

Conference Program Guide

'Rejuvenation' Ayurveda and Yoga in the Desert

The National Ayurvedic Medical Association
Third Annual Conference, **October 20-23, 2005**
The Alexis Park Resort-Las Vegas, Nevada



Keynote Speakers

Alakananda Ma; Pandit Rajmani Tigunait, PhD;
Palitha Serasinghe, BAMS, PhD; David Simon, MD

Welcome to **NAMA '05**

Keynote Speakers



Alakananda Ma, MB, BS

Alakananda Ma 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 to study with Father Bede Griffiths at Shantivanam. In India she met her guru, Raghudas Maharaj and Dr. Vasant Lad, her first teacher of Ayurveda. Among the first western physicians to take up Ayurveda, she has been studying Ayurveda for 24 years and practicing and teaching for 16 years. Ma is founder of Alandi Ashram and is recognized as an embodiment of the Mother as well as a profound practitioner of Ayurveda.



David Simon, M.D., Medical Director/Co-Founder

In his role as Medical Director, Dr. Simon is the driving force behind The Chopra Center's development, training and implementation of programs and seminars in mind body medicine, emotional healing, and spirituality. He directs a comprehensive curriculum that includes on-site seminars and workshops, in addition to a worldwide educational outreach program. His far-reaching endeavors have resulted in the training of thousands of physicians, nurses, health care providers and educators in holistic healing approaches throughout the world. David Simon laid the foundation for his influence in the medical community through his practice in neurology, and his roles as Chief of Staff and Medical Director of the Neurological Services at Sharp Cabrillo Hospital, an affiliate of the Sharp HealthCare system, the largest in Southern California. As a Clinical Assistant Professor in the Department of Neurosciences at the University of California San Diego, Dr. Simon supervises medical students rotating through The Chopra Center. Dr. Simon is a popular author of wellness books and a sought after media expert and keynote speaker for organizations such as the March of Dimes, the American Cancer Society, the California Medical Association and academic institutions such as Tufts University, Tulane University, and Harvard Medical School.



Palitha Serasinghe, BAMS, Ph.D.

Dr. Palitha Serasinghe graduated as a Physician of Ayurveda in 1982 from the Institute of Indigenous Medicine, University of Colombo, Sri Lanka, with first class honours, and has since then worked within the field of Ayurveda. He went on to become lecturer, senior lecturer and Head of Department at the University; as well as a physician and Ayurveda Consultant Physician at the University's Ayurveda Teaching Hospital and was fundamental to the development of Ayurveda research and research policy in Sri Lanka. Dr. Serasinghe graduated from Toyama Medical And Pharmaceutical University in Japan with a PhD in Medicine and Pharmacology. To further develop his knowledge and clinical skills, Dr. Serasinghe practiced with some of the most eminent healing masters of Traditional Ayurveda and Kerala panchkarma enabling him to develop a profound spiritual understanding of both Ayurveda and Kerala massage. He was given a visiting Academic Research Fellowship from the Commonwealth Scholarship Scheme enabled him to carry out postdoctoral Ayurveda medical research at Kings College, London. Dr. Serasinghe is currently Assistant Director and the Principal Lecturer at the College of Ayurveda (UK) where he continues to teach and research the subject of Ayurveda.



Pandit Rajmani Tigunait, Ph.D.

Pandit Rajmani Tigunait, spiritual head of the Himalayan Institute, is the successor of Swami Rama of the Himalayas. Lecturing and teaching worldwide for more than a quarter of a century, he is a regular contributor to Yoga International magazine, and the author of twelve books, including the best-selling, *At the Eleventh Hour: The Biography of Swami Rama of the Himalayas*. Pandit Tigunait holds two doctorates: one in Sanskrit from the University of Allahabad in India, and another in Oriental Studies from the University of Pennsylvania. Family tradition gave Pandit Tigunait access to a vast range of spiritual wisdom preserved in both the written and oral traditions. Before meeting his master, Pandit Tigunait studied Sanskrit, the language of the ancient scriptures, of India, as well as the languages of the Buddhist, Jaina, and Zoroastrian traditions. In 1976, Swami Rama ordained Pandit Tigunait into the 5,000-year-old lineage of the Himalayan masters.



Swami Beyondananda

Steve Bhaerman is an internationally known author, humorist, and workshop leader. For the past 18 years, he has written and performed as Swami Beyondananda, the "Cosmic Comic." Swami's comedy has been called "irreverently uplifting" and has been described both as "comedy disguised as wisdom" and "wisdom disguised as comedy." As the Swami, Steve is the author of four books, *Driving Your Own Karma*, *When You See a Sacred Cow, Milk It For All It's Worth*, *Duck Soup for the Soul*, and his latest *Swami for Precedent: A 7-Step Plan to Heal the Body Politic and Cure Erectile Dysfunction*. Swami's nationally syndicated spoof advice column, *Ask the Swami* – along with his comedy performances – have found a wide and appreciative audience.

In his "past life" (before Swami), Steve started an alternative high school in Washington, D.C. and co-authored a book about his experiences, *No Particular Place to Go: Making of a Free High School*. A political science major, he later taught history to autoworkers at Wayne State University in Detroit as part of the Weekend College.

Our Conference Featured Presenters



Alakananda Ma, 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 to study with Father Bede Griffiths at Shantivanam. In India she met her guru, Raghudas Maharaj and Dr. Vasant Lad, her first teacher of Ayurveda. 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 Apte, BAMS 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 studied Ayurvedic Medicine at the University of Pune, Faculty of Ayurvedic Medicine and Surgery. She is a former senior lecturer at the UK College of Ayurveda (London) and is presently a consultant at the Ayurveda Center, New York City. Dr. Bapat is the author of numerous articles on Ayurvedic medicine and related themes and has made multiple television appearances as a health issues consultant (London Zee-TV). Dr. Bapat is one of the premiere lecturers, scholars, and practitioners of Ayurveda in the West today. 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.



Bhaswati Bhattacharya, M.P.H., M.D., M.A., is a public health specialist and clinician practicing holistic primary care medicine in New York City. She received the 1998 National Award by the American Holistic Medical Association and was appointed to the NIH Advisory Panel on Medical & Nursing Education in Complementary Medicine in 1996. Currently, she directs the Division of Complementary and Alternative Medicines and also serves as the Director of Research in the Department of Medicine at Wyckoff Heights Medical Center, one of the Cornell Medical College community hospitals.



Sarasvati Buhrman, PhD, holds graduate degrees in biology and anthropology. She has practiced yoga since 1973 and studied extensively 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 was trained and asked to practice Ayurvedic medicine by Dr. R.P. Trivedi of Benares Hindu University. She is senior faculty member of the Rocky Mountain Institute of Yoga and Ayurveda. She has practiced Ayurvedic Medicine and classical Yoga Therapy since 1987 in Colorado.



William E. Celentano, DO, is an Osteopathic physician, Board Certified in Family Medicine, presently working as a staff physician in Las Vegas, Nevada with the University Medical Center outpatient clinic. He is the Director of the Las Vegas Institute of Ayurveda, founded with the mission of strengthening a bridge of understanding between traditional Western and Ayurvedic healthcare. The vision of LVIA includes developing Las Vegas as a 'Beacon of Light' in Ayurvedic education and healthcare. Dr. Celentano is a Board member NAMA and the Light on Ayurveda Education Foundation.



Karyn Chabot, D. Ay, LMT, is the founder of The Sacred Stone Center for Holistic Education and Therapy. Her teachings are recognized and approved of by the National Board of Therapeutic Massage and Bodywork. During her 20 years of experience in the health industry, Karyn became a licensed and nationally certified Bodyworker, a Clinical Ayurvedic Specialist (a student of Dr. Vasant Lad), a certified Ayur*Yoga Instructor, certified master crystallogist with the Taomchi Association of America, certified Fitness Trainer and a certified Medical ThaiTherapist. She holds a bachelor's degree in Alternative Health and Fitness. Karyn is a member of the American Massage Therapy Association and The National Ayurvedic Medical Association.



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.

Our Conference Featured Presenters



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 Vaidyas and experience in helping thousands of people, she has become highly skilled in the delicate art of pulse diagnosis. Through taking more than 25,000 pulses she has been able to tap into a level of the pulse to determine what Chakra and on what Losha predominates for that person, an indicator of our Life Lessons. Her workshop 'Awaken Within' facilitates the release of cellular memory. Her practice is in Grass Valley and Berkeley, California. www.shaktiveda.com



John Douillard, DC, PhD, is the author of four books on Ayurveda, Body, Mind and Sport. 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.



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 Grodjek is president of TARA® SPA THERAPY, Inc., a certified Massage Therapist, Ayurvedic Practitioner and Holistic Health Educator with a B.A. in Psychology. Tara is a strong voice for continuing education and she teaches spa professionals on Aromatherapy, Ayurvedic principles, and other healing modalities relevant to Wellness. Her company TARA offers five collections of high quality natural products promoting wellness at home. Her focus is in defining a spa's concept and philosophy, developing therapeutic body treatments and offering a careful selection of high quality natural products for the spa and wellness market. She remains at the leading edge in product and treatment trends and has lectured and written extensively for both the beauty and spa industries.



Patricia Hansen is a certified Ayurvedic Consultant, has been teaching for 34 years. She is a founding member and past president of Yoga Teachers of Colorado, Unity in Yoga International, former President Emeritus of the Yoga Alliance, founding member of International Association of Yoga Therapists. She is a faculty member of Metropolitan State College and she taught at University of Denver where she developed the first accredited curriculum and instruction for Yoga. Patricia wrote her master's thesis on Ayurveda; A Theory for Human Wholeness and Health at University of Denver. She is co-founder of the Rocky Mountain Institute of Yoga and Ayurveda and member of National Ayurvedic Medical Association and the American Ayurvedic Association.



Bri. Joan Shivaripita Harrigan, PhD, Having practiced, studied and taught Raja yoga and Advaita Vedanta for over twenty years, Joan has been tutored in Traditional Kundalini Science since being initiated as a brahmacharini (monastic) in the Shankaracharya tradition in 1987. She is the designated successor in the lineage of Kundalini specialists represented by Swami Chandrasekharanand Saraswati and is the author of Kundalini Vidya, The Science of Spiritual Transformation. Her doctoral dissertation investigated the effects of Hatha yoga asanas and diaphragmatic breath awareness on stress. Her doctoral dissertation was presented to the Pennsylvania State University in counselor education.



Tokie Kajihara is the President of KaBUL Company, dedicated to Holistic & Ayurvedic Beauty and Massage Therapy. She is Head of the Kobe School of Tokyo Kenkobi Ginoushi Gakuin and Consultant for the establishment and management of specialized Ayurvedic Centres for weight reduction. She holds the CIDESCO International Licence, Ayurveda Beauty Therapy & Massage (Sri Lanka), Diploma in Aromatherapy (UK), and Diploma in Health Science (Japan). She commenced studying Ayurveda in 1996 with Dr. Palitha Serasinghe which led to collaborative R&D to develop special Ayurvedic oils and an Ayurvedic Massage technique for Fat & Weight reduction.

Our Conference Featured Presenters



VR Karupathy, MD is Board Certified in Anesthesiology and pain medicine. He is currently Assistant Professor in the department of Anesthesiology at the University of Iowa hospitals and clinics. He has 22 years of clinical experience in these fields and has recognized the frustrations of chronic pain management. He is certified in Acupuncture from UCLA and has extensive experience in Alternative medicine. He has published and given presentations nationally and internationally in the field of pain medicine. Currently the faculty and research coordinator for an international Yoga foundation which is a renowned research institute for studies on yoga and modern medicine; he is also a research advisor for the National Ayurvedic Medical Association. Dr. Karupathy is dedicated to developing a comprehensive and complete integrative model for pain management.



Rucha Kelkar, BAMS, Director of Ayurbliss, is a dedicated and classically trained Ayurvedic practitioner, educator, and lecturer. She began course work for the BAMS degree at the age of 17 and graduated from the prestigious University of Pune, India. After practical training under the guidance of renowned Ayurvedic physicians in India she continued working as an Ayurvedic and Panchakarma Consultant developing in depth experience in the fields of Panchakarma, diet-lifestyle consultations and herbal medicines. Dr. Kelkar is based in Orange County, CA and offers Ayurvedic health consultations, panchakarma therapy and workshops. She serves as a remote consultant for Integrative medicine of Northern Virginia and is a faculty member of Association of Ayurvedic Professionals of North America.



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. 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.



Angela Hope-Murray, D.O. is a practitioner of complementary medicine for over 30 years. She has trained extensively in Ayurveda with Dr. Vasant Lad and has been a close colleague of Dr. Robert Svoboda. She continues her training and teaching thru the UK College of Ayurveda with Drs. Serasinghe and Athique. She has earned a Doctor of Osteopathy degree from the UK College of Osteopathy. A much sought after lecturer, known for her in-depth presentations on chosen topics, Dr. Hope-Murray is an avid world traveler. She is a dedicated proponent of meditation and the Vedic tradition.



John Kepner, MA, MBA. Executive Director of the International Association of Yoga Therapists (IAYT). John is a practicing Yoga teacher and therapist with a professional background in economics, finance and non-profit management. He has traveled widely on the Yoga path, having practiced Yoga in several meditative and āsana-based traditions over three decades. John holds teacher and therapist certifications from Gary Kraftsow and the American Viniyoga Institution in Hawai'i, and a teaching certification from AG Mohan in Chennai, India. He often lectures on Yoga and Yoga therapy for allopathic institutions and co-taught the course on Complementary and Alternative Medicine at the University of Arkansas Medical School for two years. His work for IAYT and his writings for the International Journal of Yoga Therapy often have an economic and public policy perspective.



Vasant Lad, BAMS, MASc 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.



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 'ĀTuriya Therapy' from Polarity Therapy and its parent science of Ayurveda. She teaches Ayurvedic topics internationally to delighted students of all levels.



Rama Kant Mishra (GAMS, DSc) is an ayurvedic practitioner, dermatologist, product formulator, researcher and educator. He was born into a family of Raj Vaidyas that have a millennial history of healing. A graduate of Ayurvedic Medicine from the University of Bihar, India, 1974, he underwent additional intensive training for 7 years his father, reputed Vaidya Kameshwar Mishra, receiving the familial legacy. Vaidya Mishra currently has designed a series of workshops for healers wishing to master the 'Transdermal Marma System', the result of more than two decades of research on transdermal applications in India, Europe, and the United States. He was recently invited to give a key-note address as well as present his latest findings in this field at the annual Symposium on Health, Healing, and Intelligent Medicine held in Baden-Baden, Germany. He is the author of numerous publications

Our Conference Featured Presenters



Jennifer Rioux, PhD 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.



Sebastian Pole is trained in Ayurveda, Traditional Chinese Medicine, and Western Herbalism. Sebastian is Herbal Director of Pukka Herbs, pioneers in the organic Ayurvedic field. With extensive experience gained as a Head Gardener, he also oversees the growing and cultivation in Sri Lanka of the organic herbs used by Pukka Herbs. Sebastian has a degree in Hindi and Indian Religion from the School of Oriental and African Studies in London. He is fluent in Hindi, can read Sanskrit, and has gained extensive clinical expertise from working not only with indigenous 'barefoot' doctors in India but also in clinics and hospitals in Pune and Jamnagar, specialising in 'panchkarma' or detoxification.



Palitha Serasinghe, BAMS, PhD. Dr. Palitha Serasinghe graduated as a Physician of Ayurveda in 1982 from the Institute of Indigenous Medicine, University of Colombo, Sri Lanka. He later graduated from Toyama Medical And Pharmaceutical University in Japan with a PhD in Medicine and Pharmacology and then practiced with some of the most eminent healing masters of Traditional Ayurveda and Kerala panchakarma. In 2000, a visiting Academic Research Fellowship from the Commonwealth Scholarship Scheme, enabled him to carry out postdoctoral Ayurveda medical research at Kings College London. Dr. Serasinghe is currently Assistant Director and the Principal Lecturer at the College of Ayurveda (UK) where he continues to teach and research the subject of Ayurveda.



Vivek Shanbhag, ND, MD (Ayu), BAMS, Ayurvedic Physician, educator, researcher and author is the Medical Director of Ayurvedic Academy, Clinic & Spa in Seattle and a faculty member of the Bastyr University in Seattle. His clinical, teaching and research experience spans over 25 years. From 1991-96, he was the Chairman of the Ayur-Vedic Medicine Department at Bastyr University. During 1985-88 he was the Head of the Institute of Research in Ayur-Vedic Medicine, Poona, India. He is a member of the Board of Directors of the National Ayurvedic Medicine Association, Light on Ayurveda Journal, and Washington Association of Ayurvedic Medicine.



David Simon, MD has had a life-long interest in healing. At the University of Minnesota, he majored in anthropology with focus on the role of the healer in non-Western cultures. Dr. Simon studied medicine at the University Of Chicago Pritzker School Of Medicine, training in internal medicine and neurology. He has given numerous presentations to health care providers, the media, and the general public. He is instrumental in developing several courses with Dr. Deepak Chopra and is co-author of the book *The Wisdom of Healing*. As Medical Director of the Chopra Center, Dr. Simon has primary responsibility for its numerous scientific research programs, including studies on the role of mind-body approaches in prenatal care, heart disease, and cancer. He is the recipient of a grant from the National Institutes of Health, Office of Alternative Medicine, to study the potential benefits of a mind-body medicine program on improving health and reducing medical costs.



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.



Jeff Turner is an Ayurvedic Practitioner, Educator, and a Jyotishi. Together with his wife Susan they operate Living Ayurveda™, a premier integrated Ayurvedic clinic and education center in Pacific Grove, California, providing Panchakarma, Consultations and Ayurvedic treatments with an MD on staff providing conventional/holistic 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.



Jennifer Workman, M.S., R.D., has been incorporating Ayurveda, Yoga, and integrative/complementary nutrition into her practice since 1996. She has achieved tremendous success in helping her clients, maximize health, digestion, and energy, balance craving lose body fat, and maximize sports performance. Jennifer Workman has been approved by the American Dietetic Association (ADA), the International Sports Sciences Association (ISSA), and the American Council on Exercise (ACE) to teach Registered Dietitians and other Fitness Professionals.

Nama '05 - Conference Schedule

Thursday, October 20

- ⊙ 4:00 P.M. - 6 P.M. Hotel Registration/Check in
- ⊙ 4:00-5:30 P.M. Vendor Booth Set up
- ⊙ 5:00-6:00 P.M. Conference Registration
- ⊙ 6:30-7:15 P.M. Welcome to Vegas Dinner
- ⊙ 7:15-7:45 P.M. Greeting/Conference Opening/Invocation
- ⊙ 7:30 P.M.-7:45 P.M. President's Address and Introduction to the Weekend. Opening Prayers and Lighting of the Altar Candle

- ⊙ 7:45-8:45 pm



Keynote Speaker: Pandit Rajmani Tigunait, PhD
'Spirituality: Passage to Prosperity'

By bringing an attitude of spirituality into your work life, you can greatly enhance your leadership abilities and infuse your success in the material world with spiritual wealth. Spirituality begins by transforming your world view and your attitude toward yourself and others. Pandit Tigunait explains that through knowing who we are and becoming clear about our purpose in life, we can become truly happy, which is the greatest wealth.

- ⊙ 8:30-9:15 pm

Tantric Drumming

Let the Good Times Roll

Please note, our meals are being prepared by the Alexis Park Chef and Catering Department who have been most graciously working with Patti Garland, our Ayurvedic Chef from Chicago. We look forward to sharing the nourishing and sumptuous meals together throughout the Event.

Reproduction of The Conference Presentations are being made available by Backcountry Productions. Please visit them for information on obtaining copies.

Friday, October 21

- ⊙ 6:45-7:45A.M. Meditation/Yoga
BKS Iyengar Yoga Style with Aileen Epstein-Ignadiou (Las Vegas)
Pranayama-Saraswati Buhman

Session A-Morning: 8:00-12:30 P.M.

- ⊙ 8:00-8:15 A.M. Opening Prayer: Vasant Lad, BAMS, MASc
- ⊙ 8:15-8:30 A.M. Introductory Remarks: William Celentano, D.O. & Cynthia Copple
- ⊙ 8:30 -9:45 A.M. **The Collaboration of Ayurveda and Yoga**
Moderator: Julie Deife
Panelists: Pat Hansen, John Kepner, Joan Harrigan, Saraswati Buhman
- ⊙ Ayurveda and Yoga are two areas that have developed and complemented each other in their philosophy and focus of developing increased insight into our presence on Earth and in the Universe. This panel will introduce the concept of these ancient arts in further collaborative efforts. In modern society, we have greater need and opportunity for practitioners of these fields to work more closely together and address the developing issues of licensure, credentialing, promotion, qualifications of practitioners, education and research.

(10 minutes to change)

- ⊙ 9:55-11:10 A.M

A) The History of Yoga Therapy

Saraswati Burhman, PhD

The roots of Yoga as a healing tradition as well as a spiritual discipline, beginning with the Rg Veda and extending through the Hatha Yoga period. Although Ayurveda was not seen as an essential component of Patanjali's Yoga therapies for the mind, it is a necessary and integral part of Hatha Yoga therapy.

B) The Law and Ayurveda

Practical Guidelines for Licensed and Non-licensed Health Care Providers

Wynn Werner and Jeff Turner

Insight into legal issues affecting an Ayurvedic practice, various methods of limiting liability, avoiding legal conflicts and legal structure of ownership will be addressed.



- C) "Multiple Sclerosis thru the eyes of Ayurveda"

Jay Apte, BAMS

Addressing Recognition and Management

Multiple Sclerosis is a devastating disease changing a person's life, causing a myriad of symptoms such as loss of muscle strength in the extremities, incontinence bladder and bowels, pain, sexual dysfunction, difficulty in concentrating and focusing, depression hopelessness and much more. This presentation will focus on what help can be offered thru Ayurvedic management and Rejuvenative therapies.

- D) Yoga, Breathing and Ayurveda for Lifelong Fitness

John Douillard, DC, PhD

In Ayurveda exercise is performed in an arena of total peace and calm while unleashing your full human potential. Come and experience this first hand.

- ⊙ 11:20-12:30 P.M.

- A) AyurBasics I-The Dance of Tridosha

Cynthia Copple

Discover your body/mind type, the foundation of Ayurveda, and how to keep emotionally and physically balanced through natural and unnatural stresses.

- B) Sustainability in Ayurveda: Ecological and Clinical Perspectives

Sebastian Pole Lic OHM, Ayur HC

An open discussion of how the Ayurvedic community must start to be more aware of where our herbal remedies are grown and also how we can increase our own sattvic lifestyle to improve the quality of our Ayurvedic practice. Sebastian will discuss the vital issue of how healing the earth is integral to our own health and ability to help others heal.

- C) Hepatic Dysfunction: Clinical Assessment and Diagnosis

Virender Sodhi, MD (Ayu), ND

Hepatic dysfunctions are under-diagnosed. In today's society, everyone seems to have liver dysfunction. Both Hepatitis B and C have taken dynamic forms in our world today. Success rate for a cure is slim. During this lecture, Ayurvedic herbs for the treatment of Hepatic dysfunctions will be discussed. Many clinical cases along with research will be presented.

- D) Yoga and Yoga Therapy: Classical Models, Contemporary Practice and Modern Science

John Kepner

This is a brief introduction to Yoga as therapy, as might be presented at a typical survey course on Complementary and Alternative Medicine for medical students or a hospital using, in part, articles from the International Journal of Yoga Therapy and drawing upon the author's experience at these events. In part, this is aimed at the how to of providing a perspective of this vast canvas to health care practitioners.

- ⊙ 12:30-1:30 P.M. Lunch

Session B-Afternoon: 1:45-4:30 P.M.

- 1:45-3:00 P.M.

- A) The Yoga of Puja Therapy

Vasant Lad, MASc

Evidence is accruing that prayer, chanting, meditation, and other forms of Spiritual practice have a strong effect in the process of healing physically, mentally, and emotionally. Dr. Lad shares with us the potentials of using 'puja' or worship of the Divine, as a resource to unify, strengthen, and focus our healing and rejuvenating powers.

- B) Paper presentations-Pranayama, Yoga, Meditation

- i) *The power of alternate nostril breathing*

Felicia M. Tomasko

Nadi shodhana (alternate nostril breathing) is one of the most traditional pranayama practices. This talk will review textual origins, the current medical research and brain imaging research, case studies, teaching the practice to clients.

Nama '05 - Conference Schedule

Ayurveda and Spiritual Emergence: a look at two case studies

Saraswati Buhrman, PhD

Treating spiritual emergence difficulties effectively requires not only a working knowledge of Ayurvedic medicines and vata-pacifying therapies, but also an understanding of the upanishadic kosha model of human consciousness as well as Yogic and Tantric subtle body theory. Two case studies: 1) an activation of kundalini and 2) a jnana yoga awakening not involving kundalini but affecting other subtle body energies.

iii) Vipassanā, Ayurveda, & public health.

Raj Ashok Guru

Meditation is recognized to create a calmer mind and is adapted in therapies relating to mental stress, an accepted etiological factor in all diseases. This paper examines Vipassanā meditation to propose a plan to develop a preventive healthcare system at the community level.

C) Rejuvenation through Marma Therapy and Herbal Rasayanas

RK Mishra, BAMS, GAMS, DSc

Transdermal healing—healing through the medium of the skin—has been extensively described in many ancient ayurvedic texts. By integrating the systems of Marma Point therapy and transdermal absorption of herbal rasayanas that restore balance to mind and body, we can fully take advantage of the herb's healing ability.

D) Yoga for Chronic Diseases

Patricia Hansen

Chronic ongoing illnesses present some of the most difficult and devastating care issues to Western medicine. Fibromyalgia, Chronic Fatigue Syndrome, Rheumatoid arthritis, and debilitation secondary to cancer and its treatment are but a few of the long list that may find some benefit with the assistance of adjusted yoga care. Patricia has developed a special approach to finding and meeting the needs of those that may not be able to follow a more standardized regimen of Yoga practice and shares some of her insights in this presentation.

⊙ 3:00-3:15 P.M. Break/Browse

⊙ 3:15-4:30 P.M.

A) AyurBasics II-PanchaKarma-Cleansing & Rejuvenating

Vivek Shanbhag, MD (AYU), ND

One of the 'treasures' of Ayurveda has been preserved thru the ages in the format of the 'five actions' of panchakarma. Dr. Shanbhag will introduce these processes and explain the therapeutic properties in the care of chronic diseases.

B) Ayurveda, Yoga and the Mind: Psycho-Spiritual Disorders

Joan Harrigan, PhD

Psycho-spiritual disorders can include difficulties associated with some types of Kundalini risings resulting in energetic discomforts, paranormal phenomena, and unexpected spiritual experiences or may be due to astral interference or karmic issues. Complicated by deficiencies in the chakras, vayus, nadis, brain centers, and functions of mind, these subtle body problems may be difficult to diagnose and resilient to standard interventions. They can be better understood and addressed through the teachings of Yoga and Ayurveda.

C) The Value of Prenatal PanchaKarma in preparing for a New Birth

Jaisri Lambert

Ayurveda suggests Panchakarma for all expectant parents, but if only one parent can receive the individualized purification protocols, it is better the mother benefits. Today's mother-to-be may be in her forties, have a history of birth control pill use, worked during her menstrual flow or otherwise compromised her hormonal balance. Jaisri will explore how expected mothers can prepare a healthier body to help welcome a spiritual soul.

The Assessment and management of acute and chronic Vata disorder

Rucha Kelkar, BAMS

A presentation of the Ayurvedic protocol for imbalances caused by the "King of Doshas" - Vata. This will be followed by discussion of the treatment and case studies.

⊙ 4:30-5:30 P.M.

Hatha Yoga Flow Style with Sasha Kastor (Las Vegas)-

⊙ 6:15-7:15 P.M Evening Dinner



Welcome to Las Vegas Address

Warren Evins, MD, President-Nevada State Medical Society
Past President of the Clark County Medical Society.

Dr. Evins is a well known and much respected member of the Las Vegas Valley medical community. He has been in the practice of medicine in Las Vegas for over 24 years. He maintains a high level of watchful activity in safeguarding the delivery of healthcare in Nevada.

⊙ 7:30-8:15 P.M



Keynote Speaker-Palitha Serasinghe, BAMS, PhD

Development of Research, Education, and Our Role in the Healthcare Community

The Importance of Developing a High Standard of Education and the Mandate for Research in the Fields of Ayurveda and Yoga.

⊙ 8:30-9:30 p.m.



Satsang with Swami Beyondananda

Swami Beyondananda's ongoing mission is to heal the body politic and cure electile dysfunction by focusing more on universal truth through humor and less on political issues.

He uses mind-opening comedy to create heart-opening laughter, presenting "comedy disguised as wisdom" and "wisdom disguised as comedy." Swami Ji will answer live questions from the audience. As Swami says, "I will answer your questions, and you will question my answers!" **WHEN YOU SEE A SACRED COW ... MILK IT FOR ALL IT'S WORTH**

⊙ 9:30-10:15 P.M. Kirtan and Chanting

Kirtan is an opportunity to Sing, To Dance, To Breathe!

Led by Jim Benetti of the Art of Living Foundation-Las Vegas - Since 1992, Jim and Joy Benetti have made available the Art of Living Courses. Designed by founder Sri Sri Ravi Shankar, the courses provide practical skills that go beyond mere concepts to eliminate stress and allow one to experience greater joy, love, peace and health. For the past five to six years, Jim and Joy have held monthly Full Moon Satsangs in the Las Vegas Valley. The Satsangs include guided meditation, bhajan singing and vegetarian potluck and fellowship.

Saturday, October 22

⊙ 6:45 - 7:45 A.M. Hatha Yoga Flow Style with Darla Safire (Las Vegas)

⊙ 7:45-8:45 A.M.-NAMA Board Meeting

⊙ 7:50-8:50 A.M.

1) Paper Presentations:

i) Options in treatment of Lumbar Disease

Dr. Prashant Acharya

The Efficacy of Chandanabala lakshadi Taila (CBL) in Degenerative Changes in Kati Shoola (low backache) or katyashritha vata.

ii) The use of Ayurveda and Tibetan Cranial in a case of severe trauma.

Nita Desai, M.D. How an integrated approach using Ayurveda, allopathic medicine and Tibetan Cranial allowed complete recovery after a near fatal accident that left the patient severely disabled and with multiple medical problems.

iii) A study testing an education-based, individually adjusted, home applied method, focusing on the physiologic principles of Ayurveda and encompassing the development of self-referential behavior in an individual's relationship to food, dining, daily routine, elimination, appetite. Thomas Yarema, M.D.

2) Yogic Laughter with the "lord of laughter", Arya Pathria. Laugh your way out of problems and share the benefits of laughter for health, happiness and peace, reduce your Stress and bring Positive Energy. An interactive session to participate in laughter and its benefits in our daily life to reduce stress.



Nama '05 - Conference Schedule

Session C-Morning: 9:00-12:30 P.M.

- ⊙ **9:00 - 9:45 A.M. The Scientific Basis of Mind-Body Medicine**
Addressing the Neuro-Psycho-Immunological Basis of Health and Disease
David Simon, M.D. Co-Founder and Medical Director of the Chopra Institute
Dr. Simon will present an overview of the growing body of research evidence supporting the efficacy and value of a more holistically oriented approach to healthcare paying specific attention to the interconnections and responsiveness between the psyche and the functioning of the neurologic and immune systems.
- ⊙ **9:45-11:00 A.M. Pancha Karma Panel of Experts**
Moderator: Cynthia Copple
Panelists: Vasant Lad, Palitha Serasinghe, Vivek Shanbhag, Virender Sodhi
Join four renowned Ayurvedic Practitioners with many years of experience as they present some of their most challenging Pancha Karma cases. They will discuss the use of specific therapies, oils, and herbal formulas, as well as how they handled any difficulties that may have arisen. This panel is for those with some background knowledge and/or experience of Pancha Karma. Research supporting these Ayurvedic modalities will be presented and the session will conclude with Question and Answers.
- ⊙ **11:00-11:15 A.M. Break**
- ⊙ **11:15-12:30 P.M.**
 - A) **AyurBasics III-Oil therapies/Aromatherapy**
Light Miller, ND
Explore the medicinal uses of Indian oils and attars, charka anointment, abhyanga, personal blend preparations, and home remedies according to Ayurvedic body types.
 - B) **Awaken Within' Pancha Karma Sequence**
Mary Jo Cravatta, DC
This workshop style presentation will incorporate the sequence allowing you to tap into a deep state enlivening and facilitating the release of cellular memory
 - C) **Nutrition for Agni/Digestive Dysfunction**
Jennifer Workman, RD
An alarming and common frequency of digestive dysfunctions is being seen regularly by healthcare practitioners. Reflux disease, gastritis, ulcer development, dyspepsia, irritable bowel syndrome, inflammatory bowel disease to name a few. The assessment and management from a nutritional and dietary approach incorporates the importance of developing proper digestive functioning or care of the 'Agni'.
 - D) **Integrative Medicine Panel**
Moderator: William Celentano, D.O.
Panelists: Jay Glaser, M.D. John Douillard, D.C., PhD, Bhaswati Bhattacharya, M.D. Angela Hope-Murray, D.O.
The integration of a holistic approach to healthcare is reviewed thru research review, case history, and panel discussion. The perspectives of primary care physicians practicing both holistic and mainstream medicine in clinic and academic environments will be explored, as well as, the contrast of perception about Ayurvedic medicine by medical doctors in India vs. the U.S.

12:30- 1:30 P.M. Luncheon Feast

Session D-Afternoon: 1:45-4:30 P.M.

1:45-3:00 P.M.

- A) **AyurBasics IV-Cleansing the Mind & Heart**
Aparna Bapat, BAMS
The value of sound mind, sound body has been valued in Ayurveda as a

basic premise. Dr. Bapat shares her insights into developing and maintaining this often delicate balance in today's society.

- B) **'Creating a Panchakarma program in a US urban setting'**
Bhaswati Bhattacharya MPH, MD
This session will explore the challenges and rewards of setting up a panchakarma treatment program in New York, contrasting centers around the US and highlighting lessons learned. The major issues of setup will be discussed, including 'authenticity,' medical-legal requirements, education vs. clinical aspects, research potential and product use.
 - C) **Facing the Questions of Toxicity and Efficacy**
Moderator: Kumar Batra
Panelists: Palitha Serasinghe, BAMS, PhD, Partap Chauhan, BAMS, VR Karupathy, M.D. Wynn Werner
A number of important questions have recently arisen regarding the difficulties with quality control of herbal remedies, as well as substances generally considered as toxic in nature incorporated into the formulas. This panel will meet as a forum to review and discuss these concerns and develop a strategy to meet the present and future challenges.
 - D) **Ayurvedic Dermatology/Skin Care**
Moderator: John Douillard, DC, PhD
Panelists: RK Mishra/Tara Grodjesk/Vivek Shanbhag
From the ayurvedic perspective, there are three subdoshas that regulate skin health and appearance, Vyana Vata, Bhrajaka Pitta, and Shleshaka Kapha., These govern circulation in the skin, modulate the sense of touch, skin temperature and the biochemical processes that occur in the skin, as well as, regulating the moisture levels and lubrication. When these three subdosha are in balance, the skin enjoys perfect health. ...
This panel of Skin Care Specialists will review and discuss the implications for developing a rejuvenated appearance and quality of the 'largest organ of the body'. Discussions will range from general skincare and management of chronic dermatologic conditions.
- ⊙ **3:15-4:30 P.M.**
- A) **The Alchemy of Medicine**
Partap Chauhan, BAMS
Alchemic or Rasa Shastra medicines of Ayurveda are well known for their instant results especially in chronic and the so called 'incurable' diseases. There are many misconceptions about 'alchemy' and 'metallic' medicines have been a topic of discussion recently. In this lecture Dr. Partap Chauhan, an expert in Rasa Shastra and well known for treating difficult and incurable diseases, will reveal the scientific basis of Rasa Shastra and use of metals in medicines.
 - B) **Developing Research Protocols**
Jennifer Rioux, PhD, Palitha Serasinghe, BAMS, PhD, VR Karupathy, M.D.
Overview of concepts, themes and issues involved in developing an agenda for Ayurvedic Research in the U.S. Discussion of recent research in terms of design of studies, use of Ayurvedic knowledge base, and interpretation of data.
 - C) **Jara', the Study of Aging and the research supporting Panchakarma**
Jay Glaser, M.D.
"Can Ayurveda really make you younger?"
"What is aging? Can it be really be reversed or is that just hype offered up by spa owners and true believers in the ancient texts? In this lively forum, Jay Glaser, MD lays out the research and answers your toughest question
 - D) **Special Issues in Women's Health Care**
Moderator: Aparna Bapat, BAMS
Panelist: Rucha Kelkar, BAMS, Jaisri Lambert, Jay Apte, BAMS, Light Miller, ND

Nama '05 - Conference Schedule

Acutely attuned to the rhythms of nature and time, Women's health concerns are especially consistent with the approaches recommended thru Ayurvedic care. Within this framework of Ayurveda, each Panelist will address a particular aspect of possible imbalance and its prevention or treatment. A focus will be placed on specific cyclical changes and the psychological implications involved. Participants will, also, learn specific applications that nurture and heal the beautiful female body through natural means.

⊙ **4:45-5:45 P.M.**

Anusara Yoga with Karen Lane (Las Vegas)

Evening Banquet Dinner 6:30-7:30 P.M.

Welcome to Las Vegas Address
Warren Evins, MD, President-Nevada State Medical Society
Past President of the Clark County Medical Society. Dr. Evins is a well known and much respected member of the Las Vegas Valley medical community.

⊙ **7:30-8:30 P.M. -Keynote Speaker David Simon, MD**



Ayurveda for the Western Soul
David Simon, M.D.

Based upon his experience as medical director of the Chopra Center for Well Being over the past decade, David will share his vision of how Ayurveda can find a loving home in Western society. He will encourage practitioners to embrace ten principles which help translate the perennial wisdom of Ayurveda into a contemporary framework.

⊙ **8:30-10:00 P.M. Special Evening Concert:**



Shafaatullah Khan, Master of the Sitar and Tabla, accompanied by Sandip Thanki. Applause has never been a yardstick for success for Shafaatullah Khan, the rising star in the world of classical music, but the thunderous ovation never ceased throughout his performance on the tabla and sitar at the Tagore Theatre here today."

Sunday, October 23

⊙ **6:45-7:45 A.M.**

Hatha Yoga Flow Style with Felicia Tomasko (Santa Barbara)

⊙ **7:45-8:45 A.M. - NAMA Board Meeting**

⊙ **7:50-8:50 A.M.**

1) Paper Presentations:

a) Healing People, Healing Space etc.

The synthesis of Ayurveda and Vastu for complete health
Romila Santosh (UK College of Ayurveda)
Modern research shows that health is affected by emotional states and negative thought patterns which may manifest physical symptoms. The effect of decor can be made so that the environment can nurture and nourish contributing to better health for mind, body and soul.

b) Case study of Rheumatoid Arthritis treatment thru Ayurveda

Dr. Yash Mannur

c) Rasa and Bodhaka Kapha

Trilak Abhilashi
'Rasa' is the backbone of Ayurveda. Bodhaka kapha plays the most significant role in sustaining our life because it is responsible for the beginning of manifestation of rasa dhatu.

2) Yogic Laughter with Arya Pathria

Session E-Morning: 9:00-1:00 P.M.

⊙ **9:00-9:45 A.M. Keynote Speaker-Alakananda Ma**



'Healing is in the Heart of the Divine':

Where does true healing arise and how can we access it? A heart-opening and inspirational approach to healing ourselves and others.

⊙ **9:45-11:00 A.M. 'Rejuvenation of Mind, Body, Spirit-Life in the Desert'**

Moderator: Wynn Werner

Panelists: Vasant Lad, Alakananda Ma, Joan Harrigan, Vivek Shanbhag

A forum sharing the 'wisdom and promises' from ancestral practices of both Spirituality and healthcare, inquiring into a possible synthesis of these traditions, and the validity of including these concepts into modern day lifestyles.

⊙ **11:00-11:15 A.M. Break**

⊙ **11:15-12:30 P.M.**

A) Meditation and Healing

Alakananda Ma

In this experiential workshop we will look at what both ancient texts and cutting edge research say about meditation in relation to healing and will learn some profound healing meditations.

B) Spa Adaptations of Ayurvedic Body Therapies

Tara Grodjesk

Learn how some of the classic Ayurvedic therapies such as Shirodhara, Abhyanga, Lepana have been successfully adapted for spa treatment programming. Ayurvedic treatments can be tailored to be more "mainstream friendly" while still maintaining credibility and authenticity. Ayurvedic philosophy of beauty has an important role to play in spas. A demonstration of an Ayurvedic facial presents a model for integration of Ayurveda in spas.

C) Deep Cleansing of the Body and Soul

John Douillard, D.C. and Karyn Chabot

The value of developing a harmony between body, mind, and soul is a main theme in both Ayurveda and Yoga. Extending this concept into our continuing care can help enhance and prolong the sense of vitality, peace, and clarity we experience. We need to release the stress related toxins from both body and spirit.

Learn the secrets of non-preserved Ayurvedic skin care and its connection to optimal health. Sacred Stone Therapy combines the art of stone bodywork with the ancient science of Ayurveda with a focus on anchoring the first and second chakra and directing energy towards the "terminal ends" of the body. The beauty of Sacred Stone Therapy is manifested in the compassion extended from the therapist to the client, which becomes imprinted within the matrix of each stone.

D) Snehana: Scientific and Spiritual aspects of Oils for Health Maintenance

Angela Hope-Murray, D.O.

The use of oil therapies, both internally and externally, extends back to the beginnings of Ayurveda. The many substances that can be incorporated can enhance our connections with the elements of Space, Air, Fire, Water, Earth and, also, deepen our connection with Spirit. Today a growing body of evidence supports what has been observed, experienced, and shared by the sages of the distant past.

⊙ **12:30-1:00 P.M. Closing Ceremony, Prayer and Thanks**

Prepare for NAMA 2006-New York, New York!

⊙ **2:15-5:15 pm Special Post Conference Workshop(s):**

(Extra Registration)

A) Palitha Serasinghe and Tokie Kajihara -Intricacies of PanchaKarma and Weight Loss Management

B) Vasant Lad-Secrets of the Pulse

C) Partap Chauhan-Further Secrets of Rasa Shastra

D) Vivek Shanbhag-Traditional Herbal Formulas for Chronic Conditions

Those who live in accordance with these divine laws without complaining, firmly established in faith, are released from karma. Those who violate these laws, criticizing and complaining, are utterly deluded, and are the cause of their own suffering.

-Bhagavad Gita 3:31-32