Ayurveda: Healing People, Healing Communities

9th Annual NAMA Conference
April 19-22, 2012

www.ayurvedaNAMA.org
Hyatt Regency Bellevue, Bellevue, WA
Dear Ayurvedic Community,

Welcome to the 9th Annual National Ayurvedic Medical Association Conference!

NAMA conferences offer a time of replenishment for attendees that can only happen when people of like mind choose to come together. We get to bridge the physical distances and experience the warmth of fellowship and support. The planning that goes into the conference is focused to create the healing experience of and for the community.

For those of you who have attended past conferences, you will find that many of your suggestions to increase the value of the event have been included in this year’s conference. Topics that you expressed interest in are included; a wonderful night of fun and entertainment including kirtan is scheduled; and, lunches are lecture-free so you can enjoy conversation and networking. In addition, you will find many of the things you have enjoyed in the past have been continued by popular request.

During this year’s presentations, you will gain a clearer awareness of what it means to heal people and heal communities. You will have the opportunity to hear ways Ayurveda touches lives and brings hope and awareness to individuals. When you leave the conference, each of you will have the important role of carrying that message within your heart and making a difference in the various communities that you touch.

It is most rewarding to come to this sangha where for the next few days we can experience the healing and support that comes from being together. As we share meals, time in learning and celebrating, we recharge our spirits, bodies and minds. This reinvigoration is essential to every one of us. It offers the love and fertilization to allow us to take the seeds gathered here and grow them as we offer our clients, families, friends, and communities the positive power of Ayurveda.

Throughout this year NAMA is committed to working for you to create a stronger Association that will grow and support the Ayurvedic Profession on many levels. Your support will be needed as we move forward with the initiatives for growing and strengthening our Membership, both in numbers and measures that move us into the public eye. We will reach out to you to volunteer and join others in forging forward with our mission. The beauty and wisdom of Ayurveda is our message to all humankind. Working together we can truly be a part of healing people and healing communities.

May this weekend provide the healing power of community and touch your heart with wonder.

Coming to you with Light and Love,

Devi Mueller, CAS, MAyu

Chair, 2012 NAMA Conference Committee

On behalf of the Committee and the NAMA Board of Directors
The purpose of the Association is to provide leadership, communities and humanity to achieve health and well being through Ayurveda.

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.

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Vasant Lad received the degree of Bachelor of Ayurvedic Medicine and Surgery (B.A.M.S.) from the University of Pune in Pune, India in 1968 and a Master of Ayurvedic Science (M.A.Sc.) 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.

GINA SALA
Celebration with Kirtan
Saturday, 8:45 - 10:00 PM, Grand ABCD
Gina is a vocalist, composer, music director, sound healer, and teacher from Seattle whose love of the human voice has taken her to performing and studying throughout much of the world. She has performed at the US Pentagon, the US Capital, the United Nations, and recently finished a contract as principal singer for Cirque du Soleil’s “O”. With a repertoire spanning 23 languages, Gina Sala shares her passion for singing us awake to who we are.

Thursday Evening Schedule
6:00 - 8:30 PM, Grand ABCD
Gather for dinner and join with NAMA for the annual Membership meeting and awards presentations.

Evening Closing Remarks by:
Karta Purkh Singh Khalsa, LMT, NCTMB, DN-C, RH, CC
Ayurveda: The Original Complementary Medicine
7:30 - 8:30 PM, Grand ABCD
Ayurveda is one of the greatest unifying forces in world healthcare. The universal principles of the mother of all healing systems allow us, who live by its codes, whoever we may be, to drink deep of the unity of being human. Even though the most accomplished of us will only use a tiny slice of vast Ayurveda in a lifetime, we are all drawn together in the harmony of living on planet Earth.

KP KHALSA is a nationally certified massage therapist, nationally certified kinesiologist, state certified dietitian and nationally registered herbalist. He has practiced Ayurveda for 40 years, and was the principal developer of the Soothing Touch Ayurvedic massage product line. Khalsa is the author of over 1,500 published health articles and has written or edited 30 books and on health topics, including The Way of Ayurvedic Herbs. He has presented over 150 times at national and state conferences and is featured in 3 DVD continuing education courses on massage techniques. Khalsa is senior research scientist for Yogi Tea, an Ayurvedic medicinal tea company, and Peace natural products, where he created an extensive line of Ayurvedic body care products. He lives in Eugene, Oregon.

MELANIE SACHS is best known for introducing Tibetan and Indian body work techniques to the spa and beauty industry. But, she began her studies in Ayurveda when she was an at home Mum with three young children. Interested in diet and wellness since 1975 she has years of experience cooking for her own family, meeting the expectations of her extended family on high days and holidays, cooking for large groups and counseling her clients. Being involved with the whole foods movement for more than 30 years she has a grounded and well rounded approach to food, experience of organizing groups to cook together and demonstrate some wonderful simple recipes to share.

Beyond Rice and Dal
8:30 AM - 1:00 PM, Grand K
One of the most powerful ways to both create and strengthen community is by cooking and eating together. This class will present American favorites in delicious ways so even the most conservative of eaters can get a taste of the benefits of Ayurveda, and offer convenient ways to prepare more traditional Ayurvedic foods without spending too many hours in the kitchen. Let’s blow the myths about cooking being difficult and time consuming! We’ll acknowledge the power of eating seasonally and simply but also have fun making some more exotic fare such as spice iced cream and gluten with essential oils. Let’s celebrate and share a rich and healthy American Ayurvedic cuisine. This interactive session will include demonstrations, group preparations, and delicious tastings!

The Ayurvedic Management of Attention Deficit Disorder
2:00 - 6:30 PM, Grand K
More than 5 million children have been diagnosed with Attention Deficit Disorder. In addition, it is accepted that 1 of every 10 boys and 1 in every 20 girls suffer from this condition. The Ayurvedic Management of Attention Deficit Disorder in children from an Ayurvedic Perspective. Students and practitioners will learn ways to prevent this condition through proper management of conception, pregnancy and delivery. We will address ways to manage this condition if it does manifest using a proper Ayurvedic diet and lifestyle as well as the use of herbal and yoga based therapies. The goal for treatment of every child is to support that child to find balance and success in the world. This program will give you the tools to begin working with children who suffer from this condition. Group assessment of case studies and active exercises will be used in this interactive session.

Presented by MARC HALPERN, DC, CAS, PKS

Healing Rituals for Every Cycle of a Woman’s Life
2:00 - 6:30 PM, Grand K
This presentation will include a discussion of ancient women’s society in Ayurvedic Medicine. We will include herbal remedies, diet and lifestyle, holistic food, stress, movement, and pregnancy. We will address specific ways to honor and celebrate each woman’s life and health. Demonstration of the preparation of oils for oils for birth, menstrual cramps and labor pains. We’ll provide prayers andMantra to enhance the celebration of birth, and women supporting and healing together - with preparations for ritual tonics, cleanses, kidney and liver flushes, and weight loss shakes for weight balance. There will be an explanation of how to create shamanic and herbal teas for each cycle of life. With a visual demonstration on how to create a sacred space in the office and the home, practitioners will benefit by a deeper understanding of the issues involved in a woman’s cycle.

Z. LIGHT MILLER, ND, DD received her B.S. in Social Science from UC Berkeley, became a Certified Massage Therapist at the LA School of Massage in 1967 and has since acquired over 35 years experience as a health practitioner. In addition to providing individual health counseling and teaching seminars, Light has trained and certified over 1,000 massage therapists. She is currently the only woman out of the 18 practitioners of Kaya Kalpa in the world. Kaya Kalpa is a branch of Ayurvedic Mystical Medicine, the oldest recorded healing art.

Certificates of completion should be picked up at the NAMA Center after each session is over.

Attendance at Practicums is limited to those pre-registered for the course. If you are registered, please be sure to have your pass received at check in ready when you enter the session.
Special Morning Yoga & Meditation Sessions

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

Friday, 7:00 - 8:00 AM
Yoga with MADHURI PHILLIPS
Grand I/J
Madhuri is an E-RYT, Clinical Ayurvedic Specialist and Pancha Karma Specialist. Her Ayurvedic services are offered at the Chopra Yoga Centre, Vancouver. She teaches the Langara College Yoga Teacher Trainings, is a host for Dristhi Point Yoga Radio and has released a popular Ayurvedic Yoga DVD.

Friday, 7:00 - 8:00 AM
Meditation with ROBERT SACHS
Maple
Robert will offer a Medicine Buddha (Sangye Menla) chanting meditation to help make the most of your day by joining your energy with others for this morning meditation.

Saturday, 7:00 - 8:00 AM
Yoga with ROBIN ROTHENBERG
Grand I/J
Robin is an internationally respected yoga therapist running accredited training programs for teachers at the 500 hr level. Her comprehensive program for yoga therapy includes a strong Ayurvedic component. She teaches therapeutic yoga exclusively in medical settings and offers classes at Evergreen and Swedish Hospitals. Robin sees private clients at Rehab Options in Issaquah, WA. She offers quarterly clinics at Bastyr University and is an adjunct faculty member of Mt. Royal University. Robin sits on the advisory board of the International Association of Yoga Therapists (IAYT).

Saturday, 7:00 - 8:00 AM
Meditation with LARISSA CARLSON
Maple
Larissa, a 500-hour Kripalu Yoga teacher, Ayurvedic Lifestyle Consultant, Ayurvedic Yoga Specialist, and Reiki practitioner has taught yoga, meditation, pranayama, and yogic philosophy for the Tanglewood Music Center, Berkshire Opera Company, Juilliard School, and Boston Conservatory. She is Staff Manager, Yoga Educator, and Assistant to the Dean for Kripalu’s School of Ayurveda. Creator of the CDs Meditative Yoga Flow: A Kripalu Sadhana and Meditation for the Doshas, she teaches workshops, directs yoga trainings, and provides Ayurvedic consultations.

Sunday, 7:00 - 8:00 AM
Yoga with JULIET JIVANTI
Grand I/J
Director of the Ayurvedic Health Center in Bellingham, Washington, Juliet is a Certified Ayurvedic Consultant, Registered Yoga Teacher, and Touch for Health Certified Practitioner. A graduate of the Ayurvedic Institute, she leads educational workshops, teaches Ayurvedic Yoga, provides individual health consultations. Her DVD, Ayurvedic Yoga: Yoga for your body type, is now available. Juliet has interned with both Jason M. Lambert and Dr. Alakananda Ma. She completed Touch for Health training with Dr. Wayne Topping. It is her hope to generate interest in the ancient practice of Ayurveda as a gentle path to holistic health.

Sunday, 7:00 - 8:00 AM
Meditation with DR. VASANT LAD
Grand ABCD
With a focus on the secrets of pranayama, Dr. Lad will provide a healing meditative experience. Begin your morning by setting your intention to receive the full benefit of all the conference has to offer.
YASHASHREE MANNUR, BAMS

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To create healthy babies, healthy seed potential from both par-
chakarmas, Karma Chikitsa/other therapies, and cooking.

MARGRIT MIKULIS, ND

is a naturopathic physician practic-
ing in New Hampshire. She is a graduate of the Kripalu School of
Ayurveda and currently serves on their faculty. She is a Level
1 Kundalini Yoga Teacher, trained at Golden Bridge Yoga, NYC.
She completed a physician’s training program through the Inter-
national Lyme and Associated Disease Society. Dr. Mikulis is a
Lyme disease specialist, and her clinical approach is enriched
with an indelible respect for Ayurvedic and integrative medicine.

SWESTHA BABIES/SWASTHA COMMUNITIES:
Practical Practices for Conception
Friday, 10:30 AM - 12:30 PM, Grand UJ

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YASHASHREE MANNUR, BAMS

earned her BAMS at Uni-
versity of Pune, BA Sanskrit. She is the Director of Shubham
Ayurveda-Classical Ayurvedic Academy and full-fledged clinic. A
dedicated, classically trained Ayurvedic practitioner, educator, and
lecturer, she is loved by students at Shubham, Mount Madonna,
Korala Ayurveda Academy, and AIA. Trained in India under the
guidance of renowned Vaidyas D. Kolhatkar and Vd. Gadgil, she
has over 15 years of experience in Ayurvedic consultations, Pan-
chakarnas, Karma Chikitsa/other therapies, and cooking.

STEVEN HIGHTBURGER

has been immersed in Vedic studies
since the 90’s as an apprentice to the world renowned Jyotishi,
Hart deFouw and was a teacher 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
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and practices through Vedic Traditions in San Rafael, CA.

YASMINA LAD, MS, ND

Lyme disease is the number one vector borne illness in the United
States and cases are being reported in every region in this coun-
ty. Challenges in clinical presentation, in addition to the unique
bacterial characteristics, have resulted in numerous myths and
mystery, clouding our understanding of Lyme disease. Dr. Miku-
ilis has been studying and treating Lyme disease for several years
and is committed to teaching practitioners about her work. This
presentation will include medical facts about Lyme, differences
in pediatric and adult Lyme demonstrating Ayurvedic principles
in addition to western medical diagnosis.

Presentation Schedule: Friday

Friday, 10:30 AM - 12:30 PM, Grand K

Lyme Disease and Vector Borne Illness: Ayurvedic Perspectives on an
Emerging Epidemic

Friday, 8:45 -10:15 AM, Grand ABCD

Special Plenary Session
Ayurveda: The Global Language

David Crow will discuss Ayurveda as a global language that links people of all nationalities, races, religions, eth-
nicities, socioeconomic status and political views through the shared human needs of health and healing. While
Ayurveda is increasingly recognized as a unique medical modality, its larger potential contributions to the world
remain mostly unrecognized. From the imperative to re-
store ecological balance, to humanity’s dependence on
plants, to the urgent need for sustainable and non-toxic
industries, to the spiritual wisdom and insights hidden
within Ayurveda’s elemental and energetic understand-
ing of the universe, the “science of life” offers immedi-
at and practical solutions to critical problems affecting
communities everywhere. How can these potentials be
realized? What aspects of Ayurveda are truly universal
and how can they be communicated in ways that can
be understood and embraced by people unfamiliar with
its cultural and historical origins? Mr. Crow will offer his
insights and experiences of how individual practitioners,
students and patients can facilitate the emergence of
Ayurveda not only as a nourishing and detoxifying medi-
cine, but a complete path to social, economic and
ecological wellbeing.

To quickly diagnose both the nature (psychology and health) and
destiny (karma) of an individual, Jyotisha keeps one in tune with
the cycles of time and is the glue that holds communities to-
gether and kept them healthy through mundane and spiritual
ritual. Timing can be as important as the treatment or medicine
applied. Steven will focus on fundamental principles for proper
timing to help synch the practitioner with the environment at
large and with the patient. He will also discuss the Sapta Dhatu
through the lens of Jyotisha, and teach a basic technique to de-
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Presentation Schedule: Friday

Friday, 10:30 AM - 12:30 PM, Auditorium

Ayurveda and Jyotisha: The Right Medicine at the Right Time

Jyotisha has been used for millennia by both jyotis and vaidyas
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GILLIAN EHRLICH, DNP, ARNP, FNP
KEESHA EWERS, MSN, ARNP, FNPC

Ayurveda and Yoga health routines can be taught in a child-friendly manner both in homes and schools. Every child can be encouraged to do a simple health routine for 25 minutes every morning. This includes oral hygiene (danta dhavanam), warm-up and stretches (sva vamashram), breathing and focusing exercises (pranayama & dhyanam), and natural nutrition and supplements (medhya rasayana & tambula). Regular practice of such a natural routine can give health promoting and disease preventing benefits for children on both the physical and mental level. During the presentation, Dr. Shanbhag will share experiences of his own childhood and the last 12 years of raising his son using the healthy practices of Ayurveda and Yoga. He will draw on his last 30 year of Ayurvedic clinical practice and teaching for a stimulating and motivating presentation.

Unlocking Metabolic Syndrome with Ayurveda from Inside our Current Healthcare System
Friday, 2:00 - 4:00 PM, Grand I/J

Healthy Routines of Ayurveda & Yoga for Children
Friday, 2:00 - 4:00 PM, Auditorium

Presented by VIVEK SHANBHAG, ND (USA), MD (AYU), BAMS

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Ayurvedic Take on Childhood Diseases and Environmental Influences
Friday, 4:30 - 6:30 PM, Auditorium

Childhood asthma, dermatitis and middle ear infections have skyrocketed. There has been a many fold increase in asthma cases over the last twenty years. We are at the peak of environmental toxic load. Millions of new chemicals are introduced into the environment with no proper testing. Children are often prescribed inhaled or topical steroids which are known to have serious side effects and health consequences. This presentation will describe how Ayurvedic medicines possesses an arsenal of herbs, lifestyle modification and yogic breathing techniques and how it can help to reverse the disease processes.

VIRENDER SODHI, MD(AYU), ND was born in Himachal Pradesh, India. From an early age, Dr. Sodhi knew that he would be a physician and would go to the village Ayurvedic doctor feigning illness to procure remedies that he could take home and put into his “doctor’s kit”. This passion lead him to receive his MD degree in Ayurvedic medicine from Dayanand Ayurvedic College in Jalandher, Punjab, India. In 1986 he came to the west to share Ayurveda as part of cultural exchange program. In 1988 he graduated from Bastyr University with an ND degree, becoming first Ayurvedic ND in United States and around the world.

The Ties That Bind: Prana, Tejas & Ojas
The Essence of any Healing Process – From Personal to Communal
Friday, 4:30 - 6:30 PM, Grand I/J

Ayurvedic healing is a sort of Nava Nidhi Mala: Magical Garland of Triple Strands intertwining as Satva/Rajas/Tamas; Vata/Pitta/Kapha; Prana/Tejas/Ojas. The last three strand defines our very essence; abiding in our cellular being and found in our breath, our radiance, and our vitality. When this strand has sara (excellence), it gives us enthusiasm, intelligence and formidable strength. The key to this excellence is in another triple strand: ahara, vihara & dhana. We will explore all of these concepts in light of our relationships, our communities, and ourselves. Healing begins at home then radiates out!

ARUN DEVA, DAY, YOGA THERAPIST, E-RYT/500

is a 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.

www.ayurvedaNAMA.org

Presentation Schedule: Friday

Friday, 2:00 - 4:00 PM, Grand I/J
Healthy Routines of Ayurveda & Yoga for Children

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Unlocking Metabolic Syndrome with Ayurveda from Inside our Current Healthcare System

www.ayurvedaNAMA.org
NAMA Center open throughout conference
Est. 5:00-6:00 PM Stage Set Up, Grand ABCD & Sponsor/Exhibitor Set Up, Grand EFGH & Lobby
5:15-5:45 PM Conference Team meets w/ Exhibitors
6:00-6:45 PM Dinner
6:45-7:30 PM Annual Membership Meeting & Awards
7:30-8:30 PM Ramakrishna by KP Khalsa

*Events with our Partners
Dashas and Doshas w/ ACV A, CV A, & WAMA
7:30-9:30 PM, Grand Lobby
Join professional Vedic Astrologers Melanie Farm-er, Dr. Suhas Kshirsagar, and Lee Gurreri who will provide free mini-consultations on your Jyotish birth chart. Find out what dasha or planetary peri-od you are in and how it may effect your dharmic unfoldment and future developmental life cycles. Members of the Washington Ayurvedic Medical Association (WAMA) will be available during this gathering to offer brief dosha/pulse evaluations.

IAYT Night at NAMA
8:00-9:00 PM, Grand I/J
Come join us for an informal gathering of IAYT members and friends. Meet fellow Yoga therapists, learn more about the new standards for the train -ing of Yoga therapists and hear the latest plans for IAYT’s next SYR and SYTAR conferences. John Kepner, Executive Director; Molly Lannon Ken-ny, Board Member; Robin Rothenberg, Advisor; Debra Krajewski, Conference Manager; and Abby Geyer, Advertising Manager.

Tea will be served at 10:00 AM and 4:45 PM
Book Signing
4:30-5:00 PM, Exhibit Hall, next to Bookstore
Bring your newly purchased books to be signed by their authors, including Vivek Shanbhag, David Crow, Paul Dugliss, Marc Halpern, Vasant Lad, Michael Mastro, Melanie Sachs, Robert Sachs, Robert Schneider, and Claudia Welch.

NAMA Meet & Greet hosted by
NAMA Student Members
4:45-5:45 PM, Grand I/J
Grab a cup of tea and join us to meet other students, practitioners, presenters and teachers and network with your peers. EVERYONE is welcome!

Check in at the NAMA Center for Silent Auction Pick up
3:15-3:30 PM Drawing for complimentary pass to 2013 NAMA Conference - must be present to win

Events on our Partners
Dashas and Doshas w/ ACV A, CV A, & WAMA
7:30-9:30 PM, Grand Lobby
Join professional Vedic Astrologers Melanie Farm-er, Dr. Suhas Kshirsagar, and Lee Gurreri who will provide free mini-consultations on your Jyotish birth chart. Find out what dasha or planetary peri-od you are in and how it may effect your dharmic unfoldment and future developmental life cycles. Members of the Washington Ayurvedic Medical Association (WAMA) will be available during this gathering to offer brief dosha/pulse evaluations.

IAYT Night at NAMA
8:00-9:00 PM, Grand I/J
Come join us for an informal gathering of IAYT members and friends. Meet fellow Yoga therapists, learn more about the new standards for the train -ing of Yoga therapists and hear the latest plans for IAYT’s next SYR and SYTAR conferences. John Kepner, Executive Director; Molly Lannon Ken-ny, Board Member; Robin Rothenberg, Advisor; Debra Krajewski, Conference Manager; and Abby Geyer, Advertising Manager.

Tea will be served at 10:00 AM and 4:45 PM
Book Signing
4:30-5:00 PM, Exhibit Hall, next to Bookstore
Bring your newly purchased books to be signed by their authors, including Vivek Shanbhag, David Crow, Paul Dugliss, Marc Halpern, Vasant Lad, Michael Mastro, Melanie Sachs, Robert Sachs, Robert Schneider, and Claudia Welch.

NAMA Meet & Greet hosted by
NAMA Student Members
4:45-5:45 PM, Grand I/J
Grab a cup of tea and join us to meet other students, practitioners, presenters and teachers and network with your peers. EVERYONE is welcome!

Check in at the NAMA Center for Silent Auction Pick up
3:15-3:30 PM Drawing for complimentary pass to 2013 NAMA Conference - must be present to win
Transitions – monthly, seasonally and across the life span – are defining features of womanhood and provide numerous opportunities for resonance with nature and reconnection with the universe. Each transition offers a chance to embrace our true natures as beings of light, spirit and manifestations of the power of nature. However, our culture’s emphasis on unrealistic ideals and fear of change can exacerbate the more challenging aspects. This presentation will look specifically at ways in which western, allopathic medicine’s approach to per-menopause and menopause can be integrated and greatly enhanced by the use of Ayurvedic wisdom and practice.

Suzanne Gilbert-Lenz, MD earned her medical degree in 1996 from the University of Southern California School of Medicine. After completing her residency in obstetrics and gynecology at Cedars Sinai Medical Center she has been in private practice of obstetrics and gynecology in Los Angeles, CA since 2000. She was board certified in Integrative and Holistic medicine in 2008, and completed her Clinical Ayurvedic Specialist degree at California College of Ayurveda in 2010. Suzanne frequently appears as an expert in women’s and integrative health on TV, online and in print.

Claudia Welch, DOM is a Doctor of Oriental Medicine, an educator, and author of Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness Through Ayurveda, Chinese Medicine and Western Science. Dr. Welch lectures internationally on Oriental and Ayurvedic medicines and Women’s Health. She has served on the teaching faculty of The Ayurvedic Institute, Kripalu School of Ayurveda, Southwest Acupuncture College, and Acupractice Seminars.

Sin, Virtue, Ojas, Yogas & Epidemics: Surviving and Thriving in the Kali Yuga Saturday, 8:30 - 10:30 AM, Grand I/J

These days, as many of us see change and destruction hurtling along at a quick clip, it is easy to: a) believe herbs will come to our rescue, and b) freak out! While the classics give indications that herbs may do less now than ever, Don’t Panic! They also give us cause for hope...In this session we will explore how the classics of Ayurveda present the connection between respect for the spirit and resources of the Earth and the preservation of ojas on a personal and global level, how to view epidemics, what to do when plants don’t deliver the vitality we expect, and tips on thriving during difficult times.

Claudia Welch, DOM is a Doctor of Oriental Medicine, an educator, and author of Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness Through Ayurveda, Chinese Medicine and Western Science. Dr. Welch lectures internationally on Oriental and Ayurvedic medicines and Women’s Health. She has served on the teaching faculty of The Ayurvedic Institute, Kripalu School of Ayurveda, Southwest Acupuncture College, and Acupractice Seminars.
Research literacy within the Ayurvedic/Yogic practitioner community is critical for the sustainable development of the profession. Further, integration of research exposure and basic research skills training with Ayurvedic/Yogic educational institutions is pivotal in facilitating the legitimacy and advancement of the discipline/career trajectories. Involvement of Ayurvedic/Yogic practitioners in research activities and collaboration of Ayurvedic experts in the mainstream academic research process will ensure the relevance and proper design of Ayurvedic medical research over the long-term. Dr. Rioux will discuss the strengths and weaknesses of this important research in terms of design, methodology, implementation, analysis, and report of findings.

Jennifer Rioux, PhD, is a practicing Ayurvedic clinician, yoga therapist, researcher, educator and past NAMA Board member. She is a PhD medical anthropologist specializing in the professionalization of Ayurveda in the West and Ayurveda’s relationship to the Integrative Medicine movement. Jennifer is an NIH Postdoctoral Research Fellow in the Department of Family and Community Medicine at the University of Arizona, focusing on development of innovative design and analysis strategies to increase quality and relevance in Ayurvedic research.

Research as a Sustainable Resource in the Ayurvedic Community
Saturday, 2:00 - 4:30 PM, Auditorium

Plants and People, Mystical Relationship for Total Healing in our Daily Lives
Saturday, 2:00 - 4:30 PM, Grand I/J

Humankind and the plant kingdom share a synergistic role in healing. The nature of these two communities was designed to interact for the optimum of health and wellbeing. Dr. Lad will discuss how and why this mystical, yet very practical connection contributes to healing. Covering the comparison of the anatomy of plants and people, he will delve into the relationships of the seven dhatus as well as which plants relate to each tissue and organ within the human body. He will address the connection of rasa, vinya, vipaka, and prabhava to help attendees gain understanding about the the journey of consciousness taken by both humans and the wonderful world of plants. Armed with the knowledge that plants love human beings, Dr. Lad will show the healing that results from this special relationship.

Vasant Lad, Lad, DAMS, MASC, received the degree of Bachelor of Ayurvedic Medicine and Surgery (B.A.M.S.) from the University of Pune in Pune, India in 1969 and a Master of Ayurvedic Science (M.A.Sc.) 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.

The American population is aging. As Ayurveda comes of age in our society, more elders are seeking our services. They have special needs. Therapists themselves are aging. We must take care of ourselves. Even though any one of us might not yet be elderly, the time to learn these things is now. As baby boomers age, we will see an avalanche of clientele with lives unlike those we have treated before. They will be self aware, health aware and demanding. They will want non-drug solutions to their health needs. Ayurveda provides the perfect platform for a healthy old age. The presentation will cover what it means to be an elder today, the special needs of elders and specific Ayurvedic therapies for the elderly client. We will get a holistic Ayurvedic perspective on the needs of elders and develop a strategy for addressing their lives and situations with herbs, lifestyle and a few social clinical insights, including some novel herbal approaches. We’ll cover A to Z for treating the geriatric patient.

Presented by KARTA PURKH SINGH KHALSA, LMT, NCTMB, DN-C, RH, CC

Loka Samatha Sukhino Bhavantu – Let all people/comunities be happy/healthy
7:30 PM, Grand A/B/C/D

In his inspiring and entertaining style, Dr. Shanbhag will share his 50 years of experience of seeing Ayurveda heal people and communities in India, USA and everywhere. During his childhood, he witnessed healing of friends and family without any discussion of Vata Pitta Kapha. During his nine years of Ayurvedic training, he saw profound healing happen in a community of students, teachers and doctors who were totally immersed in the practice and research of Ayurveda. They were reading, thinking, discussing, diagnosing, treating, living and dreaming Ayurveda every moment of their life. Since 1988, as he started teaching and practicing Ayurveda in California and Washington, he was impressed by the healing transformation in the community due to integration of Ayurveda with Holistic and Naturopathic Medicine. While working with Bastyr University, NAMA and AVU Academy it was clearly evident that Ayurveda has an important healing role in the health care of the American and global community. This entire Ayurvedic journey reinforces the sayings “vasthuthaiva kutumbakam” meaning the world is my family/community and “loka samasta sukino bhavantu” meaning let all people/comunities be happy/healed.

Kirtan with Gina Salá
8:45 - 10:00 PM, Grand ABCD
End the evening in joyous celebration with Gina and her fellow performers.

Saturday Special Events
After our Saturday Banquet, enjoy the wit and wisdom of DR. VIVEK SHANBHAG as he addresses attendees about why and how healing takes place when we come together in community.

VASANT LAD, LAD, BAMS, MASC, received the degree of Bachelor of Ayurvedic Medicine and Surgery (B.A.M.S.) from the University of Pune in Pune, India in 1969 and a Master of Ayurvedic Science (M.A.Sc.) 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.

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Presented by KARTA PURKH SINGH KHALSA, LMT, NCTMB, DN-C, RH, CC

Holistic Wellness: A Vedic Approach to Personal and Professional Healing Through Ayurveda and Vastu
Sunday, 8:30 - 10:30 AM, Grand K

At its basic level, everything is energy and vibration. Everything is interconnected in a constantly shifting balance act whose goal is ideal harmony. From the level of the tiny atom to the vastness of the cosmos, the same laws of nature are reflected. Our human bodies can be seen as electromagnetic tuning forks seeking to vibrate in harmony with each other and the larger world. To thrive and experience good health and balance, stress-free living, healing modalities that support and enhance our well-being are essential to create a balanced, whole body, soul and spirit. Dr. Dugliss will explain this process and how, if managed and supported, can become a profound opportunity for spiritual growth for both the dying patient and her/his loved ones. Death need no longer be something we do not discuss or embrace. It can become part of life and a healthy, healing part in community and family life. Dr. Dugliss will explore the principles and perspectives in assisting their clients with emotional challenges. Cases will be presented to demonstrate the consciousness model and how Ayurveda understands the root cause of suffering.

Presented by PAMELA DUGLASS, MD

PAUL DUGLASS, MD practices Ayurvedic Medicine and Integrative Medicine in Santa Barbara, CA. He is a former member of the Board of Directors of NAMA. He is the author of several books: Ayurveda – The Power to Heal, Enlightened Nutrition, Capturing the Bliss, and Yoga & Ayurveda. Dr. Dugliss is the Academic Dean of New World Ayurveda. He has a master’s degree in Clinical and Counseling Psychology and is currently focusing his practice on Ayurvedic Counseling.

Dying, Death, and the Dance of the Pancha Mahabhutas
Sunday, 11:00 AM - 1:00 PM, Grand K

In the process of dying, our body, mind, and spirit go through a dissolution of the doshas via natural progression in the breakdown of the five elements (pancha mahabhutas). In this two-hour presentation, Robert Sachs, author of Tibetan Ayurveda and Perfect Endings: A Conscious Approach to Dying and Death, will explain this process and how, if managed and supported, can become a profound opportunity for spiritual growth for both the dying patient and her/his loved ones. Death need no longer be something we do not discuss or embrace. It can become part of life and a healthy, healing part in community growth and sustainability.

ROBERT SACHS is the author of Tibetan Ayurveda and the co-author of Ayurvedic Spa with his wife, Melanie. Focusing on the Tibetan tradition of Ayurveda, his work includes general health consultations, Ayurvedic bodywork, training therapists in the bodywork methods of both Tibetan and Indian Ayurveda and psycho-spiritual counseling. Together with Melanie, they run Diamond Way Ayurveda.
Makin’ Mama Happy – How Traditional Relationships and Native Ayurvedic Practices Heal and Strengthen Women, Community and the Environment

Sunday, 11:00 AM - 1:00 PM, Grand K

A healthy, happy woman brings great value to her family and community, whether East or West. This presentation explores a model of healing and strengthening women and community through the practice of Ayurveda in Kerala, South India where Ayurveda is not only utilized as a clinical approach to curing disease, but where the wisdom of Ayurveda, Yoga and Jyotish permeate daily life. We will address the questions: How does this support patient healing in the clinical application of Ayurveda and sustain a woman’s wellbeing in personal, family and community life? How does a healthy, happy woman bring benefit to her family, society and the environment?

Fascinated with nature and Eastern wisdom since childhood, NIKKA QUISTGARD grew up harvesting wild herbs from her native California landscape, and discovered India at age 19. A certified Clinical Ayurvedic Specialist, Niika has 13 years experience practicing, teaching and writing on Ayurveda. She founded Rasa Ayurveda Traditional Healing Centre for Women in Kerala, India in 2007 to offer a residential clinic in a traditional community environment for women to reconnect with self, Nature and personal purpose. Dividing her time between East and West, Niika is a frequent contributor to Yoga Journal Magazine, and a passionate and entertaining presenter.

Practicing With Heart: How Your Ayurvedic Business Can Feed You and Your Community

Sunday, 11:00 AM - 1:00 PM, Auditorium

Training to become an Ayurvedic practitioner is the first step we take towards bringing healing to our world. The learning will last a lifetime fueled by a passion to open ourselves to the wisdom of Ayurveda. We have a responsibility to both live our practice and to share these teachings with our community. Creating a thriving, profitable and sustainable business is within our reach. The business aspects of running a practice can feel foreign, frustrating and difficult to embrace. This presentation will provide valuable information about business formation and development, taxation and marketing. Awaken to the importance of intuitively bringing your unique gifts and talents to others. Build a business with clarity and intention guided by soul.

LISA JECK, MBA, EA has owned and operated a tax, accounting and small business practice in NH since 1988. She graduated from the Kripalu School of Ayurveda in 2010 and is presently working as a practitioner and workshop facilitator. Lisa serves on the faculty of Kripalu. She is blending her unique knowledge of business, yoga and Ayurveda to help practitioners demystify and develop the business aspect of their work.

Sunday Afternoon Schedule

Closing Presentation
2:15 - 3:15 PM, Grand ABCD

Inspiration of Ayurveda – Moderated by Dr. Dhaval Dhru
David Crow, Marc Halpern, Vasant Lad, and Claudia Welch will bring the conference to a close with their compelling personal experiences of Ayurveda’s power to heal individuals and communities. Each will present an important take-away message to motivate participants as we return home to continue the work in our own communities.

Introduction to the 2013 Conference Theme and Closing Circle
3:15 - 3:30 PM
Council of Vedic Astrology

The CVA is the oldest non-profit astrological membership organization in the West, established in 1963 in alliance with the Indian Council of Astrological Sciences, the ICAS, founded by Dr. R.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 124 countries. Won’t YOU join our growing community of Vedic astrologers?

Please visit our website: www.cvoa@vedicastrology.org to find out more about the CVA mission and membership.

You may also contact:
Council of Vedic Astrology
P.O. Box 14318
Seattle WA 98114-0318
BANYAN BOTANICALS
Banyan Botanicals is an Ayurvedic products company specializing in the use of herbs that are certified organic, sustainably sourced and fairly traded. We offer the largest selection of USDA certified organic Ayurvedic herbs and a complete line of herbal tablets and massage oils.

THE AYURVEDIC INSTITUTE
The Ayurvedic Institute is a non-profit educational organization that teaches Ayurveda based on the ancient Ayurvedic texts with emphasis on integrating Ayurveda into daily living for individuals and practitioners. Also offered are pranakarma, ayurveda, seminars, and ayurvedic herbs and products.

HEALTHY VEDA
Natural health through vedic wisdom. Offer 90 Ayurvedic products. Use Premium herbs from Himalayas which are tested in our state of the art laboratories. GMP certified by FDA, India. Four decades old company with three generations of Ayurvedic family tradition.

KI-ATSU INSTITUTE
The Ki-atsu Ayurvedic Institute provides Ayurvedic Diagnostic software and training to practitioners wanting to increase their offerings to clients. Ki-atsu’s programs provide the practitioner with all the necessary tools to incorporate an Ayurvedic Wellness program into their practice. Visit us at www.ki-atsu-method.com.

BASTYR UNIVERSITY
A nonprofit, private university offering graduate and undergraduate degrees, with a multidisciplinary curriculum in science-based and complementary health and healing. Recognized globally for its rigorous curriculum and strong research. The primary campus is in Kenmore, Washington, and a second is planned to open in San Diego, California, in fall 2012.

CALIFORNIA COLLEGE OF AYURVEDA
California College of Ayurveda offers professional practitioner certifications in preventative and clinical ayurvedic medicine in full-time, weekend, distance learning and live internet formats. Our Healthcare Center offers consultations and Pranaka Karma along with overnight guest facilities. www.ayurvedacollege.com. 866.541.6699

KERALA AYURVEUDA Kerala Ayurveda USA, owned by Kerala Ayurveda Ltd., offers a range of research, products, and education programs globally. (These programs have been developed under the guidance of experts from BHU as per the benchmarks for training in Ayurveda published by the WHO in 2010).

KRIPALU SCHOOL OF AYURVEDA
Immerse yourself in Ayurveda through morning yoga and pranayama for your dosha, dinacharya, and in-depth study of Ayurveda as well as certification as an Ayurvedic Lifestyle Consultant or Ayurvedic Yoga Specialist.

LAYOGA, AYURVEDA AND HEALTH MAGAZINE
LA YOGA Ayurveda and Health Magazine offers up-to-date and in-depth Ayurveda, Yoga and content in print, in digital format, online, and through our weekly email newsletter throughout the year. Subscribe to our digital edition at: www.layoga-digital.com or visit us online at: www.layogaoonline.com.

TATHAASTU: SO BE IT!
Tathaastu is a magazine that celebrates a healthy, spiritual and peaceful way of life. Ayurveda, yoga and meditation are explored in depth. Tathaastu is devoted to the discovery of Eastern wisdom and timeless teachings of global masters. www.TathaastuMag.com

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 the University of Massachusetts Dartmouth, LOAJ features articles by leading professionals in the field.

PARTNERS:
AMERICAN COLLEGE OF VEDIC ASTROLOGY (ACVA)
The American College of Vedic Astrology (ACVA) is the largest and oldest online school dedicated to global instruction in the art and science of Vedic Astrology or Jyotish, as it is called in India. ACVA’s teachers have expanded primarily to provide convenience, structure, and support of professional on-line classes. Learners interact with each other online, guided by qualified Vedic astrologers from around the world.

MICK & PAMELA MCDONOUGH
Presenting the work and creative collaboration of Mick and Pamela McDonough. “Our goal is to create art that invokes the evolution of mind-body consciousness, while restoring inner peace, harmony and universal order”. Pamela is originally from Eugene, Oregon; Mick a native Seattleite.

MOUNT MADONNA INSTITUTE COLLEGE OF AYURVEDA
The finest Ayurvedic training, one three-day weekend a month, in a 34-year-old Yoga Community. Renowned faculty, comprehensive curriculum, and clinical internships. The only west coast residential Ayurveda Masters Degree program, plus Ayurvedic Lifestyle and Ayurvedic Practitioner Programs.

PU VED, INC.
Pu-Ved IncO grows its herbs naturally in their pristine Himalayan habitat, without the use of pesticides, insecticides, herbicides or chemical fertilizers. Our products carry both organic and kosher certifications. Our products are also formulated by Ayurvedic and naturopathic physicians and made from standardized herbal extracts to ensure quality and potency.

SHUBHAM AYURVEDA
Shubham Ayurveda is the source for Classical Ayurveda in the SF Bay Area providing comprehensive health-care through intensive consultations, traditional medicines, pranaka karma, & education. Consulting vaidya Dr. Yash Mannur. 3006 Thornton Avenue Fremont, CA 94536. 510.793.4000. yash@shubhamayurveda.com

MEDIA SPONSORS:
LAYOGA, AYURVEDA AND HEALTH MAGAZINE
LA YOGA Ayurveda and Health Magazine offers up-to-date and in-depth Ayurveda, Yoga and content in print, in digital format, online, and through our weekly email newsletter throughout the year. Subscribe to our digital edition at: www.layoga-digital.com or visit us online at: www.layogaoonline.com.

TATHAASTU: SO BE IT!
Tathaastu is a magazine that celebrates a healthy, spiritual and peaceful way of life. Ayurveda, yoga and meditation are explored in depth. Tathaastu is devoted to the discovery of Eastern wisdom and timeless teachings of global masters. www.TathaastuMag.com

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COUNCIL ON VEDIC ASTROLOGY (CVA)
The Council of Vedic Astrology was founded in 1993. Founded in collaboration with the Indian Council of Astrallogical Sciences (ICAS) we are currently the largest international organization of practicing Vedic astrologers worldwide with members from over 12 different countries. The CVA is an educational, membership organization providing education opportunities through our international membership of certified astrologers. We were the first Vedic astrology organization to develop and implement certification standards in the west.

INTERNATIONAL ASSOCIATION OF YOGA THERAPISTS (IAYT)
IAYT supports research and education in Yoga and serves as a professional organization for Yoga teachers and therapists worldwide. Our mission is to establish Yoga as a recognized and respected therapy.

WASHINGTON AYURVEDIC MEDICAL ASSOCIATION (WAMA)
The Washington Ayurvedic Medical Association is a state organization representing the Ayurvedic profession within Washington State. Its mission is to preserve, protect, improve, and promote the philosophy, knowledge, science and practice of Ayurveda for the benefit of all humanity.

GENERAL EXHIBITORS:
ACCORDING TO AYURVEDA TV
According to Ayurveda TV Channel an educational channel launched in February 2012. The goal is to spread the knowledge of ayurveda throughout the world and be a resource to all interested in and practicing ayurveda. www.atatv.org. Courses: Electronic books: CD’s: DVD: Advertising.

AJARA AYURVEDIC BEAUTY
Innovative ayurvedic skin and hair care for individuals and licensed professionals, beautiful wooden or copper shirodhara equipment, swedana supplies, foot care items, and training in Ayurvedic treatments. Come see all of the new products we’ve added www.AjaraSkinCare.com or 414-559-2299

ASPARA SKIN CARE
Apsara Skin Care Inc. aims to popularize 100% natural skin care products. Apsara was started by Sheetal Rawal, a scientist who blended her laboratory skills and her love for Ayurveda to create a unique company. Apsara features products that are 100% preservative and chemical free.

AYURVEDADPOSTERS.COM
We at Ayurvedadposters.com are dedicated to the visual representation and illustration of concepts in Ayurveda Philosophy, and practice, Tantric philosophy and practice, Yoga and Bio-psychology. Our products include: posters, charts, cards, prints, illustrations, original art, and power point presentations. Some new and exciting posters that I have completed lately include: An herb poster with Rasa, Vinya, Vikap, and energetics for each herb, an Ayurvedic footprint reflexology poster, Devanagari alphabet posters, and Marma charts with descriptions of each marma (which organ they connect to). Check out our website for wholesale packages and bundles: Ayurvedadposters.com
AYURVEDIC CENTER FOR WELL BEING & AYURVEDA HERBAL CORP.
Aromatherapy, Massage, Natural Menopause, Herbolgy and Tantra. Drs. Bryan and Light Miller offer treatments and training in Pancha Karma, Kaya Kalpa, Shirodhara and teach advanced techniques in Ayurveda and holistic healing. Together they are authors of the books “Ayurveda & Aromatherapy, Ayurvedic Remedies For The Whole Family.”

DIAMOND WAY AYURVEDA
Diamond Way Ayurveda is owned and operated by Melanie and Robert Sachs in San Luis Obispo, California. Focusing on bodywork and lifestyle transformation, they offer education, products, and services supporting the awareness and experience of the benefits of Indian and Tibetan Ayurveda.

DOSHACARE
DoshaCare Customized Ayurvedic Skincare is an easy first step to Ayurveda for western consumers. The pathway to health begins with lifestyle choices at many levels. Doshacare is a tool in rediscovering authentic radiance with natural and organic formulas and complete education.

DOTTERRA
doTERRA® (meaning "Gift of the Earth") essential oils represent the safest, purest essential oils available in the world today.

ESSENTIAL YOGA THERAPY
Essential Yoga Therapy offers the most comprehensive therapist training in the Pacific Northwest. Founded by Robin Rothenberg, the training empowers yoga teachers to become skilled in the intricacies of structural, psycho-spiritual and physiologic therapy, utilizing the best of yoga, Ayurveda and Western science.

EVERYDAY AYURVEDA
Everyday Ayurveda empowers Ayurvedic practitioners and Yoga therapists to build successful and transformative businesses for themselves, their clients, and their communities. Jacob Griscom's coaching and Grow Your Ayurvedic Business program will help you get clients, keep clients, and grow your business income.

FLORACOPEIA
Floracopeia Aromatic Treasures was established by David Crow and Robert Sachs in San Luis Obispo, California. Focusing on bodywork and lifestyle transformation, they offer education, products, and services supporting the awareness and experience of the benefits of Indian and Tibetan Ayurveda.

HUB INTERNATIONAL/ PHILADELPHIA INSURANCE COMPANY
Teaming up to serve the Ayurvedic Profession, HUB International is a leading global insurance brokerage providing a broad array of products and services. Philadelphia Insurance is a team of motivated, high achievers committed to delivering innovative products and unsurpassed service to niche insurance markets. We believe that integrity and mutual respect are the foundation of long-term and fulfilling relationships with our employees, customers, and business partners.

LAKSHMI’S GARDEN
An Ayurvedic retreat center in the Berkshire Mountains of western Massachusetts. We offer Pancha Karma, personalized Ayurvedic treatments, authentic Ayurvedic treatments, specialized trainings, Ayurvedic bodywork supplies, herbal remedies, and yoga education, all on a quiet, mountainside retreat center we call our home.

LIBRE TEA
he Libre tea Glass Collection provides stylish convenience for loose leaf teas and herbs. Libre’s health-conscious glass interior, durable poly exterior and removable stainless filter with BPA free surround makes it a perfect choice for wellness clinics and inspiring tea moments anywhere, anytime.

MAHARISHI AYURVEDA PRODUCTS INTERNATIONAL
Maharishi Ayurveda – America’s oldest ayurvedic products company – takes a natural, wellness-oriented 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.

NEW WORLD AYURVEDA

PHOTOCHEMISTRY
Todd Caldecott, Dip. CL.H., RH(AHG), is a medical herbalist and practitioner of Ayurveda, in clinical practice for the last 17 years. He is author of Food As Medicine, Ayurveda: The Divine Science of Life, and co-editor of Ayurveda In Nepal.

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