

NATIONAL AYURVEDIC MEDICAL ASSOCIATION

*proudly presents*



**THE SECOND ANNUAL  
NATIONAL AYURVEDIC CONFERENCE**

**HARMONY IN THE MODERN WORLD**

**OCTOBER 21 THROUGH 24, 2004 AT THE QUEEN MARY**

**Keynote speakers:**

Vasant Lad, B.A.M.S., M.A.Sc.

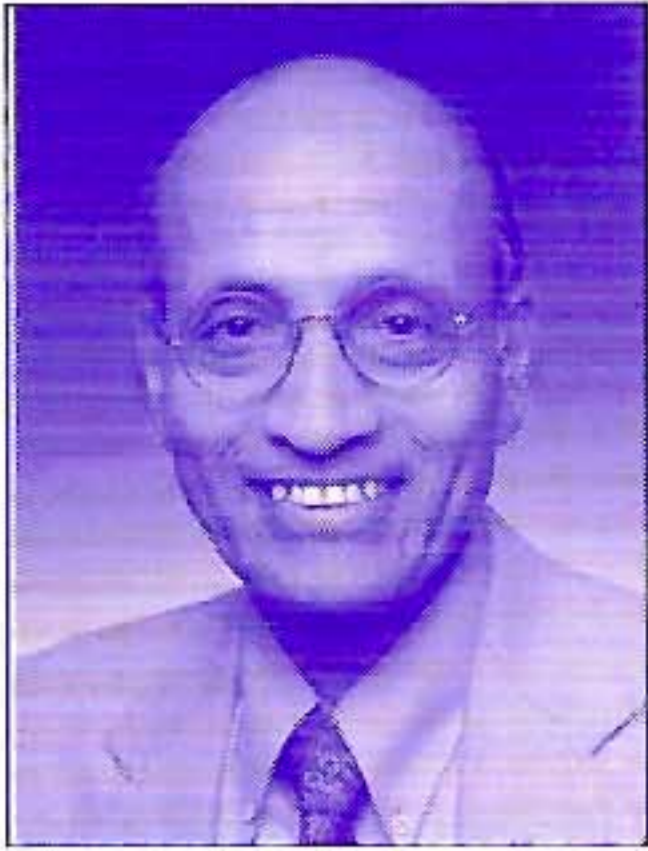
Light Miller, B.S., N.D.

John Douillard, DC, PhD.



THE QUEEN MARY

1126 QUEENS HIGHWAY LONG BEACH, CALIFORNIA 90802



**Vasant Lad, BAMS, MA.Sc** brings a wealth of experience to the United States. His academic and practical training includes the study of Western and traditional Ayurvedic medicine. He has been teaching Ayurveda in the United States since 1979. He is the Director of *The Ayurvedic Institute*, Albuquerque, New Mexico, which he founded in 1984. He teaches a program in India as well as the Ayurvedic Studies Program and Gurukula Program at the institute.

A prolific author, Dr. Lad's most recent book, *The Textbook of Ayurveda: Fundamental Principles*, is the first of a four volume set. He travels throughout the world, consulting privately and giving Ayurvedic seminars. Dr. Lad is a member of the NAMA Advisory Board on Ayurveda.

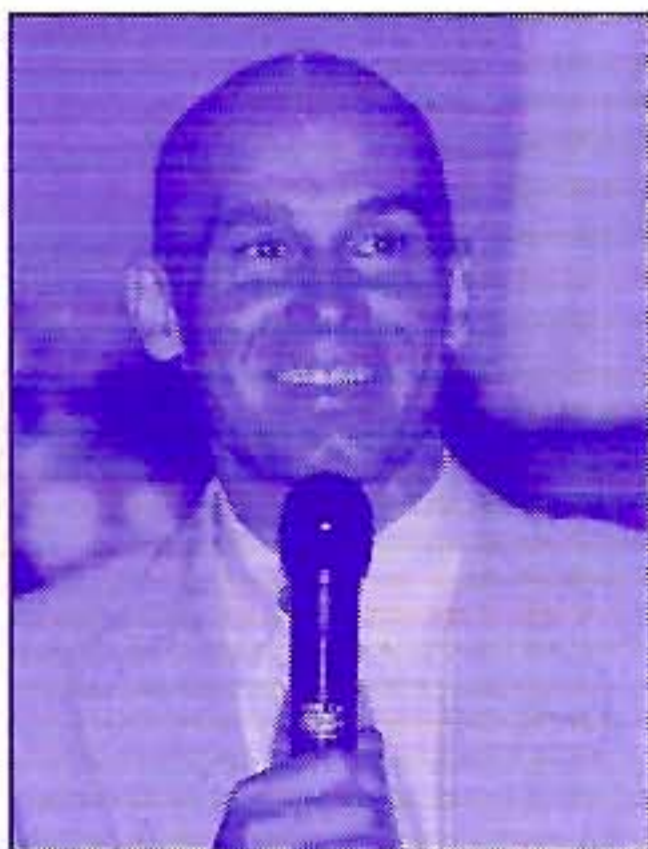
In addition to his keynote address on Saturday, "Living in Harmony – The Ayurvedic Lifestyle", Dr. Lad will also participate on two panels on Friday: Pulse Diagnosis and Case Analysis: Bronchitis. He will present a Pulse Practicum in a block session on Saturday.



**Light Miller, ND**, has over 30 years experience in natural healthcare. Light's Ayurvedic heritage connects her to her roots of Indian philosophy and healing. She is the only female practitioner of Kaya Kalpa (spiritual bodywork) in the world, and has published three books, *Aromatherapy & Ayurveda*; *Ayurvedic Remedies for the Whole Family*; and an Ayurveda Study Course.

Light is co-owner of the Ayurvedic Center for Well Being and Administrator of the Sarasota Branch of the Florida Vedic College which provides college degrees in Ayurveda and Aromatherapy. Dr. Miller is also a member of the NAMA Board of Directors.

Light's keynote address, "Ayurveda and Your Relationship with the Divine" will propel us along our journey. You may also enjoy Light's presentations on Women's Health and Ayurvedic Aromatherapy on Saturday; and her participation on the Sunday panel: Female Reproductive Issues.



**John Douillard, DC, PhD**, is the author of four books on Ayurveda, *Body, Mind and Sport*; *The 3-Season Diet*; *Perfect Health For Kids*; and *The Encyclopedia of Ayurvedic Massage*. He received his Ayurvedic training in India and his PhD from Open International University (Sri Lanka). John co-directed Deepak Chopra's Center for eight years and is the former Director of Player Development for the New Jersey Nets NBA basketball team.

He currently runs an Ayurvedic/Chiropractic Health Center and Ayurvedic School in Boulder, Colorado where he lives with his wife and six children. Dr. Douillard has been teaching Ayurveda for 17 years and is a member of the NAMA Board of Directors.

John will participate on two panels: Pulse Diagnosis on Friday, and Pediatrics on Sunday. He is also scheduled for the Friday session open to public attendees, Ayurveda and Weight Management. Saturday John presents Ayurvedic Massage for Children. He will close the conference with his keynote address, "Harmony Within."





## PRESENTERS



**Jay Apte** is an Ayurvedic Doctor from India with an integrated degree in Ayurvedic and Conventional medicine. She also has an MS in Pharmacology from University of North Texas. Currently, Dr. Apte is on the Board of Directors of California Association of Ayurvedic Medicine. She is a director and founder of Ayurveda Institute of America with branches in San Francisco, Los Angeles, Houston, Detroit, and in Kauai. From her clinic in Foster City, CA she does Ayurvedic Health counseling, Panchakarma, and many other Ayurvedic therapies. She offers seminars and lecture series in many hospitals, business places, and conferences.



**Aparna Bapat, BAMS** was a merit student at Pune University where she completed her Ayurvedic education 14 years ago. Since then she has maintained an Ayurvedic practice, lectured at Ayurvedic colleges in the U. S. and Europe, and has presented workshops internationally. Her areas of expertise include Ayurvedic pulse diagnosis, panchakarma and diet. She is the editor of the NAMA newsletter.



**Kumar Batra, PhD**, author of several scientific and research publications, is a licensed Clinical Laboratory Toxicologist in California. He has served as the Director of Toxicology and Drug Analysis Laboratory and as Adjunct Assistant Professor in the Department of Pathology at the University of California Davis Medical Center. He is a founding director and the recent past President of NAMA. Dr. Batra has a passionate desire to integrate Ayurveda with western medicine.



**Brian Breiling, PsyD, MFT, CAS, PKS**, is a practitioner of Colored Light Assisted Psychotherapy and Ayurveda. He is the editor of the book, *Light Years Ahead: The Illustrated Guide to Full Spectrum and Colored Light in Mindbody*. Known as "The Ambassador of Light" he addresses the applications of light across both Western Mindbody and Eastern Subtle Energetic paradigms of healing. A founding member of the International Light Association, Brian sees Ayurveda as the ultimate framework to more fully understand light's potential to transform mind, body and spirit.



**Sarasvati Buhrman, PhD, RYT<sup>500</sup>**, holds graduate degrees in Biology and Anthropology, has practiced yoga since 1973 and studied extensively in all aspects of Yoga and meditation with her spiritual teacher, Baba Hari Dass since 1976. She is a yogic renunciate in the Vairagi Order of North India. She trained and qualified in Ayurvedic medicine with Dr. R.P. Trivedi of the Benares Hindu University. She has maintained an Ayurvedic Medicine and Yoga Therapy practice since 1987 and co-founded the Rocky Mountain Institute of Yoga and Ayurveda in Boulder, Colorado in 1990.



**William E. Celentano, DO**, is an Osteopathic physician, board certified in Family Medicine and practicing in Las Vegas, Nevada. In addition to his work as a primary and urgent care physician with the University Medical Center, he is the director of the Las Vegas Institute of Ayurveda. LVIA is dedicated to strengthening the bridge of understanding between Ayurvedic and western medicine.



**Partap Chauhan, BAMS**, is among the few Ayurvedic experts who has studied and now practices Ayurveda in its original form. One of those rare Ayurvedic physicians he is qualified through formal university degree and has also been apprenticed to a guru. He belongs to an original Ayurvedic lineage. He is the author of *Eternal Health* and has traveled to more than 25 countries to share the knowledge of Ayurveda. He set up the Jiva Ayurvedic Center for Incurable Diseases in India. He was recently awarded the "Best Ayurvedic Physician" in India and was invited to meet the President of India.



**Cynthia Copple**, an Ayurvedic Practitioner since 1983, is one of the first American practitioners of Ayurveda and a founding Board Member of NAMA. She is the current President of the NAMA Board. Her Ayurvedic training of over 2,000 hours and internship were with Dr. R. P. Trivedi. She also studied with Dr. Vasant Lad, Dr. Sunil Joshi, and Dr. Pankaj Naram. She is the Director of Lotus Holistic Health Institute in Capitola, CA. A former war correspondent, she has published articles on Ayurveda for over 20 years. She teaches at Twin Lakes College of the Healing Arts and Mt. Madonna Center.



**Mary Jo Cravatta, DC**, began her study of Ayurveda in 1979. In more than 25 years of study with Indian Vaidya, and experience in helping thousands of people, she has become highly skilled in the delicate art of pulse diagnosis. Through taking more than 20,000 pulses she has been able to tap into a more complete understanding of her patient's physical, emotional, and spiritual well-being. Dr. Cravatta does phone consultations with clients all over the world. She teaches classes in Berkeley and in Grass Valley.



**Alakananda Devi, MB, BS**, is a British trained physician who graduated from St. Bartholomew's Hospital medical college in England in 1975. After working in a rural hospital in England, she traveled to India in 1980, where she met her teacher, Dr. Vasant Lad. Among the first western physicians to take up Ayurveda, she has been studying Ayurveda for 24 years and practicing and teaching for 16 years. She is principal of Alandi School of Ayurveda, a traditional Gurukula, and is known for her insightful articles on Ayurveda.



**Jay Glaser, MD** is board-certified in Internal Medicine and medical director of the Lancaster Ayurveda Medical Centers based in Sterling, MA. In 1972 he discovered Vedic medicine while doing research in India during his medical studies at the University of Colorado, and apprenticed in Ayurvedic surgery at Benares Hindu University. He has made Vedic medicine an integral part of his practice ever since. He has published numerous original research articles dealing with meditation, panchakarma and Ayurvedic herbs.



**Tara Grodjesk**, President of Tara Spa Therapy, Inc. Certified Massage Therapist, Holistic Health Educator and Ayurvedic Practitioner, has spent the last 24 years promoting wellness. She began her studies in Ayurvedic Medicine with Dr. Vasant Lad. Since 1989, Tara has been introducing Ayurveda to world-class hotel, resort and days spas. She has trained over 2,000 massage therapists, aestheticians and spa professionals in spa treatments derived from Ayurvedic principles and philosophy and using Ayurvedic herbs. Tara has written articles and given interviews for prominent spa industry magazines.



**Marc Halpern, DC, CAS, PKS**, is a Western pioneer of Ayurvedic Medicine. He is the founder of the California College of Ayurveda and co-founder of the National Ayurvedic Medical Association and the California Association of Ayurvedic Medicine. He sits on the advisory board of many Ayurvedic organizations in the U.S. and internationally. He has published numerous articles in the most respected national magazines and alternative healthcare journals. Dr. Halpern's focus for the last ten years has been developing Ayurvedic education and the Ayurvedic profession in America.



**John Holmstrom, CPAM**, is a certified professional member and former president of the board of the California Association of Ayurvedic Medicine (CAAM). A licensed acupuncturist and herbalist for six years, he has practiced and taught Ayurveda theory, Ayurveda and Marma point therapies, and Ayurvedic herbs. John is currently a professor at the American University of Complementary Medicine. He has lived in India and continues to visit regularly focusing on research and teaching with the "prabhava" (subtle energetic effects) of traditional Ayurvedic herbs.



**Jaisri Lambert** is an Ayurvedic practitioner, consultant and teacher trained mostly by Vaidya Vasant D. Lad during a twelve-year classical apprenticeship from 1989 to 2001. Jaisri developed a deep knowledge of herbal formulations, individualized wellness programs, bodywork techniques, pulse assessment, Ayurvedic herbology and panchakarma. She developed CEturiya Therapy<sup>1</sup> from Polarity Therapy and its parent science of Ayurveda. She teaches Ayurvedic topics internationally to delighted students of all levels.



**Holly Kamala Lovere, CAS, PKS**, currently specializes in Pancha Karma and rejuvenation therapies at the California College of Ayurveda where she is the co-director of their Pancha Karma Center. She is a Clinical Ayurvedic Specialist and Yoga Siromani. Holly is expecting her first child and looking forward to the baby's arrival on Valentine's Day.



## PRESENTERS



**Bryan Miller, DC**, received his Chiropractic degree from Western States Chiropractic College. His unique ability as a healer is the result of extensive knowledge of the body's systems and functioning, gained through more than 20 years of on-going studies in holistic health. Bryan is a Kaya Kalpa Practitioner and co-owner of the Ayurvedic Center of Well Being. He is administrator of the Sarasota Branch of the Florida Vedic College which offers college degrees in Ayurveda, and is co-author of *Aromatherapy & Ayurveda* and an "Ayurvedic Correspondence Course."



Ayurvedic practitioner, dermatologist, product formulator, researcher and educator, **Rama Kant Mishra** was born into a family of Raj Vaidyas with a 5,000 year history of healing. A graduate of the Ayurvedic College of Medicine in 1974, he completed an intensive, 7-year training with his father, renowned Vaidya Kameshwar. In the early 1980's he began researching Ayurvedic transdermal applications. After relocating to the U.S. in 1996, he further refined his transdermal formulations developing the "Transdermal Marma System." TMS is the result of more than 2 decades of research and development in India, Europe and the United States.



**Amadea Morningstar, BS, nutrition; MA, counseling**, has been working with food, energy and healing for 30 years, and with Ayurveda for twenty. She is an internationally recognized author, teacher, and certified polarity educator (CPE) and practitioner (RPP). Her books on Ayurvedic healing have been published in India, Germany, Holland, Bulgaria, and Italy, as well as in the U.S.



**Dr. Smita Naram** along with her husband, Dr. Pankaj Naram, operates a large Ayurvedic hospital in addition to an herbal pharmacy which produces their medicines. They have more than 80 Ayushakti health consultation points in the U.S., Italy, Germany, and Australia, at which health services and consultations are offered by medical doctors who are trained by the Narams. Dr. Naram oversees the Panchakarma facility at their hospital in Bombay. With her husband, she also teaches and practices a unique pulse diagnosis learned from their teacher, who was 125 years young. In their careers, they have treated over 500,000 patients.



**Jennifer Rioux** is an Ayurvedic practitioner, educator and researcher. Dr. Rioux's specialty is studying Ayurvedic practice in the U.S. and its relationship to the Integrative Medicine movement. She focuses on clarifying the connections between credentialing and licensure, curriculum development and accreditation of schools, and training health care professionals to participate in expanding the research data on Ayurvedic treatment outcomes. She is the newest member to the NAMA Board.



**Genevieve Ryder, R.N., B.S., D.Ay, RYT<sup>200</sup>** worked in the field of public health nursing and as a dental office administrator prior to becoming an Ayurvedic student. Her involvement in Ayurveda has given her a new direction and improved health. She desired to give back to Ayurveda by developing the newsletter, *Ayurveda Update*. This modest beginning evolved into the present international journal, *Light on Ayurveda*.



**Melanie Sachs**, certified Ayurvedic Lifestyle Counselor is sought after by some of the world's leading spas and schools of beauty. Melanie began her study in Ayurveda with Dr. Vasant Lad in 1986 and later other Indian and Tibetan teachers. She has written *Ayurvedic Beauty Care*, a comprehensive text on traditional and innovative Ayurvedic techniques for beauty care. She has been featured and published in a number of industry magazines. She is a consultant with the Chopra Center for Well Being. She and her husband Robert co-own and direct Diamond Way Ayurveda.



**Robert Sachs, MSW**, works with physicians, clinics, hospitals, individuals and organizations teaching them how to integrate contemporary scientific approaches with the ancient wisdom traditions in the areas of stress management and preventive health care. His long time interest in massage focused deeply on shiatsu when he trained under Tibetan doctor, Lobsang Rapgay, and Ayurvedic physician, Dr. Sunil Joshi. He has worked as a Hospice social worker and has assisted in training massage practitioners on working with the terminally ill. He is the author of many books including *Health for Life: Secrets of Tibetan Ayurveda*.



**Vivek Shanbhag, ND, MD(Ayu), BAMS**, has 19 years of teaching, clinical and research experience. He is the Director of Ayurvedic Academy & Natural Medicine Clinic in Seattle. He is a faculty member of Bastyr University in Seattle. Dr. Shanbhag serves on the NAMA Board of Directors and the Editorial Board of *Light on Ayurveda Journal*. He was the head of the Institute of Research in Ayurveda, Poona, India



**Virender Sodhi, MD (Ayurveda), ND** was the first Ayurvedic and Naturopathic physician in the United States. He received his MD in Ayurveda in India in 1980, and subsequently served on the faculty for six years. In 1986, he came to the West to share Ayurveda as part of a cultural exchange program. In 1988, he graduated from Bastyr University with a degree in Naturopathic Medicine. Dr. Sodhi treats thousands of patients from the United States and around the world. He lectures extensively throughout the U.S. and other countries, as well as conducting classes and seminars in Ayurvedic Medicine.



**Helen Thomas, DC**, graduated from Palmer School of Chiropractic in 1982. In 1986, she studied Ayurveda with Dr. Deepak Chopra, a study which has become her life-long passion. She earned a BA from the California Institute of Integral Studies with an emphasis on Ayurveda in 1995. In 1997, she did an internship in India working with lepers. With her husband, Dr. Craig Thomas, she co-owns 2 chiropractic practices and is in the process of opening a panchakarma center.



**Mary Thompson, CAS** is a practitioner, teacher and perpetual student of Ayurveda. She is a Clinical Ayurvedic Specialist and teaches for the California College of Ayurveda. She served as consultant and curriculum designer for Doe Bay Ayurvedic Retreat. She studied Ayurveda formally at the CCA and in Pune, India with the International Academy of Ayurved. Mary is the Founder and Executive Director of "Everyday Ayurveda" dedicated to bringing together the ancient principles of Ayurveda with today's western lifestyle.



**Felicia Tomasko** weaves together the integrated traditions of Yoga and Ayurveda in her teaching and practice in Santa Barbara, California where is she also a staff writer for *LA Yoga Magazine*. She has studied yoga since 1987 and Ayurveda since 1993. Felicia is in the certification program at the Rocky Mountain Institute of Yoga and Ayurveda and the Alandi School of Ayurveda, both in Boulder, Colorado.

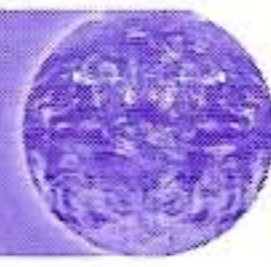


**Jeff Turner** is an Ayurvedic Practitioner and Jyotishi. Together with his wife Susan he operates *Living Ayurveda™*, a full service Ayurvedic clinic in Pacific Grove, California that provides both Ayurvedic and conventional medical health care. Jeff is a graduate of the Ayurvedic Institute and is certified in Applied Kinesiology. He brings legal, marketing, and political expertise to NAMA, particularly in the area of licensure.



**Wynn Werner** is the Administrator of the Ayurvedic Institute in Albuquerque, NM. He is a founding Board Member of NAMA and currently Treasurer. He has a degree in biology from the University of California and graduated from the Ayurvedic Institute. Wynn has managed the operations of the Institute since 1991 and is dedicated to supporting its mission to bring Ayurveda to the West and Ayurveda's contributions to modern medicine.





**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, Brother Brahmananda, Self-Realization Fellowship

8:00 – 8:20 a.m.

Introduction of Keynote and Conference Speakers

Grand Salon

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) Day-to Day Practice Management with Cynthia Cople

*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) 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* – Betsy Singh

2) *Ayurvedic Approach to Hypertension* – Kathy Eisenhart

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

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 and 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

*The doshas and dhatus involved to form the pathology of urinary diseases of the mutravaha srotas will be discussed along with the management of symptoms and rejuvenation of the system back to balance. Common diseases will be identified, as well as the herbs, diet and other changes recommended in these diseases.*

### D) Case Analysis:

**Bronchitis with Marc Halpern, Vivek Shanbhag and 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:

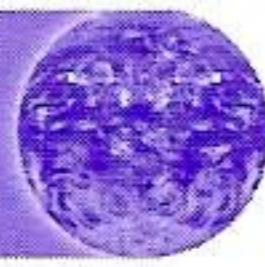
- 1) *Pancha Karma and Dreams* – Martina Ziska
- 2) *Osteoarthritis, Literature Review* – Felicia Mary Tomasko
- 3) *Effects of Transdermal Marma Therapy on Balancing pH in Reference to the Reception of Prana* – R. K. Mishra

3:00 – 4:20 p.m.

## SESSION IV

### A) Subdoshas/Dhatus/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 (dhatus), 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**

*The heart is the seat of avalambaka kapha and ojas. Cardiovascular disorders are not only superficially located but have an underlying root cause. While modern cardiology has made tremendous progress in managing Cardiovascular disorders, the details described in Ayurveda more than 5000 years ago are really amazing. This lecture will reveal the Ayurvedic management of Cardiovascular disease..*

**E) Professional Paper Presentations:**

1) *Pulse Reading as a Tool for Early Diagnosis of Cancer and other Serious Diseases – Alakananda Devi*

2) *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**

**A) Ayurvedic Pathology with Aparna Bapat**

*Ayurveda describes in details the pathology of the dhatus and their functions. In this lecture the concept of prakruti and vikruti in terms of the body and mind and disease pathology will be discussed.*

**B) Planning a Practice – Business & Legal Issues with Jeff Turner and 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 and 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) Ayurvedic Massage by **Melanie Sachs**

*Ayurvedic massage is growing fast in popularity. This class will explore the principles behind the techniques. In this discussion, both practical and theoretical concepts will be addressed; including an understanding of how to determine the appropriate oils to use, as well as specific guidelines for various areas of the body.*

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 and 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 and 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 -

Christopher Chapple, John Childers and Tiffany Fraser

*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 and Aparna Bapat

*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 and Modalities (Srotas) – Sonia Elisa Masocco
- 2) Case Study: Treatment of Post Natal Ras-Vata Imbalance – Rucha Kelkar
- 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

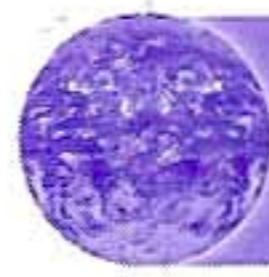
Yoga and Meditation  
Led by Felicia Tomasko

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.*



**B) Ayurvedic Diet Therapy with Vivek Shanbhag**

*Abar 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 and Paul Hoffman**

*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 and 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, Aparna Bapat and 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 and 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 Recognition