Longevity Through Ayurveda

Years to Your Life, Life to Your Years

NAMA 2013 April 18-21
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ALBUQUERQUE, NEW MEXICO
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Longevity Through Ayurveda

Years to Your Life, Life to Your Years

You may have just arrived, yet the 2013 NAMA Conference experience has been well underway for quite some time: it has been coming alive in our hearts and minds over months and weeks, across the miles of anticipating, planning, and imagining. Whether you knew you were coming to Albuquerque the moment we joined hands to close the 2012 Conference, or whether you just recently chose to participate, now we are entering together into an act of co-creation.

YOUR CONFERENCE EXPERIENCE

This is your event to breathe life into, yours to enliven. One simple means of bringing forth aliveness is to practice curiosity - both internally and externally. Look around you at the Ayurvedic professionals, students, leaders, and legends. Know that this event belongs equally to each of us, as a collective festival of learning. We are a Living Learning Community. This principle suggests collective opportunity through individual engagement. While connecting with members of the Ayurvedic community during these precious days together, how will you express your curiosity, your enthusiasm, and your understanding?

LONGEVITY THROUGH AYURVEDA

Accepting the joys and burdens of practicing Ayurveda is a noble calling. We enliven the ancient tradition of Ayurveda by applying its principles to modern life, as we care for those who are making their way in this precious world. Exploring longevity leads us to consider the quality of life, the meaning of life, and how our understanding of Ayurveda supports life. Our vocation calls us to transcend our false limitations and stretch towards the possible.

LOOKING AHEAD: ENJOY, LEARN, REACH, CELEBRATE!

Inspired by your feedback, the Conference Committee continually hones the conference experience. Here are some of the new and revived program features we have arranged for you this year:

• Meet and Greet Reception Join us to engage with fellow Attendees, Presenters, and community leaders in one-on-one conversation.
• Research Poster Session This interactive session is designed to bring Ayurvedic research to life.
• Daily Gatherings Each morning we will come together to connect with others and to receive the wisdom offered by highly regarded Featured Presenters
• Increased Space Enjoy more room for assimilating information, visiting Sponsors and Exhibitors, and networking.

May your coming days be filled with curiosity, wonder, and liveliness,

NAMASTE!

The 2013 Conference Team
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.

PURPOSE
The purpose of the Association is to provide leadership within the Ayurvedic profession and to promote a positive vision for Ayurveda and its holistic approach to health and wellness. We will carry out our mission by creating and implementing a dynamic strategic plan to ensure the professional growth and success of Ayurveda.

Come by the NAMA table and find out how you can get involved and help our profession grow.
NAMA’s work is done through its committees and work groups. Pick up a flyer about our new Communities of Practice (COP’s), now forming at regional and national levels. Join a group, or become a coordinator by contacting NAMA’s Membership Manager, Doug Cohen. If you are interested in volunteering to work on a committee, or helping out with a project or task, stop by and let us know.

For more details about our organization or to join, visit us on the web at www.AyurvedaNAMA.org.

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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 for any updates.

All presentations will be recorded by Backcountry Productions. Stop by their table to order recordings of any of the sessions. www.backcountry-productions.com

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PROGRAM DESIGNED BY MICHAEL QUANCI mquanci@quancidesign.com
OPENING NIGHT

THURSDAY 6:00 – 8:30PM | ALVARADO BALLROOM D/E
DINNER AND MEMBERSHIP MEETING

Thursday evening will begin with dinner to be followed by the annual NAMA Membership Meeting with updates and announcements of our exciting new programs.

CLOSING REMARKS ALVARADO BALLROOM D/E
AMADEA MORNINGSTAR, BS (nutrition), MA (counseling), RYT-200

Uniting as a Community

Ayurveda itself has great longevity, being one of the oldest systems of healing on the planet. We conference participants are drawn together by a common love and support for Ayurvedic medicine. This ancient healing system has spread so far from its roots. One cause for its success is its inherent respect for all five koshas of life. Yet it is not without its challenges in the coming decades. In this opening session, Amadea invites us to give back to Ayurveda what it has so generously given us. Together we explore how to most effectively unite as a community to nurture Ayurveda and its practice, through the five koshas.

AMADEA MORNINGSTAR is a student of Tibetan Buddhist yogis HE Garchen Rinpoche, Ven. Traga Rinpoche, and Tulku Nyima Gyaltsen Rinpoche. She is grateful for her early Ayurvedic training with fine teachers, including Drs. Lad, Frawley, and Joshi. Founder of the Ayurveda Polarity and Yoga Therapy Institute in Santa Fe, New Mexico, Amadea is the author of The Ayurvedic Guide to Polarity Therapy and other works with 30 year of experience in Ayurvedic self care education. A Board Certified Polarity Practitioner, she integrates Marma Therapy into her hands on work and teaching.
FEATURED PRESENTERS

PLENARY SESSION  FRIDAY 8:45 - 10:15 AM | ALVARADO BALLROOM D/E

Sunil Joshi, BAMS, MD (Ayu)
Longevity Through the Eyes of Ayurveda

Dr. Sunil Joshi will open the conference on Friday morning by addressing the unique approaches that Ayurveda has to offer to create quality and quantity of years in our lives. The focus on quality of life and longevity begin in the very first chapter of Charaka Samhita. Sustaining and nourishing the body is the central focus of this magnificent science. It is truly the gift of Ayurveda to the world. The science is based on the concepts of Rasayana Chikitsa. The very words mean to endow the tissues and to remove the wastes from the body. What is rasayana and how do we begin to promote this in our lives? What jewels do the classics of Ayurveda share with us?

SUNIL JOSHI is a world-renowned Ayurvedic physician from Nagpur, India. He serves on the advisory board of the Chopra Center for Well Being and has spoken at Columbia University, the National College of Naturopathic Medicine, and the National Institutes of Health in Washington DC. Currently, Dr. Joshi is involved in supporting the expansion of Ayurveda throughout North America, Europe, and South Africa, focusing a majority of his time teaching and practicing at his two primary centers in India and Albuquerque, New Mexico.

PLENARY SESSION  SATURDAY 8:30 - 10:00 AM | ALVARADO BALLROOM D/E

David Frawley (Pandit Vamadeva Shastri)
Soma in Yoga and Ayurveda: The Power of Rejuvenation and Immortality

David Frawley will be joined by Yogini Shambhavi to open with chant and wisdom.

Soma is the ancient legendary Vedic nectar of immortality. For every Agni, there is a corresponding form of Soma to nurture and enliven it. This talk will discuss the threefold relevance of Soma for physical rejuvenation, rejuvenation of the mind, and immortality of consciousness. At an Ayurvedic level, Soma provides the key to a whole range of rasayana, tonification, and immune strengthening practices, very helpful today in an era in which so many individuals are physically depleted and mentally exhausted. At a Yogic level, Soma provides the key for understanding the deeper practices of Yoga from pranayama to Samadhi, the highest state of bliss that allows us to go beyond all suffering. This inner Soma is more transformative than any drug or media experience.

PANDIT VAMADEVA SHASTRI is regarded as an authentic Vedacharya both in India and the West. Over the last thirty years, he has written forty books and several courses on Yoga, Ayurveda, and Vedic astrology. His works have been translated into twenty languages and are regarded as authoritative texts in their fields. The director of the American Institute of Vedic Studies in Santa Fe, New Mexico, he has also worked extensively helping to found Vedic schools and associations in the United States, Europe, South America and India. He will be joined by Yogini Shambhavi who will precede his presentation with chant.
FEATURED PRESENTERS

KEYNOTE ADDRESS SATURDAY 7:40 - 8:40 PM | ALVARADO BALLROOM D/E

Vasant Lad, BAMS, MASc
Happy, Healthy Relationships for Long Life

Following the Saturday banquet, Dr. Vasant Lad will offer his gentle wisdom on how creating strong relationships and the rituals that support those relationships contribute to longevity and give quality to our existence. Starting with our relationship with ourselves and flowing outward, Dr. Lad will provide guidance for every attendee to assimilate into their lives.

VASANT LAD received the degree of Bachelor of Ayurvedic Medicine and Surgery (BAMS) from the University of Pune in Pune, India in 1968 and a Master of Ayurvedic Science (MASc) from Tilak Ayurved Mahavidyalaya in Pune in 1980. For 3 years he served as Medical Director of the Ayurveda Hospital in Pune. He also held the position of Professor of Clinical Medicine at the Pune University College of Ayurvedic Medicine where he was an instructor for more than a decade. In 1984, he founded and began as Director of The Ayurvedic Institute in Albuquerque, New Mexico. Dr. Lad is the author of many books and articles and is respected throughout the world for his knowledge of Ayurveda.

PLENARY SESSION SUNDAY 8:30 - 9:45 AM | ALVARADO BALLROOM D/E

Kulreet Chaudhary, MD
Modern Ayurveda: The Science of Immortality

Modern science is waking up to the ancient wisdom of Ayurveda with a sense of wonderment and disbelief. Recent advances in emerging fields of Biology, such as Epigenetics, are proving that food is perhaps the most powerful medicine. In this presentation, Dr. Chaudhary will review some of the latest develops in science and interweave them with the timeless knowledge of Ayurveda to create a new vision of a world that uses the best of technology to unravel the secrets of this ancient world to help us achieve longevity, vitality, and the promise of immortality while still living in our modern world.

DR. KULREET CHAUDHARY is passionate about helping people achieve their goals by fine-tuning their health. She effectively combines her expertise in neurology and medicine with her proficiency in Ayurvedic wellness programs. Dr. Chaudhary is the Director of Neurology at Wellspring Health at Scripps Memorial Hospital, a pioneer in the field of Integrative Medicine, and the President of Habit Change, California. Dr. Chaudhary works with Dr. Mehmet Oz and a panel of experts across the country representing different medical disciplines to discuss issues relevant to CAM disciplines. She has appeared on the Dr. Oz Show to share information and insights about Ayurveda, making it more accessible and familiar to the West.

CLOSING PANEL SUNDAY 1:30-2:30 PM | ALVARADO BALLROOM D/E

Ayurveda For Life
Moderator: Gwen Nagano

Bringing the conference full circle, our featured presenters, Amadea Morningstar, Sunil Joshi, David Frawley, Vasant Lad and Kulreet Chaudhary, will provide their insight on how they have been inspired by Ayurveda. They will offer messages that conference attendees can take home to use in their daily lives and practices.

FOLLOWING THE PANEL, details on plans for 2014 and a closing circle will bring the conference to completion at 3:30 pm.
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PRACTICUMS

Only attendees who have pre-registered for each Practicum may participate in these lectures.

FRIDAY 2:00 - 5:30 PM | ALVARADO BALLROOM B

Jacob Griscom, CAS, Ayurveda Business Coach

How to Empower Your Clients to Make Long-term Sustainable Changes with their Health and Consciousness

10% of our value as practitioners comes from the advice we give our clients. 90% comes from helping our clients to actually implement the advice and create new results in their health and consciousness. In this presentation you will discover the key elements you need to structure a program that keeps your clients motivated and committed, along with four specific coaching tools to identify and resolve the inner and outer obstacles that sabotage your clients’ success. With this knowledge and skill you will attract and keep more clients in your practice. Active exercises and participation will add to your self-confidence and assimilate the skills.

JACOB GRISCOM is the President of Everyday Ayurveda, School of Business. In addition to starting and helping grow multiple for-profit and non-profit businesses in health, education, and sustainability, Jacob has helped hundreds of Ayurvedic practitioners and Yoga therapists start and build more successful and transformative practices for themselves, their clients, and their communities. Jacob has studied, taught, and practiced Ayurveda and Yoga in the U.S. and India since 1999.

SATURDAY 2:00 - 5:30 PM | ALVARADO BALLROOM F

Karta Purkh Singh Khalsa, LMT, NCTMB, DN-C, RH, CC

Cutting Edge Ayurvedic Herbalism in Modern America

The world is becoming a small place. Herbalism is rapidly on its way to being truly global. KP’s unique background in Ayurvedic herbalism and four-decade career in America combine to create a rare perspective on the global scene. He will share outstanding, clinically proven therapies from the depths of Ayurveda that therapists can use to enhance her/his repertoire with herbs. The emphasis will be on lesser known, practical therapies that will be exceptional additions to the herbal lifestyle toolkit, but which are reasonably priced, reasonably available, and potent. Special emphasis will be placed on herbs that are of particular interest to therapists and the unique situations they see in their lives and practices. Included will be a discussion on setting up an on-site retail dispensary that can be beneficial for your clients as well as prosperous for your practice. Case studies and group interaction will make this important topic accessible to all attendees.

KP KHALSA has over 40 years of experience in alternative medicine, and is one of the foremost herbal experts in North America. He is a state certified dietitian and nationally registered herbalist. Khalsa is president of the American Herbalists Guild (AHG), a professional member of NAMA and is a respected teacher, writer and lecturer who has presented at over 150 national conferences and is featured in 5 DVD continuing education courses. He has authored or edited 30 books, including The Way of Ayurvedic Herbs. He is a professor at Massachusetts College of Pharmacy and faculty member in the Botanical Medicine Department of Bastyr University, where he trains naturopathic medical students, and a professor at National College of Natural Medicine. Khalsa served as the long-term Senior Research Scientist and Chief Medical Formulator for Yogi Tea.
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BREAKOUT SESSIONS

FRIDAY 11:00 AM - 12:30 PM | ALVARADO BALLROOM A/B

Gaurang Joshi, BAMS, (Gold Medalist, Gujarat Ayurved University) MD (Alternative Medicine)
Management of Psoriasis – The Ayurvedic Perspective

Psoriasis is universal in occurrence, which affects about 125 million people worldwide. Psoriasis occurs when the immune system mistakes the skin cells as a pathogen and sends out faulty signals that speed up the growth cycle of skin cells. This Ayurvedic combined modality of treatment has improved local control in many clinical situations and its most profound impact has definitely been on improving the quality of life. It is hoped that a better understanding of the clinical use of polyherbal formulations will provide a sound scientific bases for the care of patients with Psoriasis and other skin conditions.

DR. GAURANG JOSHI is an International Ayurveda Consultant and expert Ayurveda Skin Specialist. He is a Director at Atharva Multispeciality Ayurveda Hospital, Panchakarma and Skin Care Hospital, and President of the International Psoriasis Foundation. He has run an exclusive Ayurveda Panchakarma Treatment center for the past 16 years. He focuses on and treats, obesity, skin disorders, including Psoriasis and Leucoderma, cancer, mental disorders, diabetes, arthritis, bronchial asthma, and all types of chronic diseases by enhancing immunity. He has conducted various collaborative research projects and is currently doing research to evaluate the efficacy and safety of polyherbal powder for patients with vitiligo. He has published more than 12 papers in national and international conferences on dermatology and oncology research. He has also written “Ayurveda-The Science of Life,” published by LAP-Germany.

FRIDAY 11:00 AM - 12:30 PM | ALVARADO BALLROOM F

Michael Mastro
Vastu & Ayurveda: Longevity and Wellness Through All Stages of Life

Everything within the universe is interconnected and we, as a result, are influenced by the intricate relationship between our bodies and the world in which we live and work. To thrive and experience longevity that is represented by good health and balanced, stress-free living, it is essential to have relevant strategies that eliminate causes of dis-ease to support a long and healthy life. Vastu complements the practice of Ayurveda by identifying areas of environmental stress that, when not addressed, overtime reduces longevity and affects the ability to live a joyous, prosperous, and meaningful life. Vastu identifies the environmental blockages that create disharmony in relationships, ill health, lack of prosperity, as well as career limitations and provides strategies to improve success in each stage of life.

With over 40 years of experience as a Vastu/Jyotish consultant and a yoga/meditation teacher, MICHAEL MASTRO is considered a Vedic science authority. Bringing balance to mind, body, spirit and environment is his life’s passion. His work with individuals and corporate clients such as Microsoft, Boeing, Amazon, NASA, The World Bank and Oracle has helped thousands of people live more harmonious, stress-free lives.

FRIDAY 11:00 AM - 12:30 PM | ALVARADO BALLROOM G/H

Allison Morse
Home Purification for Longevity: Educating Yourself and Your Clients about Home Panchakarma

Panchakarma is among the most valuable techniques to help clients ameliorate chronic conditions, improve immunity, balance digestive issues, nourish the body, and enhance the quality of life. We will explore a step-by-step procedure for a gentle, yet profound Ayurvedic at-home detoxification. By mobilizing metabolic wastes, this cleanse results in refreshed physical and mental status, positioning clients to more easily follow ongoing Ayurvedic recommendations for a lifetime. After releasing toxins, clients are often inspired to break the unhealthy patterns around diet, lifestyle, sleep, intimacy, and self-awareness. With proper support, clients can safely and effectively achieve the benefits of this time-honored tradition.

ALLISON BRANFIELD MORSE is an Ayurvedic Lifestyle Counselor and Panchakarma Specialist with twelve years of experience as an Ayurvedic Practitioner. She is also certified in massage and yoga therapy. Allison spent five years under the direct guidance of Vasant Lad at The Ayurvedic Institute, which included a four-year apprenticeship in the Panchakarma clinic. In 2006, she found The Ayurvedic Center of Vermont, where she has had the privilege of guiding clients from all over the country in Ayurvedic care and Panchakarma.

CONTINUED ON NEXT PAGE
Kerala Ayurveda Academy

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BREAKOUT SESSIONS

FRIDAY 4:00 - 5:30 PM | ALVARADO BALLROOM A
Christina Collins, Jyotish Kovid, Jyotish Visharada, Jyotish Vachaspati, Jyotish Medha Pragya
Dusthanas – Houses Six, Eight and Twelve Their Power to Shorten and Extend the Lifespan

Our Jyotish chart gives the potential range of life experience from birth to death. The key word here is potential. Because humanity is gifted with the aspect of free will—our free will choices toward a healthy preventative lifestyle, in concert with environment, especially a pure diet, taking advantage of Ayurvedic remedies and Yoga practices—can not only reflect our astrological life plan, but also can give us a better experience in order to enjoy our life. Some basic concepts will be included to assist with those not having a strong familiarity with Jyotish, and the primary focus will be on the key concepts of medical Jyotish as prescribed by the Dusthanas.

CHRISTINA COLLINS is a third generation Astrologer specializing in the Vedic system muhurta and medical Jyotish. She is a founding and current Board member of the American College of Vedic Astrology (ACVA). She is the first and only American woman (from 1996 to 2012), to be honored by the highly held title of Jyotish Vachaspati. Co-author of Hindu Astrology Lessons, she writes for the ACVA and CVA journals. She serves as faculty for ACVA. She is Editor-in Chief of the e-Magazine, The Jyotish Star, which won the Community Service Award at the United Astrology Conference in 2012.

FRIDAY 4:00 - 5:30 PM | ALVARADO BALLROOM F/G/H
Arun Deva, Diploma Ayurveda, Yoga Therapist (IAYT), E-RYT/500
Yogarasayana – Ashtasiddhi Mala:
The Ayurvedic Application of Yogic Principles & Practices for Increasing Rasa

Rasayana is four-fold: 1) Longevity, 2) Maintenance of health, 3) Improvement of the mental faculties, and 4) Resistance against disease. The ashtanga of yoga can be thought of as an ashtasiddhi mala or necklace of eight magical powers that begins with the promise of the above. Recognized by Ayurveda as far back as the Charaka Samhita, wherein we are advised to have confidence in the efficacy of yoga practices, these eight principles when put into practice are very powerful medicine. In this practice, we will first bypass the mind directly into the experience and then use the mind to understand and digest it. This is an active practice session. Please bring a mat or towel.

ARUN DEVA is a recently retired CAAM Board Member and practices yoga and Ayurveda in Los Angeles. Having started his studies as a child growing up in India, he has made his home in Los Angeles for the past 30+ years. He is the founder of Arunachala Yoga & Ayurveda, teaches Ayurvedic and Yogic lifestyle workshops, writes articles for different publications and offers Ayurvedic consultations and various treatments including panchakarma.

SATURDAY

SATURDAY 10:30 AM - 12:30 PM | ALVARADO BALLROOM A/B
Jayarajan Kodikannath, BAMS
Clinical Application of Rasayana in Specific Disease Conditions:
Its Role in Cure, Prevention and Enhancing the Quality of Life

Rasayana Chikitsa deals with Ayurvedic methodologies to retain youthful vigor, resist diseases and to ensure longevity. Rasayana enhances strength, memory, youthfulness, sharpness of senses and immunity. Naimittika Rasayana is the clinical application of Rasayana for fighting against specific diseases. Every disease causes weakness or degeneration of the affected organ/tissue and in most cases mortality initiates from that organ. Ayurvedic clinical management of any disease will include a Rasayana protocol to rejuvenate affected organs. Dr. Jayarajan will share his clinical experience and case studies in the application of disease specific Rasayanas in liver health, infertility, respiratory health, cardio-vascular health, and mental health.

DR. JAYARAJAN KODIKANNATH is the Academy Director of Kerala Ayurveda Academy (USA). An established clinician and accomplished teacher for the advanced courses in clinical Ayurveda, he was the Chief Medical Officer of Ayurvedagram, a heritage wellness center in Bangalore, India of international repute for the treatment of chronic diseases and Rasayana therapies. Dr. Jayarajan has presented several papers on Ayurveda in national and international seminars and he is actively involved in various research projects.
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**Featured Presenters**
- Sunil Joshi
- David Frawley
- Kulreet Chaudhary

**Keynote Speaker**
- Vasant Lad

**Breakfast**
- 8:30 AM - 9:30 AM

**Lunch**
- 12:30 PM - 2:00 PM

**Supper**
- 6:00 PM - 7:30 PM

**Silent Auction**
- Corner North and East Atriums

**Annual Membership Meeting**
- Remarks by Amadea Morningstar

**Join Dr. Lad and local musicians for a celebratory bhajan with favorite chants!**
### ATRIUMS

#### Home Panchakarma
**Allison Morse**

#### Research Posters

**The Ayurvedic Kitchen**
**Melanie Sachs**

#### Age-associated Neurodegenerative Disorders
**Ram Rao**

#### Growing Old and Dying in America
**Robert Sachs**

### ALVARADO G/H

#### Yoga

#### Yogarasayana
**Arun Deva**

### ALVARADO C

#### Research Posters

**Research Posters will be displayed throughout the Conference**

### ALVARADO F/G/H

#### Yoga

#### The Ayurvedic Kitchen
**Melanie Sachs**

#### Growing Old and Dying in America
**Robert Sachs**

#### Age-associated Neurodegenerative Disorders
**Ram Rao**

### EXHIBITORS

#### FRIDAY EVENING IS OPEN FOR YOU TO EXPLORE THE AREA OR GATHER WITH FRIENDS FOR DINNER.

#### FRIDAY 7 – 9 PM | ALVARADO A

- **Shree Maharishi Bhrigu Ashram** presents:
  - **An Evening of Spiritual Discourse**
  - *With Guru Ji Shree Sanjay Ji*
  - Special session open to all attendees

#### SATURDAY 5 – 6 PM | ALVARADO A/B/C

- **Nama Student Work Group Hosts Meet & Greet Reception**
  - Featuring Poster Awards
  - Join us to get to know one another in an informal setting to increase grass-roots relationships.
  - There will be ample time to meet members of the NAMA community, and special recognition for outstanding research presentations will be given. Open to all conference attendees. A special viewing of the 4 Season Productions film trailer, Healing the Mind, will be shown.

#### Book Signing

- **Saturday 4:30 – 5 pm**
  - Corner of the North and East Atriums
  - Bring your newly purchased books to be signed by their authors, including David Frawley, KP Khalsa, Vasant Lad, Prashanti de Jager, Melanie Sachs, Robert Sachs, Sunil Joshi, Gaurang Joshi, and others!

#### Silent Auction

- **Opens Thursday/Closes Saturday 2:30 pm**
  - Corner of the North and East Atriums
  - The Silent Auction has a plethora of great opportunities for you to bid on. Check out all of the amazing offerings and then be sure to check back often to keep your bid on top!
  - The Silent Auction ends at 2:30 pm on Saturday. Winning bidders should pay for and pick up items on Sunday.

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Schedule is subject to change. Look for updates at registration.
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2 Lifestyle Practices
3 Ayurvedic Nutrition
4 Detoxification & Self-Care

Course designed by Anisha Durve, co-author of Marma Points of Ayurveda with Dr. Vasant Lad. Manual includes detailed informative handouts for all 4 classes.

For more information, visit www.WisdomofAyurveda.com
BREAKOUT SESSIONS

SATURDAY 10:30 AM-12:30 PM | ALVARADO BALLROOM F

Prashanti de Jager
A Lifetime of True Wellness for Women

This will be a comprehensive presentation on assuring a life of true wellness for women. Every milestone and facet of a woman’s life will be addressed and strategies pertinent to each will be offered. These milestones include, but are not limited to, Oogenesis, Pre-Conception, Fetus, Infancy, Childhood, Menarche, Pregnancy and Menopause. Challenges include xenoestrogen and GMO poisoning, early menarche, hormonal imbalances, cramps, and early menopause. Strategies for wellness include herbs, diet, asana, pranayama and much more. The presentation will culminate in the all important thesis that we all have to support the Wise Woman in our culture and communities, for it is her guidance that we, for the benefit of all beings, are in sore need of today!

From Biophysics to EMT to Ayurvedic Practitioner to Ethnopharmacologist to Ecological Medicine activist, PRASHANTI DE JAGER’s study and practice of full spectrum wellness has been continuing since 1988, including ten years immersed with incredible teachers in India. Prashanti is a frequent and expert contributor to Light on Ayurveda Journal. He is a founder of Organic India and has a rewarding teaching schedule that takes him far and wide across this Good Earth from Bohemia to Manhattan to Uttarkhand.

SATURDAY 10:30 AM-12:30 PM | ALVARADO BALLROOM G/H

Melanie Sachs
The Ayurvedic Kitchen: Your Source of Maintaining Inner, Outer and Secret Beauty

What we put in and what we put on our bodies keeps vata dosha in balance and our whole being aging beautifully. Discover how the grains, beans, fruits and vegetables you love can be best prepared and combined to balance vata, nourish and cleanse the body from the inside and how the same ingredients can be used for delightful skin care preparations that cleanse and nourish from the outside. Samples will be prepared that will show you how to create dishes that you can eat and use to cleanse and feed your skin, learn and share in this kitchen festival celebrating the opportunity to live better and longer using some of the top ten foods for lasting beauty.

MELANIE SACHS is one of the foremost authorities for Ayurveda in the spa and beauty industry. She is featured in numerous spa and yoga magazines and is a frequent presenter at spa conferences. Her book, Ayurvedic Beauty Care, is considered a must for those interested in natural and conscious body care. She is the co-author with her husband, Robert, of Ayurvedic Spa, which promises to be a classic guide for spa owners and individuals interested in home spa techniques.

SATURDAY 2:30 - 4:30 PM | ALVARADO BALLROOM A/B

Suzanne Gilberg-Lenz, MD and Viji Natarajan CO-PRESENTING
Conception, Birth, Postpartum & Beyond: Ayurvedic Rasayana Practices as the Cornerstone of Health and Longevity For the Family

The divine journey of life begins far before the sperm and ovum unite. Through an allopathic and Ayurvedic medical understanding, this presentation aims to conceptualize the importance and subtleties of the formation of life, its emergence into this world and its sustenance throughout time. Health and longevity require the existences of para ojas and the maintenance of one’s overall rasa and ojas. This presentation will use scientific, evidence-based data to bring an integrative understanding and approach to the processes, behavior and actions from peri-conception through postpartum and the importance, relevance and impact of rejuvenation and rasayana in these events.

DR. SUZANNE GILBERG-LENZ is involved in women’s empowerment and public education, and appears frequently as an expert in women’s and integrative health on TV, online and in print. She earned her medical degree in 1996 from the University of Southern California School of Medicine, completed her residency in obstetrics and gynecology at Cedars Sinai Medical Center. Dr. Gilberg-Lenz has been in private practice of obstetrics and gynecology in Beverly Hills, CA since 2000. She was board certified in Integrative and Holistic medicine in 2008. After years of a personal yoga and meditation practice, she completed her Clinical Ayurvedic Specialist degree at California College of Ayurveda in 2010.

An 18+ year veteran in the healthcare industry, VIJI NATARAJAN has worked for premier companies like Pfizer as a research scientist in drug discovery. She is a talented scientist who took her knowledge, love of healing and sense of compassion and dedicated herself to helping women, children and families through Ayurveda and its sister sciences. She is a Clinical Ayurvedic Specialist, certified yoga teacher, Reiki practitioner and helps women as a DONA trained birth and postpartum doula.
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 more about the CVA mission and membership

You may also contact:
Council of Vedic Astrology
PO Box 84312
Seattle WA 98124-3612
BREAKEOUT SESSIONS

SATURDAY 2:30 - 4:30 PM | ALVARADO BALLROOM G/H

Robert Sachs
Growing Old and Dying in America

How do we face and embrace our elder years and how well do we tend to the needs of the elders in our communities? From his experience as a clinical social worker in homes and nursing homes for the elderly, Robert Sachs will discuss the many issues we must face in our own aging as well as how we can better attend to the needs of elders. Robert will present how Ayurvedic healthcare practices and spiritual orientation can help make this last phase of life fulfilling and meaningful for the aging, those who tend to them, and the entire community.

ROBERT SACHS is a Licensed Clinical Social Worker, massage therapist, yoga instructor, author, and a student of Indian and Tibetan spiritual and healing traditions since the seventies. With his wife, Melanie, Robert runs Diamond Way Ayurveda, the foremost promoters of Ayurveda in the spa and beauty industries. Along with Melanie and Robert’s book, Ayurvedic Spa, Robert’s works include Tibetan Ayurveda; Perfect Endings: A Conscious Approach to Dying and Death and his latest work, Rebirth into Pure Land.

SUNDAY 10:15 AM -12:00 PM | ALVARADO BALLROOM A/B

Eduardo Cardona-Sanclemente, PhD, Doctor of Sciences
Cancer & Ayurveda: Ancient Understanding on How to Restore Homeostasis Through Ayurveda

The concept that cancer arises from a single cell was recognized by ancient vaidyas. Integrating Ayurvedic knowledge with modern medical technology results in a deep awareness of the complex interplay of genetic, biochemical, physiological, psychological, and environmental contributors. This awareness can awaken within individuals the desire to follow a proper inner path for prevention and treatment, based on a logical, positive motivation for the practice of optimal lifestyle modification. Ayurvedic approaches are designed to holistically redress the multi-factorial characteristics of cancer, creating new light and awareness into the clinical practicalities of managing this challenging disease on both overt and subtle levels.

DR. EDUARDO CARDONA-SANCLEMENTE is a Fellow of The Royal Society of Medicine (UK). His career spans professorships, senior teaching, and research posts at some of Europe’s most distinguished medical schools, including Institut Pasteur; Salpetriere Hospital; Institut Biomedical des Cordeliers, Institut Francais de Chiropractie, Paris; University of Perugia Medical School, Italy; King’s College London and St. Bartholomew’s Hospital Medical College, London. He is a Member of The College of Medicine (UK). After graduating in Medical Sciences he completed his Masters in Clinical Biochemistry, his PhD in the mechanism of neurotransmitters and his Doctor of Science (Docteur d’Etat) in Physiology of Nutrition. He has a Masters in Ayurvedic Medicine, with internships at AVP Hospital, Coimbatore and Udupi (India) where he holds Visiting Professorships. He is Research Committee Director of the Ayurvedic Practitioners’ Association (APA) and is an Ayurvedic Practitioner.

SUNDAY 10:15 AM - 12:00 PM | ALVARADO BALLROOM F

Steven Highburger
Medical Jyotisha: Case Studies With a Practical Approach

Jyotisha is an incisive diagnostic and prognostic tool, which gives insight into the imbalances of our body-mind and the duration of disease and longevity. Is an illness a chronic issue? Will it affect longevity? Will the quality of life improve in time? Through multiple case studies we will learn how certain planets called “Marakas” and “Chidras” have a piercing/defective/vulnerability effect on the body and how these planets influence health, quality of life and longevity. We will explore several practical principles for analyzing a Vedic chart which quickly assess places which are vulnerable to illness while utilizing Dashas or planetary periods.

STEVEN HIGHLBURGER has been immersed in Vedic studies since the 1990’s as an apprentice to the world renowned Jyotishi, Hart deFouw and has taught at the Vedic Vidya Institute in San Rafael, CA. Steven is a certified teacher and tutor by the American Council of Vedic Astrologers and a graduate of The Ayurvedic Institute of New Mexico where he studied Ayurveda under the direction of Dr. Vasant Lad. Steven teaches and practices through Vedic Traditions in San Rafael, CA.
Ayurveda and Age-associated Neurodegenerative Diseases:
Attaining Longevity Through “Green Therapies”

Age-associated neurodegenerative diseases include but are not limited to Alzheimer’s dementia, Parkinson’s disease, Huntington’s disease, Amyotrophic Lateral Sclerosis (ALS), etc. all of which constitute a major medical, social, emotional and financial problem. Since there is no cure for any of these chronic diseases, it is important to identify methods that can be used to increase healthy aging, forestall the onset of these diseases, and create conditions to obtain a “longevity dividend” in physical, mental and spiritual terms. An entire body of literature in the Ayurvedic texts termed “Vata Vyadhi” deals with aging and neuro-degeneration. This presentation will focus on Ayurvedic interpretations of age-associated neurodegenerative diseases, preventive care, and interventions which I term as “green therapies” including lifestyle changes, diet, exercise, and methods to relieve stress.

RAM RAO comes from a family of Ayurvedic practitioners and Vedic teachers in India tracing back to the illustrious Vedic-acharya Rishi Kaundinya. Ram completed the academic training at the California College of Ayurveda and received his certification as a Clinical Ayurvedic Specialist. He is also a dedicated Hatha yoga practitioner and is an RYT from Yoga Alliance USA. In his spare time he offers consultations in YAMP techniques (Yoga, Ayurveda, Meditation & Pranayama). Ram holds a PhD degree in Biochemistry and Neurosciences and works as a Research Associate Professor at the Buck Institute for Research on Aging, Novato, CA.
YOGA & MEDITATION

Please bring a mat or a towel for yoga sessions. Plan to arrive a few minutes early.

FRIDAY 6:45 - 7:45 AM | ALVARADO BALLROOM A

Meditation with Guru Ji Shree Sanjay Ji

Guru Ji has the divine gift of communicating with his Guru, Shree Maharishi Bhrigu Ji, which flows in the form of Bhrigu words as divine nectar. These words have been guiding souls all over the world. The author of Rashis in the Light of Kriya Yoga, Guru Ji gives regular discourses on Vedic Astrology and various spiritual scriptures. Guru Ji Shree Sanjay Ji has a Bachelor’s in Electrical Engineering and Master’s in Computer Engineering. He worked for 20 years in corporate America before becoming the founder and president of Shree Maharishi Bhrigu Ashram inspiring embodied souls all over the world through divine guidance. Visit Guru Ji at the Shree Maharishi Bhrigu Ashram Gold Sponsor booth throughout the conference.

FRIDAY 6:45 - 7:45 AM | ALVARADO BALLROOM F/G/H

Yoga with John Kepner, IAYT

John Kepner, MA, MBA, executive director of the International Association of Yoga Therapists (IAYT) since 2003, is a practicing Yoga teacher and therapist with a professional background in economics, finance, and non-profit management. He holds teacher and therapist certifications from the American Viniyoga Institute and a teaching certification from A.G. Mohan in Chennai, India. In recent years, John has focused on organizing IAYT’s practitioner and research conferences, as well as the developing education standards for the training of Yoga therapists. Connect with John at the IAYT Partner booth.

SATURDAY 6:45 - 7:45 AM | ALVARADO BALLROOM A

Meditation with Cynthia Copple

Cynthia Copple, M.A.-Ayurveda (hon), is Dean of Mount Madonna Institute College of Ayurveda and Co-Founder of NAMA. A meditator since 1978, she taught Ayurvedic Yoga and Meditation for 10 years at Lotus Holistic Health Institute, where she is Director (since 1982). An author and presenter, she is also President of Lotus Herbs, a small Ayurvedic herbal company she founded in 1982. Visit with Cynthia at the MMI Silver Sponsor booth.

SATURDAY 6:45 - 7:45 AM | ALVARADO BALLROOM F/G/H

Yoga with Guy Gabriel with musical accompaniment by Dan Blanchard

After earning a diploma in Ayurvedic Health Sciences from the California College of Ayurveda and completing his Yoga teacher training at The Center for Yoga LA, Guy began teaching at corporate health studios such as Amgen, Disney, Universal Studios, Dreamworks, and Paramount Studios. He also teaches the Ayurvedic component to Yoga teacher trainings in various yoga studios as well as Hatha and Vinyasa Yoga classes. Guy is a member of IAYT, Yoga Alliance, NAMA, and CAAM. He is an accomplished musician and has written for LAYoga, Ayurveda, and Health Magazine.

Dan has played music since he was a teenager and has been studying Indian classical music and santoor since 2003, and from Pandit Satish Vyas since 2004. He synthesizes his love of Indian, ambient, new age, and melodic trance music into his own therapeutic style. He has been immersed in Yoga, Ayurveda, and Nonviolent Communication (NVC) for over 10 years and is certified as a yoga teacher, yoga therapist, and Ayurvedic practitioner.

Take time to visit with Guy and Dan at the LAYoga booth.

CONTINUED ON NEXT PAGE
YOGA & MEDITATION

SUNDAY 6:45 - 7:45 AM | ALVARADO BALLROOM F/G/H
Yoga with Abbey Geyer, LOAJ

Abby M. Geyer, RTC-200; AHE-300, is the Advertising Manager of Light On Ayurveda Journal, published by the Center for Indic Studies at UMASS Dartmouth, and the International Journal of Yoga Therapy, and Yoga Therapy Today, both published by the International Association of Yoga Therapy. She is a Yoga instructor in Las Vegas, Nevada, teaching Hatha, Chair Yoga, Yoga Nidra and Pranayama. Abby is a certified Ayurvedic Health Educator and has presented Ayurveda workshops throughout the Las Vegas valley. She is also a certified Yoga of Recovery Educator. YOR, founded by Durga Leela, is a complete holistic program assisting those with their substance-abuse recovery and/or co-dependency. Abby will be available along with her colleagues at the Light On Ayurveda Journal table in the Research Poster presentation room.

SUNDAY 6:45 - 7:45 AM | OUTSIDE IN THE JUNIPER GARDEN
Homa/Meditation with Nomi Gallo

Nomi Gallo, M.Ed., teaches and is a Clinic Supervisor at the Ayurvedic Institute. A long-time support staff member for NAMA, she continues her volunteer efforts as a member of the Standards Committee. She began her journey into Ayurveda in 2003 with training in Panchakarma and worked for three years in a Panchakarma facility. Ayurveda became her full time focus in 2008 and her training and passions have led her into a thriving Ayurvedic practice. A few years ago Nomi crossed paths with a teacher of Vedic Fire ceremonies, Shree Mohonji Jadhav. This opened a door for her into greater understanding of Vedic wisdom; a blessing that she is honored to share with participants of the conference. Check in with the Ayurvedic Institute at their Platinum Sponsor booth.
RESEARCH POSTER SESSION
FRIDAY 2:00 - 3:30 PM | ALVARADO C

A special research session will offer attendees the opportunity to see current research being done using Ayurvedic principles and concepts. Take time to visit with each of the presenters and learn more about their work. Special recognition for selected presentations will be given at the Meet & Greet reception on Saturday from 5 – 6 pm. Additionally, during this session representatives from Light on Ayurveda Journal will provide guidance on how to prepare research articles for the Journal and to answer questions.

Breast Cancer from an Ayurvedic perspective: A pilot study
PRIMARY AUTHOR Shraddha Ravani, Ayurvedic Practitioner and Lifestyle Counselor

Shraddha Ravani has been involved in fundamental research in the biological sciences specializing in breast cancer research at the Lawrence Berkeley National Laboratory for the last two decades. She received her MA in Ayurveda at Mt. Madonna Institute in California. Shraddha’s understanding of biological sciences and Ayurvedic concepts is a bridge between modern scientists and Ayurvedic experts for promotion of Ayurveda in today’s scientific world.

Ayurvedic Management of the Interstitial Cystitis Bladder Syndrome
PRIMARY AUTHOR William Dean, M.D.

Dr Bill Dean has practiced urology since 1979 and in the last 10 years has used Ayurvedic principles in his office for urologic disease management. This work led to his paper on the acute management of interstitial cystitis and the publication of Foods Heal: Why Certain Foods Help YOU Feel Your Best. He actively blogs at ic-solutions.tv and drbillidean.com, and has informational sites icdiet.com and foodsheal.com.

Whole Systems Ayurveda and Yoga Therapy for Obesity: Outcomes of a Pilot Study
PRIMARY AUTHOR Jennifer Rioux, Ph.D., C.A.P., R.Y.T.

Dr. Jennifer Rioux is an NIH Research Fellow in the Department of Family and Community Medicine at the University of Arizona, Tucson. She holds a PhD in Medical Anthropology and has been conducting research in health promotion and health prevention for more than twenty years, focusing more recently on whole systems clinical trails in Complementary and Integrative Medicine (CIM). She is an experienced Ayurvedic clinician and Yoga therapist and has been in private practice for the last 12 years.

Managing Schizophrenia with Ayurveda – Eliminating Side Effects
PRIMARY AUTHOR Susan Oconnor, A.W.P., E.R.Y.T.

Susan Oconnor, Ayurveda Wellness Practitioner and experienced registered yoga teacher, began studying Ayurveda in 2003 to compliment her yoga practice, which she began in 1985. In addition she is an experienced certified Master Physical Trainer and a Second Degree Black Belt in Martial Arts. She began her meditation experience and study of Eastern Philosophy in 1977. She and her husband currently own The Haven Yoga, SuTara Ayurveda and Black Lotus Martial Arts Academy.

Describing NAMA Practitioners in the United States: Overlap and Diversity
PRIMARY AUTHOR Wendy Weissner, B.A., A.H.P.

Wendy Weissner graduated from Hampshire College with a BA in cognitive neuroscience and visual art in 2004, and published her senior thesis in the Journal of Comparative Neurology. Subsequently, she completed trainings in yoga (Mount Madonna), herbalism (Boston School of Herbal Studies), and Ayurveda (California College of Ayurveda). She has contributed to more than 30 published systematic reviews on herbs and supplements, and is pursuing a Master’s degree in Health Arts and Sciences at Goddard College.

Gotu Kola Exposure Protects Adult Skin Fibroblasts from Oxidative Stress
PRIMARY AUTHOR Raja Sivamani, M.D., M.S., A.H.E.

Dr. Raja Sivamani is currently an allopathic dermatology resident at the University of California, Davis and engages in both clinical and basic science research within the department. Inspired by his Ayurvedic training at the California College of Ayurveda, Raja aims to bridge Ayurveda and Allopathy through investigative research to increase the familiarity and awareness of Ayurveda to both the research and lay communities. His ultimate goal is to develop novel and integrative therapies.

Positive Health Outcomes Following an Ayurvedic Spring Cleanse
PRIMARY AUTHOR Lisa Conboy, M.A., M.S., Sc.D.

Lisa Conboy is a social epidemiologist and a sociologist with an interest in the associations between social factors and health. She is published in the areas of Women’s Health, Mind-Body Medicine, and qualitative research methodology. An Instructor at Beth Israel Deaconess Medical Center, Harvard Medical School, she is also the research director and part-time faculty at the New England School of Acupuncture where she teaches research methodology. She is also a founding member of the Kripalu research collaborative which examines the mental, physical, and spiritual benefits of yoga, meditation, Ayurveda and other holistic and mind-body therapies.
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**Shree Maharishi Bhrigu Ashram**, inspired by Guru Ji Sh. Sanjay Ji is an educational & spiritual organization in Irvine, Southern California, USA. Sh. Maharishi Bhrigu, a pioneer & father of Vedic Astrology has given the divine gift to Guru Ji Sh. Sanjay Ji to guide embodied souls through the medium of Vedic Astrology, Bhrigu Divine Readings and the sacred meditative practice of ‘Geet Divya Kriya Yoga.’

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**California College of Ayurveda** is the oldest institution in America training professional ayurvedic practitioners. With nearly 20 years of experience, our programs are professional, well-organized and complete. Students have opportunities to learn all facets including extensive herbalism, massage and body therapies, panchakarma and yoga therapies. Seminars open to students of all schools. [www.ayurvedacollege.com](http://www.ayurvedacollege.com)

**Kerala Ayurveda Academy** offers authentic, clinical Ayurvedic education through in-class and e-learning programs, taught by experienced Ayurveda doctors trained in India. KAA sets itself apart by providing internships both in the US and in India in its own Ayurveda clinics, hospitals and resort. [www.ayurvedaacademy.com](http://www.ayurvedaacademy.com)

**Ki-Atsu Method**, Ayurvedic Diagnostic, and Jyotisha Illustrator program presents a revolutionary approach by adapting Ayurveda & Jyotisha into the modern experience through a membership based forum. It places the vast stores of knowledge contained in the Vedic teachings at your fingertips. [www.ki-atsumethod.com](http://www.ki-atsumethod.com)

**The Kripalu School of Ayurveda** prepares students for professional certification through experiential training programs that combine professional, academic study with personal experience and exploration. Faculty have either a BAMS or five years of study with an Ayurvedic scholar, and have been teaching or practicing for 4+ years.

**Mount Madonna Institute College of Ayurveda** has the finest Ayurvedic training, one three-day weekend a month, in a 34 year old Yoga and Ayurveda community. Renowned master faculty, comprehensive curriculum, and clinical internships. The only west coast residential Ayurveda Masters Degree program, plus Ayurvedic Lifestyle and Ayurvedic Practitioner programs. [www.mountmadonnainstitute.org](http://www.mountmadonnainstitute.org)
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**Tathaastu: So Be It!** Nourish your Mind, Body and Soul. Tathaastu is a magazine that celebrates a healthy, spiritual and peaceful way of life with Ayurveda, yoga, meditation and natural remedies. Tathaastu is devoted to the discovery of Eastern wisdom and timeless teachings of global masters.

**Light on Ayurveda Journal** (LOAJ) is a comprehensive, international, peer-reviewed, quarterly journal targeted at practitioners and students of Ayurveda. Published by the Center for Indic Studies at University of Massachusetts Dartmouth, LOAJ features articles by leading professionals in the field.

PARTNERS

**The American College of Vedic Astrology™** (ACVA) is a non-profit educational organization dedicated to Vedic Astrology and related Vedic sciences. ACVA provides instructor-led online classes, webinars, self-paced instruction, mentoring, tutoring, beginning and advanced certification, and the new ACVA Certified Vedic Astrology Coaching™ (VAC™) program.

**Council of Vedic Astrology** (CVA) was founded in 1993. Founded in collaboration with the Indian Council of Astrological Sciences (ICAS) we are currently the largest international organization of practicing Vedic astrologers worldwide with members from several countries. The CVA is an educational, membership organization. We were the first Vedic astrology organization to develop and implement certification standards in the West.

**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 recognized and respected therapy. www.iayt.org.

**Yoga Alliance** is the largest nonprofit association serving and representing yoga teachers, schools and studios. Founded in 1999, the Yoga Alliance Registry establishes standards for the teaching of yoga, and provides internationally recognized credentials to 39,000 teachers and 2,500 teacher-training programs.

GENERAL EXHIBITORS

**A. Muzda** has been providing Ayurvedic oils and Ghees to the community for the past Ten years. Viraf started this business initially making oils for a few companies and now we have grown to serve a small but dedicated band of customers.

**Alandi Ayurveda Gurukula** offers two and four year practitioner training courses, and post-graduate advanced training. The curriculum uses a case-based, experiential model. Class sizes are small, allowing for personal attention and peer mentoring. We provide extensive supervised clinical experience. Transfer students welcome. www.alandiashram.org

**Ambika’s Ayurveda** , Chico, Ca. provides Ayurveda self care products and produces Ayurveda oils. The Ayurveda Oils are made in small batches monthly and cooked slowly under the full moon with sacred mantras playing throughout the cooking process. www. ayurvedarejuvenation.com

**Ayurvedaposters.com** is dedicated to the visual representation and illustration of concepts in Ayurvedic, Tantric, and yogic Philosophy, and practice. Our products include: posters, charts, cards, prints, illustrations, original art, and power point presentations. Check out our website: Ayurvedaposters.com

**Blue Lotus Yoga Essentials** is a family run business dedicated to creating inspired yoga and meditation cushions and props. As a company we are committed to excellence and conscientiousness in our production. www.bluelotusyoga.com

**DharmaSmart.com** carries “Purposeful Living Essentials.” This is the online destination for products related to Ayurveda, Yoga, & Meditation including jewelry, massage & fragrance. Drop by the DharmaSmart table and meet Lissa Coffey, author of “What’s Your Dosha, Baby?” and “What’s Your Dharma?”
Floracopeia was established to promote the use of medicinal plants for grassroots healthcare, poverty alleviation, ecological benefits, and preservation of ethno-botanical wisdom. We provide the highest quality essential oils and botanical aromatic treasures through ecologically sustainable agricultural and agro-forestry projects.

Indian Vedic Oracle: Love, Life Laughter with Vedic Divination
Dr. Lali Love divulges the secrets of your life through Vedic Palmistry, Numerology and his psychic gifts to understand your life purpose, maximize your luck, and invite success and love. He has read many famous personalities, such as CHER, Dr. John Gray, Martin Luther King Jr, Marianne Williamson, and Doreen Virtue. Lali is also an amazing Success Coach & Motivational Speaker.

Komal Herbals, Inc. was established to promote healthy living through integration of Ayurveda and modern science. We are passionate about making Ayurveda easily available through high quality, effective formulations and satisfying recipes. We are committed to excellence in service and customer satisfaction. www.komalherbals.com.

Maharishi Ayurveda, America’s oldest ayurvedic products company, takes a natural, wellness-orientated approach to healthcare. We embrace traditional ayurveda and the use of whole plants, synergistically combined. Our ayurveda formulations are authentic; based on this complete healthcare system dating back 5,000 years.

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