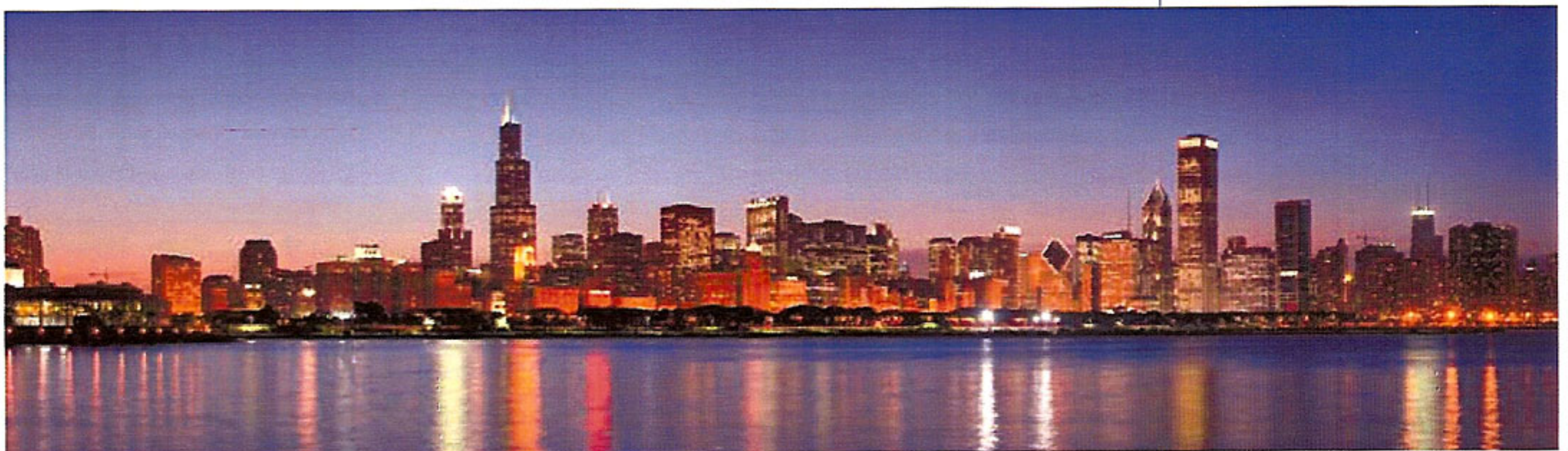




NAMA 2008

THE NEW FRONTIER OF HOLISTIC MEDICINE

A RESTORATION TO
WHOLENESS IN HEALTHCARE



**National Ayurvedic
Medical Association
Sixth Annual Conference**

**Chicago
October 16 - 19, 2008**

www.ayurveda-nama.org

KEYNOTE SPEAKERS

THE GRAND BALLROOM



1

MARC HALPERN | Friday 8:45-9:45AM
Ayurveda: Treating the Whole Person

Among the major holistic health sciences, Ayurveda stands out for its broad understanding of the human being, the causes of suffering and the path of returning to optimal health. Integrating an understanding of body, mind, consciousness and spiritual development, Ayurveda offers a model of healing that goes far beyond finding the ideal drug or herb. Ayurveda seeks out healing that is both total and complete. Using the model of the five koshas, this talk will explore the layers of healing that are both possible and necessary on the one journey that truly matters: the return to wholeness and the return to oneness.

DR. MARC HALPERN, DC, is the founder and President of the California College of Ayurveda. A respected teacher of Ayurvedic medicine in India and the West, Dr. Halpern received the Hakim Ajmal Khan award for Best Ayurvedic Physician from the Indian Minister of Health and Family Welfare in 2004. He is a co-founder of the National Ayurvedic Medical Association and the California Association of Ayurvedic Medicine. Dr. Halpern has written two textbooks on Ayurveda and has published many articles on Ayurveda and Yoga. He teaches regularly at the International Sivananda Yoga Vedanta Centers.

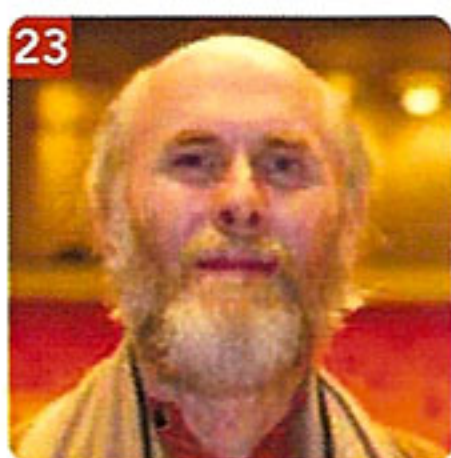


22

ROY EUGENE DAVIS | Saturday 7-8PM
Spirituality in Healthcare

To have optimal benefits from an ayurvedic life-style and wise application of therapeutic regimens, spiritual well-being should also be nurtured with a knowledge-based Yoga practice that is compatible with one's mind-body constitution and capacity to practice. Innate spiritual qualities then emerge, the body is vitalized, intellectual and functional capacities greatly improve, and the radiant purity of one's essence of Being illumines the mind and consciousness.

ROY EUGENE DAVIS, the director of Center for Spiritual Awareness with headquarters and a meditation retreat facility in northeast Georgia, has taught spiritual growth processes in the kriya yoga tradition for more than five decades. His books include *An Easy Guide to Ayurveda* and *The Science of Self-Realization*, a commentary on Patanjali's yoga-sutras. He was ordained by Paramahansa Yogananda in 1951.



23

DAVID FRAWLEY | Sunday 9-10AM
What Does Body, Mind and Spirit Mean through the Eyes of Ayurveda, Yoga and Jyotish?

Ayurveda, Yoga and Jyotish, as interrelated Vedic disciplines, reflect the same philosophy and perception of body, mind and spirit, defined as sharira, manas and Atman. Ayurveda focuses on the doshas that cause physical and psychological diseases. Yoga focuses on the gunas and kleshas that cause psychological and spiritual suffering. Jyotish focuses on the karmas behind how both body and mind function. The common link between the three is Prana. Jyotish shows how our prana is connected to Jyoti or the movement of light. Ayurveda shows how prana through the doshas becomes the foundation of our physical well-being. Yoga shows how prana connects to the Purusha or spirit as a tool to develop higher awareness. The talk will emphasize the benefits of using all three of these disciplines together as integral parts of the same greater approach.

DR. DAVID FRAWLEY, DOM, (Pandit Vamadeva Shastri) is regarded as an authentic Vedacharya or Vedic teacher. Over the last twenty years, he has written over twenty books and several courses on Yoga, Ayurveda, and Vedic astrology, which have been translated into fifteen languages and are regarded as authoritative texts in their fields. Vamadeva is the director of the American Institute of Vedic Studies in Santa Fe, New Mexico. He is one of the founders of the American College/Council of Vedic Astrology, an advisor to many Ayurvedic schools, and has taught at many Yoga centers and ashrams. The interrelationship of Ayurveda, Yoga and Vedic astrology is one of the main themes of his work.

PERSONAL TRACK


**9 Ayurvedic Nutrition:
Down the Rabbit Hole**

Friday 4:30-6:30PM | MADISON

Marc Halpern

Through the food we eat, we connect ourselves to the entire universe; to the past, the present and the future. There is little that is more sacred than the act of taking in food. When consumed with knowledge, respect and humility eating is more than nourishment, it is a sacred experience. During this workshop we will explore the role of Ayurvedic nutrition for bringing health and healing to the physical, subtle and causal bodies. We will integrate many ayurvedic concepts into the discussion including philosophy, dravya guna, psychology and disease management.

DR. MARC HALPERN is the founder and President of the California College of Ayurveda. He has written two textbooks on Ayurveda, *Principles of Ayurvedic Medicine* and *Clinical Ayurvedic Medicine* and has published articles in popular journals and magazines of Ayurveda and Yoga. He teaches regularly at the International Sivananda Yoga Vedanta Centers world-wide.


**10 Sanskrit: Keys to Understanding
Ayurveda, Yoga and Jyotisha**

Friday 4:30-6:30PM | DIRECTORS

Nicolai Bachman

Understanding the Sanskrit language is fundamental to exploring the sciences of Ayurveda, Yoga and Jyotisha. We will investigate numerous words and concepts that overlap these disciplines, and reveal how Vedic ideas provide the bedrock for all three. By chanting Sanskrit verses together with accurate pronunciation, we can experience their energy directly. Memorizing Ayurvedic sutras can contribute to our full comprehension of the topic at hand while enhancing our ability to teach others.

NICOLAI BACHMAN, MA (Eastern Classics), MS (Nutrition), RYT500 has been teaching Sanskrit, Yoga philosophy and Ayurveda nationally since 1994. His primary teachers are Vyaas Houston (American Sanskrit Institute), Vasant Lad (Ayurvedic Institute) and David Frawley (American Institute of Vedic Studies). He has authored several Sanskrit audio/visual learning tools including *108 Sanskrit Flash Cards*, *The Language of Yoga*, *The Language of Ayurveda* and *The Language of Jyotisha: Vedic Astrological Terminology*. Visit www.SanskritSounds.com for more information.


**11 One World, One Heart: Discovering
Global Unity through Chant**

Saturday 8:30-10:30AM | GRAND

Russill Paul

Chant heals! Come prepared to liberate your voice and dance your prayers to rich musical accompaniment. Periods of quiet meditation and informative teaching on the power of music and chant will serve to enhance these dynamic sessions. For millennia, cultures have developed in egoic isolation, locked into self-created exclusivisms, fearful of one other and suffocating in their prejudices. Perhaps necessary in its time, such attitudes are now destroying our world. During this course, we shall restore to our heart that love which the Divine originally indented for our species by honoring our differences and celebrating our unity. Through chant, dance and meditation we shall bring together the spiritual energies of many traditions and bear witness to one another as "world souls".

RUSSILL PAUL is author of the ground-breaking literary work *The Yoga of Sound: Tapping the Hidden Power of Music and Chant* (New World Library) and the music producer of several acclaimed chant CDs through The Relaxation Company, NY. Russill has taught in graduate and post-graduate spirituality programs for 17 years. He presents his work on sonic mysticism at retreat and learning centers nationwide. Russill was initiated into the sacred learning of Sanskrit and Indian music in several ancient temple cities of South India enabling him to develop the tools related to his lifework: The Yoga of Sound.


**16 Ayurveda Management in
Threatened Pregnancy(Garbha
Chalan) and Miscarriage (Garbha
Pat): Completing the Picture in
Women's Healthcare**

Saturday 11AM-1PM | MADISON

Sarita Shrestha

Every minute of every day, a woman and/or a child dies in pregnancy or childbirth somewhere in this world. ("Six hundred thousand women die every year in pregnancy and childbirth" – WHO, 2002). In Ayurveda, a woman is believed to be the "key to creation" because of her ability to give birth. This ability can bring joy, fullness and completion to the life as well as cause enormous and potentially life-threatening changes for the mother and her most precious creation.

SARITA SHRESTHA, MD Ayurveda, BAMS, received her specialty in Ob/Gyn at BHU. She has more than 25 years clinical and teaching experience in hospital settings and other healthcare facilities around the world. She is renowned in Nepal as their first female Ayurveda physician, as well as their first Ayurveda Ob/Gyn. Currently, she is founder and Medical Director of the Devi Ma Kunja Rural Ayurveda Hospital in Sipadole, Nepal where she has dedicated herself to providing affordable healthcare and education and maintains medical clinics in Kathmandu and Bhaktipur.

PERSONAL TRACK



17 Ayurvedic Spa Therapies 1

Saturday 11AM-1PM | DIRECTORS

Robert Sachs

Ayurvedic Spa recognizes the uniqueness of every client, assist them to appreciate themselves and share with them a path to discover their true beauty. This class will focus on a practical application of Ayurvedic principles by discussing the positive qualities of each of the doshas, ways to customize spa treatments using the six sense approach that focuses on touch, taste, sound, sight, aroma and heart connection plus dosha specific marketing techniques to ensure clients connect with products and services.

ROBERT SACHS is a Licensed Clinical Social Worker, a licensed massage therapist, yoga instructor, and has been a student of Indian and Tibetan spiritual and healing traditions since the early seventies. With his wife, Melanie, Robert runs Diamond Way Ayurveda, the foremost promoters of Ayurveda in the spa and beauty industries. Along with their newest release, *Ayurvedic Spa*, Robert is the author of *Tibetan Ayurveda: Health Secrets From The Roof of The World*, *Rebirth Into Pure Land*, *Perfect Endings: A Conscious Approach to Dying and Death*, *The Passionate Buddha: Wisdom on Intimacy and Enduring Love*, and *The Buddha at War*.



25 Ayurveda and Global Hunger

Sunday 10AM-12PM | MADISON

David Crow

This lecture will examine the roots of world hunger and its solutions as viewed through the macro-thinking of Ayurvedic philosophy. The complex interrelationships among economics, ecology, politics, agriculture and human consciousness will be diagnosed using holistic methods. Traditional Ayurvedic wisdom will shed light on the current world conditions, such as Caraka's insights into the causes of epidemics and the parallels between human and planetary physiology. The impact of hunger and poverty on Ayurvedic practice will be considered, and what steps practitioners can take to become socially engaged. Principles of Vedic agriculture will be outlined, and case studies of poverty alleviation and environmental restoration will be presented.

DAVID CROW is an acupuncturist and herbalist with twenty-five years experience. He is the author of *In Search of the Medicine Buddha*, a book about his studies of Tibetan and Ayurvedic medicine in the Himalayas. He is the founder of Floracopeia Aromatic Treasures, which supports ecologically sustainable agriculture through the production of essential oils and traditional attars. He is the founder of The Learning Garden which has helped bring cultivation of organic food and medicinal plants into the Los Angeles public school system. Mr. Crow's articles and work have been featured in numerous magazines. He can be contacted at www.floracopeia.com.



26 Ayurvedic Spa Therapies 2

Sunday 10AM-12PM | DIRECTORS

Melanie Sachs

Combining hands on experience, demonstration and discussion this class will teach two short marma sequences from the Tibetan tradition that address psychological stress and insomnia. One will demonstrate ayurvedic foot reflexology and kansa vataki foot massage with a three metal bowl. The second will be a discussion of ways that shirodhara, abhyanga and ayurvedic mud treatments are offered in the spa setting.

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

PROFESSIONAL TRACK



2 Fibromyalgia: Ayurvedic Interpretation and Treatment Approach

Friday 10AM-12PM | LAKESHORE

Dr. Carrie Demers

Fibromyalgia is a commonly diagnosed pain syndrome affecting about 5% of the population, the majority of which are women. As a functional pain syndrome, it has no detectable physical abnormalities, however from a patient point of view its symptoms can be devastating. Ayurveda sees the symptoms as a primarily Vata (wind energy) disturbance. This session will outline the modern medical approach to fibromyalgia, and then describe in more depth its Ayurvedic treatment. The Vata-pacifying advice being presented is applicable to many other Vata disease states.

DR. DEMERS, MD, board-certified in internal medicine, is a holistic physician who blends modern medicine with traditional approaches to health. After receiving her medical degree from the University of Cincinnati and completing her residency at Michael Reese Hospital in Chicago, Dr. Demers went on to study massage, homeopathy, nutrition, herbal medicine and Ayurveda. She is on the faculty of the Himalayan Institute, and has been Medical Director of the Institute's Total Health Center for the last 12 years.



5 PANEL DISCUSSION Case Study: Fibromyalgia

Friday 2-4PM | LAKESHORE

Carrie Demers



Mukunda Stiles

Brendan Feeley



A case review including applicable Ayurvedic treatments and outcomes, appropriate yoga therapies to support treatment and healing, and identification of the aspects of the Vedic chart which show signs of fibromyalgia. Discussion will include how all three disciplines can support treatment.

MUKUNDA STILES is the author of three books on Yoga and Ayurveda. His teachings are strongly influenced from being on the staff of four ashrams under the guidance of his guru, Baba Muktananda. He is on the Board of Advisors for the International Association of Yoga Therapists.

BRENDAN FEELEY is an internationally recognized author, speaker, teacher and consultant in Jyotish and Ayurveda. He holds graduate degrees in engineering and depth psychology as well as a doctorate degree in homeopathy. He has a diploma in Ayurveda and is a member of NAMA as well as a founding member and faculty of the American Council of Vedic Astrologers (ACVA). Brendan has been practicing in the Washington, DC area since 1993.



8 Arthritis Study: Whole Ayurveda Under Scientific Scrutiny

Friday 4:30-6:30PM | LAKESHORE

Ram Manohar

With CAM modalities of healing like Ayurveda gaining in popularity in the developed nations, attempts are being made to scientifically validate such practices. It is a challenging task to apply conventional research designs that are essentially reductionistic in approach to meaningfully evaluate a holistic and multimodal approach to health care like Ayurveda. One approach is to shrink Ayurveda into the reductionistic framework of science and another approach is to look at lower levels of evidence within a broader framework. A third approach would be to suitably modify the gold standard research designs without compromising the rigor of science and the holism of Ayurveda, an experiment that will be discussed.

DR. P. RAM MANOHAR is an Ayurvedic Physician by training and a post graduate in Ayurvedic Pharmacology. He is currently Director of Research, Arya Vaidya Pharmacy, Coimbatore. He is the PI on the Indian side of the first ever NIH funded research grant to scientifically study Ayurveda outside the United States. He is involved in important research projects on Ayurveda and has delivered lectures and published books and papers both in India and abroad. He is Member of Central Council of Indian Medicine, Govt. of India and Research Advisor, National Commission for History of Science, Indian National Science Academy.



12 Ayurvedic Management of Irritable Bowel Syndrome

Saturday 8:30-10:30AM | LAKESHORE

Partap Chauhan

IBS indicates an irritated state of the colon and digestive tract. According to Ayurveda, the symptoms result from an irritated state of mind and Jatharagni (digestive fire). Human beings are constituted of mind, body, senses, ego, intelligence and soul. Any abnormality in one of these components affects the functioning of the other. Anxious, stressed, angry or irritated mind (a state of increased rajas and tamas) leads to confusion in the mind. This confusion of mind manifests in the bowels leading to confusion in their function. Confused or deranged Jatharagni can result from aggravation of vata, pitta or kapha. Management of IBS includes balancing the Jatharagni and healing the mind by enhancing Sattva.

DR. PARTAP CHAUHAN, BAMS Ayurvedacharya is an author, educator and master Ayurvedic physician. He is the founder of Jiva Ayurveda, India and has traveled to more than 40 countries to teach and help patients suffering from chronic and "incurable" diseases. Dr. Chauhan has done pioneering work in telemedicine and launched the world's first Ayurvedic website (www.jiva.com) in 1995 and "TeleDoc", a telemedicine program for the poor villagers in India. He has a popular TV talk show in India on health channel "Careworld".

PROFESSIONAL TRACK



15 PANEL DISCUSSION Case Study: Irritable Bowel Syndrome

Saturday 11AM-1PM | LAKESHORE

Partap Chauhan

Christina Collins

Terri Kennedy



A case review including applicable Ayurvedic treatments and outcomes, appropriate yoga therapies to support treatment and healing, and identification of the aspects of the Vedic chart which show classic signatures of IBS. Discussion will include how all three disciplines can support treatment of the patient.

DR. TERRI KENNEDY, PhD, MBA, RYT, CHHC, is President of Power Living Enterprises, Inc. and a leading expert on Health & Productivity Management. With an MBA from Harvard, a PhD in World Religions, and training in Holistic Health and Yoga, Dr. Kennedy is Chair of Yoga Alliance, National Spokesperson for the American Heart Association, and is on the faculty at the Institute of Integrative Nutrition. She has been featured in various media including Oprah's book *Live Your Best Life!*



18 Hormonal Balance in Women

Saturday 2:30-4:30PM | LAKESHORE

Claudia Welch

Over the last century, women are increasingly suffering from osteoporosis, menopausal discomfort, heart disease and many other conditions related to hormonal imbalance. This imbalance reflects a world where it is more and more common to confuse energy with ambition and nourishment with ballast. We can use Ayurvedic principles to explain this phenomenon and to show us how to restore hormonal balance.

CLAUDIA WELCH, DOM, is a Doctor of Oriental Medicine and a practitioner of Ayurvedic medicine. She is an author of Eastern medicine and philosophy. Claudia serves on the teaching faculty of The Ayurvedic Institute and the Kripalu School of Ayurveda. Dr. Welch has lectured on Oriental and Ayurvedic medicines internationally and brings a depth of knowledge and a sense of joy to her presentations.



24 Migraines: Ayurvedic Interpretation and Treatment Approach

Sunday 10AM-12PM | LAKESHORE

Dr. Vasant Lad

The classic migraine headache is vata pushing pitta in the hematopoietic system. This imbalance is responsible for disorders of the cranial blood vessels. It will create either arthritis (inflammation of the arteries) or dilation of the carotid artery and visible pulsations in the temporal artery, leading to migraine. There is alternation in the tone of the pain of the migraine headache. There is a period of intensity of pain which often begins in pitta time 10:00 AM to 2:00 PM and then gradually subsides in the afternoon. Migraine headache can create pitta type of depression, which can be serious.

DR. VASANT LAD, Ayurvedic Physician, graduated with a Bachelor of Ayurvedic Medicine and Surgery (BAMS) from the University of Pune, India, in 1968 and received a Master of Ayurvedic Science (MASc) in 1980 from Tilak Ayurved Mahavidyalaya, also in Pune. A native of India, he served for three years as Medical Director of the Ayurveda Hospital in Pune and was Professor of Clinical Medicine at the Pune University College of Ayurvedic Medicine where he was an instructor for more than a decade. He founded the Ayurvedic Institute in Albuquerque, New Mexico in 1984.



THURSDAY
October 16

START	END	GRAND BALLROOM	LAKESHORE
6:00 PM	7:30 PM	EXHIBITOR TIME	
7:30 PM	10:00 PM	DINNER	

FRIDAY
October 17

START	END	GRAND BALLROOM	LAKESHORE
7:00 AM	7:50 AM	EXHIBITOR TIME	
7:00 AM	8:30 AM	EXHIBITOR TIME	
8:30 AM	8:45 AM	ORIENTATION	
8:45 AM	9:45 AM	1 KEYNOTE SPEAKER Marc Halpern	
10:00 AM	12:00 PM	2 Fibromyalgia	
12:00 PM	2:00 PM	LUNCH BREAK EXHIBITOR TIME	
2:00 PM	4:00 PM	5 PANEL Case Study: Fibromyalgia	
4:00 PM	4:30 PM	EXHIBITOR TIME	
4:30 PM	6:30 PM	8 Arthritis Study: Whole Ayurveda Under Scientific Scrutiny	
6:30 PM		RECEPTION	

SATURDAY
October 18

START	END	GRAND BALLROOM	LAKESHORE
7:00 AM	7:50 AM	Kerala Ayurveda	
7:00 AM	8:30 AM	EXHIBITOR TIME	
8:30 AM	10:30 AM	11 One World, One Heart: Discovering Global Unity through Chant	12 Irritable Bowel Syndrome
10:30 AM	11:00 AM	BREAK EXHIBITOR TIME	
11:00 AM	1:00 PM	15 PANEL Case Study: Irritable Bowel Syndrome	
1:00 PM	2:30 PM	LUNCH BREAK EXHIBITOR TIME	
2:30 PM	4:30 PM	18 Hormonal Balance in Women	
4:30 PM	6:00 PM	21 BOOK SIGNING 4:45-5:30PM	
6:00 PM	7:00 PM	BANQUET DINNER	
7:00 PM	8:00 PM	22 KEYNOTE SPEAKER Roy Eugene Davis	
8:00 PM	9:30 PM	RUSSILL PAUL IN CONCERT	

SUNDAY
October 19

START	END	GRAND BALLROOM	LAKESHORE
7:00 AM	7:50 AM	EXHIBITOR TIME	
7:00 AM	9:00 AM	EXHIBITOR TIME	
9:00 AM	10:00 AM	23 KEYNOTE SPEAKER Dr. David Frawley	
10:00 AM	12:00 PM	24 Migraines: Ayurvedic Interpretation and Treatment Approach	
12:00 PM	1:30 PM	LUNCH BREAK EXHIBITOR TIME	
1:30 PM	2:30 PM	27 KEYNOTE SPEAKER Dr. Vasant Lad	
2:30 PM	3:00 PM	CLOSING CEREMONY	
4:00 PM	6:00 PM	28 Ayurvedic Wellness	

PERSONAL TRACK PROFESSIONAL TRACK YOGA & JYOTISH

MADISON **DIRECTORS**

MADISON		DIRECTORS	
EXHIBITOR TIME			
YOGA PRACTICE Sponsored by LA Yoga Ayurveda and Health		MEDITATION Roy Eugene Davis	
EXHIBITOR TIME			
3 Therapeutic Uses of Pranayama		4 The Karmic Code: Introduction to Jyotish, Karmic Theory and the Vedic Planetary Periods	
LUNCH BREAK EXHIBITOR TIME			
6 Yoga, Hormones & Ayurveda		7 Medical Jyotish: Key Elements in the Vedic Chart	
EXHIBITOR TIME			
9 Ayurvedic Nutrition: Down the Rabbit Hole		10 Sanskrit: Keys to Understanding Ayurveda, Yoga and Jyotisha	
YOGA PRACTICE Sponsored by Yoga Chicago		MEDITATION Roy Eugene Davis	
EXHIBITOR TIME			
13 The Ancient Ayurveda Yoga Series: A Healing Sequence		14 Signs of Life: Identify Immune System Strength through a Vedic Astrology Chart	
BREAK EXHIBITOR TIME			
16 Ayurveda Management in Threatened Pregnancy and Miscarriage		17 Ayurvedic Spa Therapies 1	
LUNCH BREAK EXHIBITOR TIME			
19 Adapting a Yoga Practice Seasonally		20 Finding the Missing Factor: When/Why Illness Occurs	
BREAK EXHIBITOR TIME			
YOGA PRACTICE Sponsored by Yoga+ Joyful Living		MEDITATION Roy Eugene Davis	
EXHIBITOR TIME			
25 Ayurveda and Global Hunger		26 Ayurvedic Spa Therapies 2	
LUNCH BREAK EXHIBITOR TIME			
29 Creating Yantras: A Practical Exploration of Meditating		30 Remedial Measures of Vedic Astrology and How They Relate to Ayurveda and Yoga	

YOGA & MEDITATION PRACTICE POST CONFERENCE

Registration is open on Thursday from 12 – 5:50pm

Breakfast direct pay to hotel

Select two-hour sessions may be eligible for Yoga Alliance CEUs for registered yoga teachers.

Sponsors and exhibitors booths will be open throughout the conference.

Tonight's reception is courtesy of NAMA and our partners ACVA, IAYT, and Yoga Alliance

Breakfast direct pay to hotel

The Silent Auction booth will be open until 2:30pm on Saturday. Winners will be announced after the concert.

Breakfast direct pay to hotel

Keynote addresses and regular session presentations will be audio taped by Backcountry Productions. CD's will be available for sale at the end of the conference and for order after the conference. Post-conference sessions and Russill Paul presentations will not be taped.

Post conference sessions require a separate registration

Schedule is subject to change – look for updates at registration.

YOGA & JYOTISH



3 Therapeutic Uses of Pranayama

Friday 10AM-12PM | MADISON

Gary Kraftsow

In this session, we will explore the therapeutic applications of breath and movement in the context of the ancient teachings of pranayama, and their relevance in working with troubling physiological or psychoemotional conditions. Although the class will emphasize theoretical application, it will include a practical application.

GARY KRAFTSOW has been a pioneer in the transmission of yoga for health, healing and personal transformation for over 30 years. After beginning his study of yoga in India with T.K.V. Desikachar in 1974, Gary founded the American Viniyoga Institute in 1999. He developed, directs and serves as senior teacher of AVI's teacher and therapist certification programs. Gary is the author of two books and created two yoga therapy DVDs, using the unique Viniyoga approach of adaptation to suit the needs of the individual.



4 The Karmic Code: Introduction to Jyotish, Karmic Theory and the Vedic Planetary Periods

Friday 10AM-12PM | DIRECTORS

Dennis Harness

Examine the origins of Jyotish and how it can benefit an Ayurvedic or Yoga Practitioner. We will discuss the four levels of karmic theory and how it reflects our soul's karmic code or dharma for this incarnation. We will also explore the nine Vedic planetary archetypes and planetary periods or dashas (stage or condition of life), helpful in understanding the seasons of life, health issues and goals. This dynamic assessment techniques estimates when positive potentials as well as developmental challenges in health and/or career may occur. An overview of the relationship of the planets, houses and signs with Ayurvedic doshas will also be presented.

DENNIS M. HARNESS, PhD, is a professional astrologer who holds a doctorate degree in Counseling Psychology. For more than twenty years, Dennis has studied both Eastern and Western techniques of astrology. Dennis enjoys tutoring students for the ACVA certification program. He also teaches workshops on Vedic Astrology and Transpersonal Psychology throughout the world. Dr. Harness is the President of the American College of Vedic Astrology. He is the author of *The Nakshatras: The Lunar Mansions of Vedic Astrology*.



6 Yoga, Hormones & Ayurveda

Friday 2-4PM | MADISON

Hansa Knox

Yoga, Ayurveda and the hormones are integrated through the yogic concept that the macrocosm of the world is reflected in the microcosm of our body. The hormones, housed within the endocrine system, regulate the internal balances for the microcosm where we live. Utilizing ayurveda assessment, a practitioner can evaluate body, mind and Spirit imbalances. Through understanding the physical compromises that exist when the hormone system is not in balance, then applying the supportive tools and techniques of yoga (asana, pranayama, mudra, etc.), a practitioner may work towards returning to their natural Prakriti. In this workshop we will explore the relationship of hormones, the endocrine system, the subtle body, the manifestations that create an imbalanced life or disease and suggested tools to explore the journey to wellness.

HANSA KNOX is an ongoing student of Kripalu Yoga, integrating work from teachers who have offered insights on the path of yoga. She utilizes yoga, yoga cikitsa, ayurveda and massage in her practice. She owns PranaYoga and Ayurveda Mandala in Denver where she teaches yoga, yoga teacher and yoga therapy trainings. Hansa is a past president of Yoga Alliance and Yoga Teachers of Colorado. She has served on the Board of Kripalu Center, Sanga, International Yoga College and is an advisor to International Association of Yoga Therapists.



7 Medical Jyotish: Key Elements in the Vedic Chart

Friday 2-4PM | DIRECTORS

Ronnie Gale Dreyer

In this lecture, we'll introduce the key elements of the horoscope—planets, signs, and houses—and their correlations with parts of the body and health issues from a physical, psychological, and spiritual perspective. We will then show which planetary periods (dashas) and transits (current planetary positions) may make us vulnerable to these conditions, and what we can do to empower ourselves during these times. Ayurveda will be used to classify the planets and signs, and we will see how someone's overall temperament can be discerned through understanding the horoscope. Remedial measures will also be discussed. This presentation is open for all levels.

RONNIE GALE DREYER is an internationally-known consultant, teacher, and author of *Vedic Astrology and Healing Signs*. She has lectured throughout the world and is a pioneer in making Vedic astrology, which she studied in Benares, India, accessible to western audiences. A teacher for the ACVA (American College of Vedic Astrology) online program, Ronnie is astrologically-certified through NCGR (National Council for Geocosmic Research) and edits their newsletter. She received the Jyotish Kovid, and 2002 Regulus Award for Community Service.

YOGA & JYOTISH

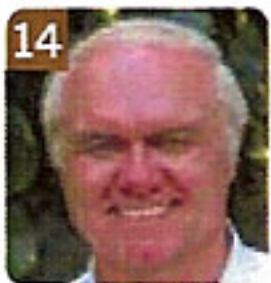


13 The Ancient Ayurveda Yoga Series: Twenty One Asanas, A Healing Sequence

Saturday 8:30-10:30AM | MADISON
Sarah Tomlinson

The special sequencing of the twenty-one asanas in the ancient ayurveda yoga series introduces the underlying healing nature of asana for the body, mind and spirit. The class is sequenced to unwind, balance and energize the body and mind and integrate all levels of being from the physical to the spiritual to bring you into harmony with your Inner and Outer Universe. Come and experience this for yourself! Whether you are new to yoga or a seasoned practitioner, Sarah will illuminate and guide you towards a new dimension in your practice.

SARAH TOMLINSON is a pioneer in the field of Yoga, Ayurveda, and healing with yantras. From extensive time in India with her teacher Harish Johari, Sarah shares the spiritual practice of working with yantras. Working with Gandharva Sauls (<http://www.yourlifeblueprint.net>) Sarah developed the Twenty-One Asanas, informed by her studies with Diane Long in the tradition of Vanda Scaravelli. See <http://www.yantratecture.com>. Sarah is the author of *Nine Designs For Inner Peace*, Inner Traditions Publishing, 2008

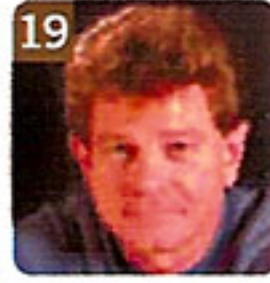


14 Signs of Life: How to Identify Immune System Strength through a Vedic Astrology Chart

Saturday 8:30-10:30AM | DIRECTORS
William Levacy

Why is it that two people can be exposed to the same environmental conditions and one gets a cold and the other comes down with pneumonia? The Vedic chart helps identify the "bala" or overall strength of the chart and signals times when the immune system might be weak and more vulnerable to illness. This class will explore the various Vedic astrology indicators for bala and what effect it has on resistance to diseases and speed of recovery from illness.

WILLIAM R. (BILL) LEVACY holds a B.A. in English, a Master's degree in Education and a Master's in the Science of Creative Intelligence. Bill has been a practitioner of Vedic astrology since 1983 and is one of the few Western recipients of the ICAS Jyotish Kovid award. Bill is the author of three best selling books on Vedic astrology, including *Vedic Astrology Simply Put*. Bill lives in Southern California. Visit his website at vedicastrologer.com



19 Adapting a Yoga Practice Seasonally

Saturday 2:30-4:30PM | MADISON
Doug Keller

Traditionally hatha yoga practitioners have been guided by Ayurveda to adjust their practice seasonally to suit the needs of their own Prakriti, or doshic constitution. We will explore the essential energies of the Prana that are at the root of the doshas through their combination with the elements, to provide an even fuller picture of how a well-tuned hatha yoga practice can appropriately nourish us with these energies of Prana in the context of the seasons. This will include exploration of the 'emotional' component called the 'Rasas' and their ties the seasons and our adjustments in our practice through pranayama and asana.

DOUG KELLER is a well-traveled yoga teacher, speaker and author, holding graduate degrees in philosophy from Georgetown and Fordham Universities as well as a wealth of experience from his years in the Siddha Yoga Ashram in India. He is the author of three books on yoga therapy, philosophy and pranayama. For two years, he has been a regular columnist for *Yoga+ Magazine*, addressing specific therapeutic problems. He is at the highest level of certification with Yoga Alliance and a member of the International Association of Yoga Therapists.



20 Finding the Missing Factor: When/Why Illness Occurs

Saturday 2:30-4:30PM | DIRECTORS
Christina Collins

Every natal chart holds the potential for illness or health and wellness. The current sky transits over the natal positions, along with the individual's personal timing system (vimshotari dasa), combine to determine when a delicate constitution will encounter illness. The beauty of Jyotish (Vedic astrology) is that we can know in advance when to fortify the constitution in order to avoid the illness that has not yet come. And, we can predict the timing and length of an illness to know when to expect the light (or improved health) at the end of the tunnel!

CHRISTINA COLLINS, Jyotish Kovid, Jyotish Vachaspati is a 3rd generation astrologer. She is the first and sole American woman to be honored by the highly held title Jyotish Vachaspati. She serves as faculty and on the board of ACVA and is CEO of Celestial Resources and The Academy for Vedic Studies where she serves corporate and private clients from students to celebrities. You can reach Christina by visiting <http://www.vedicastrologer.cc>

POST CONFERENCE



Ayurvedic Wellness

Sunday 4-6PM | LAKESHORE

Melanie & Robert Sachs

Join authors and Ayurvedic teachers, Melanie and Robert Sachs, in a two hour introduction to what Ayurveda can offer you in your day to day life for reducing stress, improving overall wellness, and a strong foundation for personal growth and awakening.

Melanie and Robert will present the Four Levels of the Ayurveda of Tibet, focusing especially on lifestyle recommendations and detoxification. They will also demonstrate and teach several short and simple body/mind techniques that you will be able to apply to your life immediately. Handouts will be provided.



Creating Yantras: A Practical Exploration of Meditating with Color and Sound

Sunday 4-6PM | MADISON

Sarah Tomlinson

Selecting and Coloring your chosen Yantra (sacred geometric image) in this workshop while exploring the audible accompanying Mantra (sacred sound syllable) will give you a unique experience of Tantra – the weaving together of yantra and mantra as a spiritual practice. This powerful practice handed down from the ancient seers of northern India brings immediate inner balancing and calm and awakens the potent place of inner healing. This is a practical workshop – you will take home your colored yantra to continue to meditate with at home. Material provided.

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Remedial Measures of Vedic Astrology and How They Relate to Ayurveda and Yoga

Sunday 4-6PM | DIRECTORS

Dr. David Frawley and Shambhavi Chopra



Vedic astrology prescribes remedial measures to treat diseases and to correct karmic imbalances. These fall into the Daiva Chikitsa of Ayurveda or its spiritual methods. They include the use of gems, mantras, yantras, prayers, pujas (rituals), yajnas (fire offerings) and other special methods. The same methods are common in the Tantric side of Yoga and in Bhakti Yoga (Yoga of Devotion).

The intensive will explore the relevance of these methods, particularly the use of mantras and worship of planetary deities, including their popularity in India today. It will show how spiritual methods can change our lives and aid in the treatment of disease, often being more effective than outer physical treatments.

VAMADEVA (DAVID FRAWLEY) AND SHAMBHAVI CHOPRA will teach the intensive together. They have taught various classes together before in the United States, India and Europe and also conducted retreats, covering such topics in an experiential manner.