Lifestyle Counselor
•  Ayurvedic Personal Chef

Sonya Bastow
•  Ayurvedic Postpartum and CAPPA Birth Doula
•  Lactation Educator

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Anupama Vaidya
•  Founder of Ayurved Sadhana
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Ajara Ayurvedic Life Celebrating 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.

Artisanal Being is an online shop dedicated to promoting the creation of beauty and self-expression, every day. We offer a carefully curated selection of the highest quality products, designed to support happiness and well-being in your mind, body and spirit.

The Ayurvedic Center of Vermont Founded in 2006, by Allison Bransfield Morse, The Ayurvedic Center of Vermont specializes in Panchakarma. As a practitioner for 16 years, Allison spent five of those years training at The Ayurvedic Institute under Dr. Lad. The Ayurvedic Center is recognized as one of the premiere clinics for Panchakarma and consultations in the US.

Ayurveda Next Door is a comprehensive online resource for locating Ayurvedic practitioners and centers worldwide. Our site includes a multi-author blog with over 70 contributors and a professional directory for the Ayurveda community. Get a free listing today.

Ayurvedaposters.com was created in 2003 with a strong desire to combine artistic aesthetics with the ancient wisdom of Ayurveda, Yoga, and Tantra. The purpose of Ayurvedaposters products is to inspire learning, used as teaching tools, or for decorating clinics, schools, treatment centers, and yoga studios.

Dogwood School of Botanical Medicine Founded in 2012 by Todd Caldecott, the Dogwood School of Botanical Medicine provides mentorship training in Ayurveda, herbal medicine, and clinical nutrition. Training is available online, and as a series of modular intensives, clinical internship, and training opportunities in Nepal and India.

Everyday Ayurveda delivers daily Ayurveda articles and free community resources. Our Everyday Practices membership program supports Ayurveda students, practitioners, and health enthusiasts to live Ayurveda in community. Our Grow Your Ayurvedic Business training teaches Ayurveda professionals how to start and grow thriving practices.

Forest Gold Ayurveda New Age Ayurceuticals, Ayurvedic formulations for today and tomorrow. We provide certified organic herbal powders, Ayurvedic food medicine and Ayurveda books and online library. Forest Gold Ayurveda foundation provides for an association of Ayurveda professionals across globe to be brought under one roof. export@forestgold.in

Hale Pule Ayurveda & Yoga offers training and healing in Kauai, HI and online based on the practical application of the classical teachings. Hale Pule trains counselors with a 400-hour certification program and NAMA certified continuing education programs, including chef and treatment trainings.

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Council of Vedic Astrology

The CVA is the oldest non-profit astrology membership organization in the West, established in 1993 in alliance with the Indian Council of Astrological Sciences, the ICAS, founded by Dr. B.V. Raman. The mission of the CVA is to provide and promote education and certification in Vedic astrology through a worldwide community of CVA recognized teachers and practitioners.

If you are a student, a novice or a professional Vedic astrologer, you should seriously consider joining the CVA, where you will find an extensive international network of Vedic astrologers’ education services and products. We have members in over 12 countries. Won’t YOU join our growing community of Vedic astrologers?

Please visit our website at: www.councilvedicastrology.com to find out more about the CVA mission and membership

You may also contact:
Council of Vedic Astrology
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SAMA: Sacred Stone Academy of Massage and Ayurveda In operation since 1999, SAMA is one of the only credentialed, holistic Ayurvedic massage schools that offering certification and state licensure as well as online “live” Ayurvedic education in the country. The Newport Massage School at SAMA is science meets spirit.

Shankara Ayurveda For those on a journey toward greater self-awareness and happiness, we offer nourishing support and thoughtful space so you can discover peace, transformation and a deeper connection with yourself and others. We do this through the science of Ayurveda, authentic treatment, and an inspired, talented team.


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The Seminars in Ayurveda

The 4th Monday of every month NAMA’s Student Work Group hosts a free, 60-minute, teleconference open to the public that aims to enhance the Ayurvedic profession through educational engagement. Live call begins at 6pm PT. Recordings are archived and available to NAMA members.

Upcoming 2016 seminars include...

April 25
Running a Successful Ayurveda Practice in the U.S.
with Sharon Kapp

May 23
Extend Your Reach with Digital and Social Media
with Petra Neiger

June 27
Four Vedic Tools to Integrate With Your Ayurveda Practice
with Hansa Knox

July 25
Dinacharya and Ritucharya for Various Regional Climates of the World
with Dr. Sanjay Pisharodi

Earn PACE credits!

Professional members earn 1 PACE credit for listening to Seminars in Ayurveda presentations — both live calls and recordings! You must complete a separate survey for each seminar that you listen to. This applies to all future and archived recordings.

Interested in volunteering for NAMA?

The Student Work Group develops and hosts the Seminars in Ayurveda, as well as providing content and general support for NAMA. Contact the Student Work Group Chair, Ellen Leonard LN.L@me.com for more details on how you can contribute.
HERE’S AN OPPORTUNITY TO BECOME A PART OF THIS BREAKTHROUGH PLATFORM

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