

NAMA CONFERENCE SCHEDULE 2004

9/14/2004

Thursday:

6:00 – 9:00 p.m.
Grand Salon

Welcome Dinner and Conference Opening

Meet the NAMA Board

Participate in Lighting of the Altar

Guest Speaker: Amadea Morningstar

How do we nourish Ayurveda as a planetary medicine today?

It will take honesty and love, as well as a good balance of the feminine and masculine.

Friday

7:00 – 8:00 a.m.
Grand Salon

Opening Meditation

Led by _____, Self-Realization Fellowship

8:00 – 8:20 a.m.
Grand Salon

Introduction of Keynote and Conference Speakers

Conference Logistics

8:30 – 9:50 a.m.

Session I

A) Ayurvedic Healing Philosophy with Alakananda Devi

In this class we will become familiar with the philosophical basis of Ayurveda, the Samkhya, as a tool for attaining mental peace and lasting happiness.

B) Ayurvedic Massage by Melanie Sachs

Ayurvedic massage is growing fast in popularity. This class will explore the principles behind the techniques.

C) Digestive Disease Management with Vivek Shanbhag

Digestive disease is primarily an imbalance of Agni – the digestive fire. We will discuss common diseases, causes, symptoms, evaluation, nutritional therapy, herbal formulas, Pancha Karma therapy, daily and seasonal routines.

D) Pulse Diagnosis Panel with John Douillard, Vasant Lad and Smita Naram

An exploration and discussion of the different methods of pulse diagnosis by several leaders in the field.

E) Professional Paper Presentations:

1) *Ayurvedic Herbal Treatments of Liver Disease* – Sonal Gandhi

2) *Ayurvedic Approach to Hypertension* – Kathy Eisenhart

3) *Case Study: Using Ayurveda as Treatment of HIV* – Nita Desai

Refer to
your
session
map for
locations of
all classes.

10:00 – 11:20 a.m.

Session II

A) Tridosha: Key to Balance with Mary Thompson

An introduction to the fundamental energies of Ayurveda; the three doshas, Vata, Pitta, and Kapha. We will explore them in their elemental makeup and see how they manifest in our bodies and daily lives.

B) Ayurvedic Weight Loss with John Douillard

Based on his book, The 3-Season Diet, an effortless and permanent “diet-free” solution to the treatment of weight gain, anxiety, depression, fatigue, cravings and insomnia. Based on 5,000 year old principles recently studied in the west, learn how the same underlying imbalance turns out to be the cause to America’s most chronic ailments.

C) **Respiratory Disease Management with Marc Halpern**
An overview of the most common respiratory ailments such as asthma and bronchitis from a classical Ayurvedic perspective. Western and Ayurvedic herbal treatments will be discussed as well as the underlying psycho-spiritual and lifestyle causes.

D) **Case Analysis:**
Ulcers Panel with Partap Chauhan, Mary Jo Cravatta, Alakananda Devi
Panelists review a case and discuss their ideas regarding case management.

E) **Professional Paper Presentations:**
1) **Ayurvedic Interpretation of thyroid Disorders – Jacob Griscom**
2) **The Biochemical Basis for Prana and Ojas – Jack Ebner**

12 noon - 1:20 p.m.

Lunch followed by Keynote Speaker, **Light Miller**
Ayurveda and Your Relationship to the Divine

1:30 – 2:50 p.m.

Session III

A) **Determining Your Constitution with Sarasvati Buhrman**
Prakrti, or individual constitution, is at the heart of understanding Ayurveda's concepts of balance and imbalance in individual health. We will begin to work with how to assess the individual constitution of ourselves and others.

B) **Introduction to Pulse Diagnosis with Mary Jo Cravatta**
An experienced pulse practitioner, Dr. Cravatta will teach the fundamentals of pulse diagnosis. Your journey of learning pulse is much more than studying technique – it can also become a part of your spiritual journey.

C) **Urinary Disease Management with Aparna Bapat**
Dr. Bapat will take students on a journey through the understanding and management of common disorders of the urinary system.

D) **Case Analysis:**
Bronchitis with Marc Halpern, Vivek Shanbhag, Vasant Lad
Panel participants will discuss a case presented to them and their approaches to helping the patient become well. There will be time for questions from the audience at the end.

E) **Professional Paper Presentations:**
1) **Pancha Karma and Dreams – Martina Ziska**
2) **Osteoarthritis, Literature Review – Felicia Mary Tomasko**
3) **Effects of Transdermal Marma Therapy on Balancing pH in Reference to the Reception of Prana – R. K. Mishra**

3:00 – 4:20 p.m.

Session IV

A) **Subdoshas/Dhatu/Srotas with Cynthia Copple**
How does the body/mind work? We will survey 3 aspects of the anatomy and physiology of the body/mind according to Ayurveda; a) the functions and locations of the doshas, b) the 7 tissues or underlying structural parts of the body (dhatu), and c) the channels through which all physiological actions take place (srotas).

B) Marketing Ayurveda with Genevieve Ryder

Take the mystery out of marketing! Genevieve shares her years of marketing experience in the dental profession and in the world of publishing. She will discuss marketing strategies that will have direct application to your practice or Ayurvedic enterprise.

C) Cardiovascular Disease Management with Partap Chauhan

Cardiovascular disease is the number one killer of adults in the world. Dr. Chauhan will take students on an exploration of the heart and vascular system and discuss how to keep it healthy and correct imbalances.

D) Meet the Ayurvedic Schools

An opportunity to hear about the program offered by each of the schools and meet representatives to have your questions answered.

E) Professional Paper Presentations:

- 1) *Pulse Reading as a Tool for Early Diagnosis of Cancer and other Serious Diseases – Alakananda Devi*
- 2) *Journey to Jivataman: Exploring the 4 Great Aims of Life – Linda Ohair*
- 3) *Missing Links Between Ayurveda and Acupuncture – V.R. Karuparthi*

Saturday

7:00 – 8:15 a.m.

Sports Deck

Yoga and Meditation

Led by Felicia Tomasko

8:30 – 9:50 a.m.

Session V

Refer to
your
session
map for
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all classes.

A) Ayurvedic Pathology with Aparna Bapat

Pathology is the understanding of how disease unfolds and manifests in the body. Dr. Bapat will explore each stage and its appropriate management

B) Planning a Practice – Business & Legal Issues with Jeff Turner & Wynn Werner

Operating an Ayurvedic practice within legal boundaries is a challenging and complex task. Use of specific language, documentation for clients and types of services provided will be addressed as well as the legal consequences a practitioner may face. Practice management for both “right to practice states” and the remainder of the country will be presented.

C) Nervous System Disease with Virender Sodhi

In Ayurvedic Medicine, diseases of this system are described as Vat disorders. The causes of Multiple Sclerosis (MS), Amyotrophic Lateral Sclerosis (ALS) and Parkinson’s disease along with treatment plans and Ayurvedic herbs for different nervous system diseases will be presented.

D) Integrative Medicine Panel with Bill Celentano, Jay Glaser, & Jennifer Rioux

The respectful integration of Western Medicine with alternative approaches. The Panel will explore how Ayurveda and Western Medicine can be used to enhance each other and improve the outcomes of patient care.

E) **Ayurvedic Massage for Children with John Douillard**

The history, technique, importance and subtle body effects of Ayurvedic massage. Studies show that how a child is reared in the first 3 years of life will cast the dye for an entire life. Ayurvedic massage specifically balances the subtle body system ensuring a healthy, successful and rewarding spiritual lifetime.

10:00 – 11:20 a.m.

Session VI

A) **Ayurvedic Psychology: The path of transcending the challenges of our lives with Marc Halpern**

Peace of mind is gained through the evolution of consciousness. Dr. Halpern will share with students the journey through consciousness and spiritual evolution culminating with Self-realization, peace of mind, and optimum well-being

B) **Day-to Day Practice Management with Cynthia Coppel**

With practical suggestions from a Practitioner with over 20 years of experience, you will learn how to start a practice, how to stay “legal”, liability forms and waivers needed, publicity and advertising on a budget, practicing within your abilities, and how to present yourself to the public. Bring your questions.

C) **Women’s Health with Light Miller**

Nurture the beautiful female body through natural means. Learn solutions for PMS, menopause, monthly cycles, weight gain, emotional balance, fitness, sexuality, and spirituality.

D) **Body Therapies Panel with Bryan Miller, Robert Sachs, & Holly Louvere**

The Ayurvedic Massage and Spa profession is growing. This program explores three important techniques: Shirodhara, Ayurvedic Mud Therapy, and Urobasti.

E) **Professional Paper Presentations:**

- 1) *Vitiligo and Blood Letting – Rucha Kelkar*
- 2) *Ayurvedic Approach to Alzheimer Disease – Tirlok Abhilashi*

12 noon - 1:20 p.m.

Lunch followed by Keynote Speaker, **Vasant Lad**

Living in Harmony – the Ayurvedic Lifestyle

1:30 – 2:50 p.m.

Session VII

A) **Lighting the Eyes & Body, Enlightening the Mind & Heart:**

Using Light and Color in Ayurveda with Brian Brieling

Light controls the 3 Pillars of Health, connects the sheaths, regulates every biochemical reaction and gently guides us back to the Light of our being. We’ll explore the applications of light through eyes, on the body and marma points to harmonize the doshas, optimize performance, and transform the psyche and spirit.

B) **Geriatrics with Virender Sodhi**

Both Rasayan and Vajikaran are parts of a branch that encompasses geriatrics. The purpose of both is to rejuvenate the human body and eliminate the disease process. Different rejuvenative therapies will be discussed for common geriatric diseases. Latest research on rejuvenative herbs will also be presented along with clinical studies.

C) **Restoring Passion to the Bedroom with Jay Glaser**

Dr. Glaser will present the Vedic science of vajeekarana, a practical discipline describing how the high hopes of sexual vitality are reputed to be achieved.

Approaches to the most common complaints about sexual functioning will be presented using principles from not only Ayurveda but other relevant shastras.

D) Musculoskeletal Panel with Marc Halpern, R. K. Mishra, & Jay Apte

Pain is the number one reason people go to the doctor. This group of experts will explore three common causes of pain and the appropriate treatment for each. Dr. Halpern will explore low back pain, Dr. Mishra will address headaches, and Dr. Apte will delve into rheumatoid arthritis.

E) Yoga Sampler – Bringing Yoga Into Your Life

Hand in hand with Ayurveda, yoga helps establish healthy lifestyles. Local yogis will discuss the yoga styles they teach and what their centers bring to the community. The session will include demonstrations of the varying styles and time for audience questions.

3:00 – 4:20 p.m.

Session VIII

A) Ayurvedic Aromatherapy with Light Miller

Light teaches the use of essential oils within the framework of Ayurveda – to beautify, rejuvenate, revitalize, balance, support, and heal the body. Discover many practical applications of essential oils for physical, mental, emotional, and spiritual well-being.

B) Pulse Practicum with Vasant Lad

Pulse assessment is a fundamental art of Ayurvedic assessment that gives practitioners information about a client's constitution and current state. Learn what pulse assessment can reveal and practice assessing prakruti and vikruti..

C) Management of Cancer Patients: The State of the Art with Jay Glaser

In North America Ayurveda is rarely used as the sole modality for the treatment of cancer. The role of the Ayurvedic practitioner is often supportive and rehabilitative. A discussion of the understanding of cancer by the ancient authors, studies evaluating Ayurveda as an adjunct to chemotherapy, promising research and ethical dilemmas will be part of Dr. Glaser's address.

D) Disorders of Aging Panel with Partap Chauhan, R. K. Mishra, & Sarasvati Buhrman

A look at conditions of Osteoporosis, Alzheimers and Degenerative Arthritis in our aging population. Causes and treatments will be discussed.

E) Professional Paper Presentations:

- 1) Aromatherapy: Applications & Modalities (Srotas) – **Sonia Elisa Masocco***
- 2) Case Study: Treatment of Post Natal Ras-Vata Imbalance – **Rucha Kelker***
- 3) Case Study: Post Surgery – Vata Management – **Nita Desai***

6:00 – 9:30 p.m.

Celebration Banquet with Concert by Russill Paul

Sunday

7:00 – 8:15 a.m.

Sports Deck

Yoga and Meditation

Led by Felicia Tomasko

8:30 – 9:50 a.m.

Session IX

A) Yoga Asana and Ayurveda with Felicia Tomasko

Asana is an intersection between Yoga and Ayurveda, in the choice of asana and adjustments. We will experientially investigate the effect of asana practice on the body's physiology and the doshas: vata, pitta, and kapha.

Refer to
your
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- B) **Ayurvedic Diet Therapy with Vivek Shanbhag**
Ahar or diet is the main foundation of balanced health and also the most common cause of imbalance and disease. Dr. Shanbhag discuss how Ayurvedic diet therapy can be used to treat diseases, prevent imbalances and promote health. He will also discuss the use of diet therapy in spiritual development.
- C) **Diabetes – Through the Eyes of Ayurveda with Jay Apte**
The epidemic of Diabetes is spreading with an alarming speed. Instead of just managing symptoms, we can do much more Ayurvedically to prevent this epidemic and protect millions of adults and most importantly our young generation.
- D) **Pediatrics Panel with John Douillard, Amadea Morningstar, Jaisri Lambert**
Childhood disease sends parents running to the doctor in a near panic. This panel of experts will examine Ayurvedic approaches to the common conditions of childhood; including bronchitis, food allergies, and asthma.
- E) **Treating Psychological Issues with Kumar Batra, Sarasvati Buhrman & Virender Sodhi**
The mind is the most challenging organ of the human being. It can't be seen, touched or easily examined. The three panelists will discuss common conditions such as anxiety, depression and anger and present methods to manage them using the natural tools of Ayurveda.

10:00 – 11:20 a.m. Session X

- A) **Nutrition and Ayurveda with Amadea Morningstar**
How can we: 1) nourish ourselves with the elements, 2) balance our doshas, and 3) deepen our support of the dhatus with Ayurveda. Food, herbs, marmani, and sound are key ingredients.
- B) **Yoga Therapy in Ayurveda with Sarasvati Buhrman**
Yoga therapy and Ayurveda have a long and deeply connected history. In this session we will examine yogic and ayurvedic strategies and how they may both be used to address asthma, depression and anxiety, and menopausal complications.
- C) **Thyroid Disease with John Holmstrom**
Hypothyroid and auto-immune disease; a look at Hashimoto's disease, high cortisol levels and thyroid nodules: An Ayurvedic perspective and treatment approach.
- D) **Female Reproductive Panel with Light Miller, Helen Thomas, Smita Naram & Jaisri Lambert**
A look at dysmenorrhea, PMS, infertility and uterine fibroids and Ayurvedic approaches to bring the body back to balance.
- E) **Ayurvedic Beauty Care with R.K. Mishra, Tara Grojesk & Melanie Sachs**
A discussion of practical and proven approaches to treating acne, restoring balance to the skin and the process of Kansavataki to create beauty inside and out.

11:30 a.m. – 1:00 p.m. Lunch followed by keynote speaker, **John Douillard**
Harmony Within

1:00 p.m. - 2:00 p.m. **Closing Ceremony and Recognitions**