



NAMA 2007

AYURVEDIC CONFERENCE

HEALTHY LIVING AND
PROFESSIONAL EDUCATION
AYURVEDA IN PRACTICE

**National Ayurvedic
Medical Association
Fifth Annual Conference**

**Albuquerque, New Mexico
October 18 - 21, 2007**

800.669.8914

www.ayurveda-nama.org



KEYNOTE SPEAKERS

SATURDAY, OCTOBER 20, 7:30- 9PM
THE ALVARADO BALLROOM



David Frawley
The Integration of Ayurveda and Yoga

Ayurveda and Yoga are sister sciences for healing, integration and transformation on all levels of our being as body, mind and spirit. Traditional Ayurveda emphasizes the treatment side of this process (Chikitsa), while Traditional Yoga aims at spiritual development (Sadhana). This means that Ayurveda presents us with a complete yogic system of medicine, with diagnosis and treatment of disease, disease prevention measures and life-style recommendations that reflect the same philosophy and world view as Yoga. Ayurveda is the ideal vehicle in which to prescribe Yoga therapies, not merely asana but all eight limbs of Yoga, which are all important for relieving suffering and promoting our ultimate well-being.

DAVID FRAWLEY or Vamadeva Shastri is a teacher and author on Yoga, Ayurveda, Vedic astrology and Vedic studies with over thirty published books in more than a dozen languages. He has worked extensively teaching, lecturing, conducting research and helping establish schools and associations in related Vedic fields over the last thirty years, including in Europe, India and the United States. He has studied and traveled widely gathering knowledge from various Vedic teachers and groups in a non-sectarian manner. Vamadeva is the director of the American Institute for Vedic Studies in Santa Fe, New Mexico, which offers courses and training programs and links with many other Vedic groups.



Vasant Lad
Entering into the Heart of the Patient with the Light of Knowledge

For true healing to occur, a physician must be able to enter into the heart of the patient with the light of knowledge and compassion in order to explore thoughts, feelings and emotions as they relate to psychosomatic concerns. The knowledge comes from thorough clinical education and training, but the ability to enter the heart and touch that person's being is based on insight gained from persistent clinical practice and the physician's connection with self and spirit. This allows for true healing and transformation to unfold.

VASANT LAD, B.A.M.S., M.A.Sc., received the degree of Bachelor of Ayurvedic Medicine and Surgery from the University of Pune in Pune, India in 1968 and a Master of Ayurvedic Science from Tilak Ayurved Mahavidyalaya in Pune in 1980. For 3 years he served as Medical Director of the Ayurveda Hospital in Pune, India. He also held the position of Professor of Clinical Medicine for seven years at the Pune University College of Ayurvedic Medicine, where he was an instructor for many years. In 1984, he founded and began as Director of The Ayurvedic Institute. Dr. Lad is the author of numerous articles and books.



Robert E. Svoboda
Ayurveda in Practice: Following the "Path of Juice."

Ayurveda, Jyotisha, Yoga, Vástu, Tantra, and similar Indian sciences that originated with the Vedas are known collectively as vidyas. Each of the several vidyas focuses on one aspect of life; all lead ultimately to personal realization of Reality. Properly practiced, any vidya offers a gateway to rasayana, "the Path of Juice," Ayurveda's rejuvenative practices. Rasa being life's "fluid reality," satisfaction in life develops when our juices arise and flow well. In its supreme form rasayana becomes Rasa Vidya (alchemy), a discipline which distills personal juice into one all-encompassing Parama Rasa, a transcendental savor of God-consciousness, the apotheosis of Ayurvedic practice. Why settle for anything less?

ROBERT E. SVOBODA is the first Westerner ever to graduate from a college of Ayurveda and be licensed to practice Ayurveda in India. During and after his formal Ayurvedic training, Robert was tutored in Ayurveda, Yoga, Jyotish, Tantra and other forms of classical Indian lore by his mentor, the Aghori Vimalananda. The author of more than a dozen books, he lived in India for more than a decade, after which he has continued to spend much of each year there and in other lands.

PERSONAL TRACK



3 Meditation, Neuroscience, and Neurotheology: The Evolution of the Science of Consciousness

Friday 10:30-11:50AM | RM FG

Martin Wuttke

Paths of spiritual awakening have a fundamental aim: to transform and refine the brain and nervous system so that innate divine potential can be realized. Due to recent technological advancements for measuring the brain's electrical activity (EEG), the markers of these brain changes are being identified. Mr. Wuttke will discuss the applications of this information and how it pertains to meditative practices and Ayurveda.

MR. WUTTKE is the Director of NeuroTherapy Centers for Health in the US and Europe. With over 25 years of experience in yoga meditation, he is uniquely qualified in combining the wisdom of ancient traditions with the scientific technologies of today as a way to facilitate healing and personal growth.



4 Sounds for Healing, Chanting and Mantras

Friday 1:30-2:50PM | RM A

Shanti Shivani

Sound is the bridge between the lower and higher worlds, the unconscious and conscious, the form and the formless. We will explore the power of sacred sound as a path of healing, empowerment and self-realization through the practice of Nada Yoga – The Yoga of Sound. In this ancient tradition, we tune our body through posture, body movements, abdominal breathing and specific vocal techniques. We will also taste several musical modes or raga scales. Ragas correspond to the different rasas or moods, so while singing a mode, we are harmonizing specific emotions in ourselves.

SHANTI SHIVANI is a singer /nada yogini /sound healer, internationally acclaimed seminar leader and recording artist. She brings a wealth of vocal, meditative and movement experience to her classes. Since 1981, Shanti has been the disciple of the esteemed Dagar family, masters of Dhrupad, the most ancient style of Hindustani Classical Music. She has been studying movement disciplines as well as sound and spiritual healing. She has been teaching internationally at conferences, in retreat centers, Ayurvedic centers, colleges, schools, hospitals and birthing homes and privately since 1986 and is currently living in Eugene, OR.



16 Ayurvedic Exercise for Practitioners

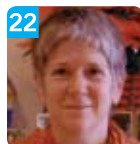
Saturday 10:30-11:50AM | RM BC

John Douillard

Learn how to use eastern and western exercise techniques to accomplish the integrated goals of Ayurvedic Exercise. In addition come and learn:

- Effortless Exercise: learn how to enjoy exercise for the first time ever.
- Human Potential Through Exercise: find the “eye of the hurricane” in exercise and plug it into your life.
- The Zone: make it the way you live everyday!
- Nasal Breathing Exercise: the key to mind body fitness.
- Learn how to exercise according to your type.
- Competition Therapy: external victories will come and go but inner victories are here to stay.

DR. JOHN DOUILLARD, D.C., Ph.D., is the author of *The 3-Season Diet* and *Body, Mind, and Sport*. His book *Perfect Health for Kids* was released early in 2004, followed by *The Encyclopedia of Ayurvedic Massage*. John received his training in India and holds a Ph.D. in Ayurvedic medicine from the Open International University. He co-directed Deepak Chopra's Ayurvedic center for eight years and has trained over 2000 Western doctors. He has been teaching Ayurvedic medicine, natural health, fitness, and nutrition internationally for nineteen years. Currently he directs the LifeSpa School of Ayurveda and practices Ayurvedic and chiropractic medicine at LifeSpa in Boulder, CO, where he lives with his wife and six children.



22 Ayurveda, Spirituality, and Yoga

Saturday 1:30-2:50PM | RM H

Joan Harrigan

Ayurveda and yoga offer a science of dharmic, purposeful living that provides the spiritual lifestyle, practices, and supplements needed to vitalize, purify, and effectively utilize our subtle and physical bodies as instruments for spiritual Realization. Based on truth and non-harming, Ayurveda and yoga are designed to give us the necessary level of health and understanding to successfully walk the spiritual path, break free from individualization and attain the unitary Goal of life. Health and longevity without higher spiritual purpose are insufficient to satisfy our deepest inner yearning or to address successfully our reason for existence.

BRI. JOAN SHIVARPITA HARRIGAN, Ph.D., was initiated as a brahmacharini in the Shankaracharya order in 1987. She has practiced, studied and taught Raja Yoga and Advaita Vedanta for over twenty years. She has been tutored by Swami Chandrasekharanand Saraswati as the designated successor of a lineage of Kundalini specialists, learning the oral teachings of Traditional Kundalini Science. She is author of *Kundalini Vidya: The Science of Spiritual Transformation*. The director of Patanjali Kundalini Yoga Care, a spiritual guidance service based at the Oneness Sanctuary in Knoxville, Tennessee, she is also a psychologist specializing in spiritual concerns.



PERSONAL TRACK

29



Perinatal Nutrition with Ayurveda

Sunday 11AM-12:20PM | RM FG

Ysha (Martha) Oakes

Mothers and babies have special processes in the childbearing year, asking for our powerful, little known, but simple nutritional supports. Doshic understanding helps but is not enough for pregnancy or postpartum. Postpartum agni is unique, where in spite of high nutritional needs, maternal digestion starts out weak. In ways, this often becomes the root of a long list of commonly seen problems in the short term including colic and mood disorders, and the seed of long-term hormonal, weight, joint and emotional problems. A Kayakalpa window gives special insight and guidance.

YSHA OAKES, D.Ayur. and P.PAD. has been working with mothers, babies, their families and related professionals for over 15 years. Her teachers include Maharishi Ayurveda, Dr. Saraswati Buhrman, Sarita Shrestha, B.A.M.S./OBGyn, Vasant Lad, B.A.M.S., Shirish Bhate, B.A.M.S. and many others. Author of multiple articles and 2 books on the subject, she is releasing her Ayurvedic Postpartum Cookbook this fall with co-author Aparna Khonalkar. Ysha is a natural childbirth mother of 3 grown children.

31



The Preparation of a Medicated Ghee

Sunday 12:30-1:50PM | RM A

Amanda J. Lyon

Medicated ghees are an important recommendation for all Ayurvedic practitioners, yet many practitioners have no personal experience in their creation. Ghee carries herbs to the deeper dhatus effectively without creating ama. Medicated ghees become cleansing or tonifying depending on your choice of herbs in formulation. They are simple to make, once the proper procedure is understood. Observe and learn how to prepare a medicated ghee from start to finish, with valuable tips to avoid burning as well as under-cooking your formula. Watch your treatments increase in effectiveness!

AMANDA J. LYON, C.A.S., P.K.S., is a graduate of the California College of Ayurveda (CCA). She is a certified Sivananda Yoga instructor, and is director of CCA's Herb Department. She conducts the college's Ayurvedic Herbalism Apprenticeship, Making Herbal Medicines course, Ayurvedic Yoga Trainings, and the Yoga, Sadhana and Healing course. Amanda has studied advanced pulse diagnosis with Dr. Mary Jo Cravatta since 2004 and practices at CCA's clinic.

PROFESSIONAL TRACK



2 Ayurveda and Integrative Medicine

Friday 10:30-11:50AM | RM BC

Amala Guha

Although Ayurveda is recognized as an alternative/Whole Medical System by NCCAM, a branch of National Institutes of Health (NIH) in the USA, fragmented practice of Ayurveda and lack of recognized Ayurvedic Medical Schools bring unique challenges to Ayurvedic health care providers and seekers alike.

In this presentation, the speaker will provide an insight to the role of teaching hospitals and medical schools in integrating Ayurveda into mainstream medicine, existing educational and clinical infrastructure and what we are doing to integrate non-conventional health care systems. Ayurvedic interventions and how they can/cannot be incorporated in conventional medicine under current conditions, challenges that we face and future directions are covered.

DR. AMALA GUHA, Ph.D., M.P.H., M.A., is an Assistant Professor of Immunology and Medicine, Director of Complementary and Alternative Supportive Care "CASC" at the University of Connecticut School of Medicine, CT. She is the founding president of the International Society for Ayurveda and Health (ISAH) and the editor-in-chief of the journal ELEMENTS. She teaches Ayurveda at the University of Connecticut School of Medicine and workshops accredited by the University of Connecticut School of Medicine. Dr. Guha is a fellow of the Leukemia Society of America.



5 The Use of Ayurveda in Modern Allopathic Pediatrics

Friday 1:30-2:50PM | RM BC

Paul Hoffman

Presentation of a pediatrician's experience using Ayurvedic techniques in a modern Pediatric practice and for home use. Topics include the use of readily available dietary manipulations to modify common doshic disorders, abyangha, herbal tea remedies, medicated oil treatments, ear lavage, and recognition of the child as a sentient being. Reference is made to the Kasyapa Samhita and other works.

DR. PAUL L. HOFFMAN, M.D. is Board Certified in both Pediatrics and Neonatology. He is currently the Medical Director of the Kerala Ayurveda Wellness Center in San Francisco, and the Mount Madonna Institute College of Ayurveda. He received his Ayurvedic training from Drs. Vasant Lad and Sarita Shreshta, and practices in the San Francisco Bay area.



7 Samprapti of Mutra and Shukra Vaha Srota Dis-ease: A Matter and Energy Field Approach

Friday 3-4:20PM | RM A

Bill Dean

In the allopathic matter field tradition common problems confronting practitioners are the inflammatory symptom complexes known as interstitial cystitis, prostatitis, stone formation and cancer, particularly prostate cancer. Although research continues to reveal potential molecular etiological factors, it is clear from the Ayurvedic energy field perspective what the causative lifestyle factors are. This presentation will elucidate values of both systems of approach and explain the dis-eases in the energy vernacular of Ayurveda. It is hoped through this that one will see the value of both field approaches and how they can coexist in a harmonious relationship in our contemporary society.

WILLIAM DEAN M.D., has been actively involved in the clinical applications of Ayurvedic medicine in his practice of allopathic urology since 1998. He has had a long time affiliation with the Chopra organization since 1995, educating the public about Ayurvedic lifestyle, meditation and its practical applications to prevent dis-ease in the physiology. He is a yoga practitioner and instructor and has studied with Yogi Amrit Desai since 2002. He is currently writing a book on the marriage of the matter and energy field disciplines.



8 Pathology as the Basis for Proper Treatment

Friday 3-4:20PM | RM BC

Marc Halpern

Discussions integrate concepts of nidana (etiology) and samprapti (pathology) as we trace the disease process from its primordial cause all the way through its unfolding in the body. A wide range of diseases from several systems will be integrated into the discussion in order to demonstrate how to use pathology as the basis of developing a proper treatment plan. Treatment modalities will also be discussed in relationship to treating the underlying pathology and will include the role of herbs, diet, panchakarma, yoga, lifestyle and general sensory therapies. Brings together the broader concepts of Ayurveda into a sound clinical model to be applied to patient care.

DR. MARC HALPERN is the founder and President of the California College of Ayurveda. He is a founding director of NAMA and the California Association of Ayurvedic Medicine. He is also the developer of the Ayurvedic Yoga Therapy programs presented at the Sivananda Yoga Vedanta Centers. Dr. Halpern has received the Hakim Ajmal Khan award for Best Ayurvedic Physician presented to him by the Indian Minister of Health and Family Welfare, Dr. A. Ramdas. A published author, he sits on the advisory board of Light on Ayurveda Journal and has appeared on CBS's *60 Minutes*.

PROFESSIONAL TRACK



9 Daily Marma Self-Care: How to Optimize Your Health and Happiness

Friday 3-4:20PM | RM FG

Vaidya R.K. Mishra

Marma points, or energetic trigger points, facilitate the circulation of prana - also known as the “life-force.” We will understand what prana actually is, why it flows, and how we can harness nature’s power to optimize our health, re-establishing physical stamina, emotional balance, spiritual bliss. We will also see how we can enhance yogic and meditation practices through specific marma points. All the knowledge will be presented from and based on sutras – practical definitions, elaborations, and localization of marma points according to Bhav Mishra and Bhav Prakash.

RAMA KANT MISHRA, B.A.M.S., D.S.C., is a world-renowned ayurvedic healer issuing from an ancient lineage of Shudh Ayurved Raj Vaidyas from the Shaka Vansya millennial tradition. Author of innumerable articles and co-author of *The Answer to Cancer*, he travels extensively in North America and Canada to give workshops and personal Ayurvedic educational consultations. He also offers on-line workshops, seminars, courses. He is currently teaching an extensive detailed course: The Carak Samhita A to Z.



12 Pathology of Eating Disorders from an Ayurvedic Perspective

Friday 4:30-5:50PM | RM BC

Alakananda Ma

Eating disorders are a widespread malady reaching across all doshic types and age groups as well as gender and socio-economic strata. We will discuss the pathology of eating disorders in relation to agni type, food allergies, psychological traumas and prakruti, illustrating our discussion with case histories. Both the commonalities of all types of eating disorders and their distinctive features will be highlighted, noting the different clinical strategies required for different doshic types.

ALAKANANDA DEVI, affectionately known as Ma, grew up in a small town in England. Following a mystical experience of vocation as a healer, she studied medicine at a top London medical school. After making her novitiate in an enclosed Cistercian abbey, she traveled to India where she met Raghudas, Sadananda and her Ayurveda guru, Dr. Vasant Lad. For five years, she lived the life of a traditional sadhvi (renunciate) on pilgrimage in India. One of the first Western physicians to dedicate her life to Ayurveda, Alakananda shares these ancient teachings at Alandi Ashram, founded by Sadananda and herself in Boulder, Colorado.



13 Pancha Karma Therapy: A Boon for Chronic Disease

Friday 4:30-5:50PM | RM FG

Shekhar Annambhotla

In Ayurveda, Pancha Karma therapy is considered a complete, holistic approach to the elimination of the root cause of each and every chronic disease. Today, in the USA, 70% of deaths are due to chronic diseases, not infectious diseases. Acharya Charaka has described that imbalances in Doshas can be pacified by Shamana therapies (palliation methods) such as administration of herbo-mineral supplements, lifestyle changes, adopting fasting, etc., but deep rooted imbalances in Doshas can be completely eliminated by the administration of Shodhana therapies (purification methods), such as Pancha Karma, including Vamana, Virechana, Niruha Basti, Anuvasana Basti and Nasya.

DR. SHEKHAR ANNAMBHOTLA is an internationally known Ayurvedic physician (Vaidya) and has been practicing and teaching Ayurveda worldwide since 1988. He is the Founder and Director of Ojas Ayurveda Wellness Center and American School of Traditional Ayurveda (ASTA), Lehigh Valley, PA, and Founding Medical Director of International Institute of Integrative Medicine (I3M) in Tangutur, Andhra Pradesh, India. He serves on the board of directors of National Ayurvedic Medical Association (NAMA) and as a faculty member of various Ayurvedic schools in the USA.



20 Assessment Skills

Saturday 1:30-2:50PM | RM BC

Manisha Madhavi

Ayurveda is a Science of life! Each one of us is entitled to live a long and healthy life. We welcome your efforts and hard work to learn Ayurveda and incorporate its essence in your daily practice. For professional application of this valuable science, we take help of some Assessment Tools like tongue, face, pulse, lips, eyes, nails, etc. while examining a patient. They are used to help in diagnosis and treatment of different Imbalances in the body and mind. With tongue examination, we can understand the level of toxins (ama) used to predict different diseases.

DR. MANISHA MADHAVI, B.A.M.S., is an Ayurvedic Physician, graduated from the prestigious Pune University. She specializes in Panchakarma therapies, lifestyle-diet consultations, herbal remedies, Ayurvedic cooking, Ayurvedic beauty therapies, pranayama and meditation. Blessed by her Guru, she has cultivated experience over 10 years. She has given lectures and written articles on multiple health topics, and is honored to be a part of NAMA, NIMA and IMA. She is a devotee of Ayurveda and offers her humble contribution at the altar of Ayurvedic healing.

PROFESSIONAL TRACK



21 Science of Synergistic Herb Combining in Traditional Ayurvedic Formulas
Saturday 1:30-2:50PM | RM FG
Vivek Shanbhag

Learn how herbs are combined for optimum benefits. For centuries Ayurveda has used specific formulas to both prevent and treat diseases. Various herbs in a traditional Ayurvedic formula enhance each other's actions by synergy. The herbs also reduce each other's undesirable effects, if any. The specific proportions of herbs in a traditional formula make it many times more effective than taking individual herbs separately. Many of the traditional formulas were envisioned by the Ayurvedic sages during their meditation.

DR. VIVEK SHANBHAG, N.D., M.D. (Ayu), B.A.M.S., C.Y.Ed., is a renowned Ayurvedic physician, educator, researcher and author. He is the Founder and Director of the AYU Ayurvedic Wellness Center—Academy, Clinic and Spa and a faculty member of Bastyr University in Seattle. His clinical, teaching and research experience spans over 27 years. Dr. Shanbhag was awarded the prestigious I.I.M. Gold Medal for his MD (Ayurved) Research Thesis. He is a member of the Board of Directors of National Ayurvedic Medicine Association, Light on Ayurveda Journal and Washington Association of Ayurvedic Medicine.



24 Pulse Assessment – Developing Intuition through the Pulse
Saturday 3-4:20PM | RM BC
Vasant Lad

Ayurvedic pulse assessment gives practitioners information about a client's constitution and current state. In this presentation, you will learn how to determine Prakruti and Vikruti through the pulse and how to feel for the difference in the traits (gati). Learn the theories behind the levels of the pulse and how one can corroborate the information with other assessment skills.

VASANT LAD, B.A.M.S., M.A.Sc., received the degree of Bachelor of Ayurvedic Medicine and Surgery from the University of Pune in Pune, India in 1968 and a Master of Ayurvedic Science from Tilak Ayurved Mahavidyalaya in Pune, India in 1980. For 3 years he served as Medical Director of the Ayurveda Hospital in Pune, India. He also held the position of Professor of Clinical Medicine for seven years at the Pune University College of Ayurvedic Medicine, where he was an instructor for many years. In 1984, he founded and began as Director of The Ayurvedic Institute. Dr. Lad is the author of numerous articles and books.



25 Ayurvedic Herbs and the Treatment of Cancer
Saturday 3-4:20PM | RM FG
Sebastian Pole

As Ayurveda specializes in extending the quantity and quality of life, it contains the essence required for helping manage the treatment of cancer. With the life-time potential of experiencing cancer reaching 1 in 2 people, it is essential that we understand how to help our patients. We will look at some traditional treatments for arbuda as well as modern research into the efficacy of Ayurvedic herbal medicines. Ayurveda holds the potential for physical, emotional and spiritual healing and the treatment of cancer is a meditation, for both the patient and the practitioner, on the deep level of healing required. This lecture will be that meditation.

SEBASTIAN POLE works as an Ayurvedic and Chinese Practitioner integrating his experience of traditional energetic medicine, yogic philosophy and the joys of good food into his clinical practice. In line with Ayurvedic teachings, his focus is on bringing revitalised health to the whole mind-body-spirit system using herbs, diet and yogic practices. He is also a passionate ecologist involved in the organic movement helping to promote the supply of sustainably grown Ayurvedic herbs. He is Herbal Director of Pukka Herbs specialising in Organic Ayurvedic herbs, teas, capsules and tinctures.



28 Integrating Ayurveda into Clinical Practice
Sunday 11AM-1:50PM | RM BC
David Simon

As an evolutionary healing science, Ayurveda is intrinsically capable of adapting to different times and places. There is a profound need in our Western health care system for the holistic wisdom of Ayurveda and an opportunity for Ayurvedic practitioners to integrate their understanding of health into a contemporary framework. David will share his experience as medical director of the Chopra Center for Wellbeing in applying a consciousness-based healing approach to specific clinical challenges.

DAVID SIMON, M.D., Ayurvedic and Chinese Co-founder and Medical Director of the Chopra Center for Wellbeing, is dedicated to catalyzing the evolution of healthcare to a healing system. David is one of the world's foremost authorities on the effective use of holistic health care practices. In his role as Medical Director, he is the driving force behind The Chopra Center's programs and seminars in Ayurveda, yoga, meditation, mind-body medicine, emotional healing, and spirituality. He directs a comprehensive curriculum including on-site seminars, workshops, and a worldwide educational outreach program. David is a popular author of wellness books including: *The Ten Commitments*, *Freedom from Addiction*, *Vital Energy*, *Return to Wholeness*, and many others.



THURSDAY
October 18

START	END	ROOM DE	ROOM A	ROOM BC	ROOM FG	ROOM H
12:00 PM	5:50 PM	REGISTRATION VENDOR SETUP		REGISTRATION VENDOR SETUP		
6:00 PM	7:20 PM	DINNER				
7:30 PM	9:00 PM	WELCOME				

FRIDAY
October 19

7:00 AM	7:50 AM					YOGA PRACTICE
8:00 AM	9:20 AM	BREAKFAST				
9:30 AM	9:50 AM	ORIENTATION				
10:00 AM	10:20 AM	BREAK VENDOR TIME			BREAK VENDOR TIME	
10:30 AM	11:50 AM		1 The Truth about Organic in Cosmetics	2 Ayurveda and Integrative Medicine	3 Meditation, Neuroscience, and Neurotheology: The Evolution of the Science of Consciousness	
12:00 PM	1:20 PM	LUNCH				
1:30 PM	2:50 PM		4 Sounds for Healing, Chanting and Mantras	5 The Use of Ayurveda in Modern Allopathic Pediatrics	6 Yoga Therapy for Ayurvedic Practitioners and the Public	
3:00 PM	4:20 PM	MEET PRACTITIONERS Free public Ayurvedic consultations pulse, palmistry, Jyotisha	7 Samprapti of Mutra and Shukra Vaha Srota Dis-ease: A Matter and Energy Field Approach	8 Pathology as the Basis for Proper Treatment	9 Daily Marma Self-Care: How to Optimize Your Health and Happiness	10 Integrative Yoga: Ayurvedic Medicine
4:30 PM	5:50 PM		11 Heavy Metal Contamination in Ayurvedic Therapeutic Agents	12 Pathology of Eating Disorders from Ayurvedic Perspective	13 Pancha Karma Therapy: A Boon for Chronic Disease	14 Viniyoga: Addressing Anxiety
6:00 PM						

Meet the Ayurvedic Practitioners of New Mexico
FRIDAY 3-5:50PM
Free Ayurvedic consultations, pulse readings, palmistry and Jyotisha. OPEN TO THE PUBLIC

There will be a meditation each morning in the Chapel from 7-7:50AM

SATURDAY
October 20

7:00 AM	7:50 AM					YOGA PRACTICE
8:00 AM	9:20 AM	BREAKFAST				
9:30 AM	9:50 AM	ORIENTATION				
10:00 AM	10:20 AM	BREAK VENDOR TIME			BREAK VENDOR TIME	
10:30 AM	11:50 AM		15 Introduction to Jyotish	16 Ayurvedic Exercise for Practitioners	POSTER SESSIONS <i>see page 25</i>	18 Kripalu Yoga: Ayurvedic Yoga Therapy
12:00 PM	1:20 PM	LUNCH				
1:30 PM	2:50 PM		19 Ayurveda and Jyotisha	20 Assessment Skills	21 Science of Synergistic Herb Combining in Traditional Ayurvedic Formulas	22 Ayurveda, Spirituality, and Yoga
3:00 PM	4:20 PM	JOHN DOUILLARD Raising Healthy Kids with Ayurveda	23 A Review of the Scientific Literature on Ayurveda	24 Pulse Assessment – Developing Intuition through the Pulse	25 Ayurvedic Herbs and the Treatment of Cancer	26 Iyengar Yoga: Digestive System Health
4:30 PM	5:50 PM	SILENT AUCTION IN WEST ATRIUM			BOOK SIGNING 4:30-5PM	
6:00 PM	7:20 PM	BANQUET DINNER				
7:30 PM	9:00 PM	KEYNOTE SPEAKERS				

Public Talk
SATURDAY 3PM
Raising Healthy Kids with Ayurveda

SUNDAY
October 21

7:00 AM	7:50 AM					YOGA PRACTICE
8:00 AM	9:20 AM	BREAK VENDOR TIME			BREAK VENDOR TIME	
9:30 AM	10:50 AM	BREAKFAST				
11:00 AM	12:20 PM		27 Subtle Healing Therapies, Gems and Stones	28 Integrating Ayurveda Into Clinical Practice	29 Perinatal Nutrition with Ayurveda	30 AyurYoga: Reducing Vata Conditions
12:30 PM	1:50 PM		31 The Preparation of a Medicated Ghee		32 Aromatherapy and Ayurveda	
2:00 PM	2:50 PM	CLOSING CEREMONY				

PERSONAL TRACK | PROFESSIONAL TRACK | RELATED PRACTICES | YOGA TRACK | Schedule is subject to change – look for updates at registration.

National Ayurvedic Medical Association Fifth Annual Conference

RELATED PRACTICES



1 The Truth about Organic in Cosmetics

Friday 10:30-11:50AM | RM A
Ma Cherry

This program will discuss the overall regulations and current business practices around organic cosmetics from manufacturer to marketer to end consumer. The program will educate the attendees on an overview of organic standards in food and how they relate to organic standards in Cosmetic manufacturing and marketing. This session will give you the right tools to allow both the attendees and consumers to ask the right questions on ingredients and question the organic content percentage in a product.

MA CHERRY is an educator, entrepreneur, biotechnologist, practitioner of Ayurveda, licensed massage therapist, philanthropist and the founder and CEO of Ayuroma, global provider of Ayurveda and Asia spa therapy treatments, education, products and consulting to the spa and leisure industry.



6 PANEL DISCUSSION: Yoga Therapy for Ayurvedic Practitioners and the Public

Friday 1:30-2:50PM | RM FG

Our goal is to provide a contemporary and practical perspective on Yoga therapy and provide principles and examples for when an Ayurvedic practitioner might beneficially refer a client to a Yoga therapist. Among the questions will be: "How might an Ayurvedic practitioner (or the public) find a qualified Yoga therapist and choose among the many different methods and brand names out there?" "How can Yoga therapists and Ayurvedic practitioners best work together?" Panel discussion and opportunities for practice and discussion sessions with leading representatives of several of the major Yoga methodologies in the USA today.

MODERATOR

John Kepner

PANEL INCLUDES

Carolyn Belko

Chitra Giauque

Hansa Knox

Robin Rothenberg

Matthew Taylor, PhD, PT



11 Heavy Metal Contamination in Ayurvedic Therapeutic Agents

Friday 4:30-5:50PM | RM A
Kumar Batra

The possible contamination of Ayurvedic preparations by heavy metals like mercury, lead and cadmium is of great concern. After introducing a brief history of intentional and successful utilization of heavy metals in Ayurvedic treatment, the present sources of unintentional contamination of herbal products being imported from India will be described. Modern analytical techniques of heavy metals and information on clinical symptoms of lead and mercury toxicity will be provided, followed by current quality control and assurance measures for import of herbal products from India.

DR. BATRA is a licensed Clinical Laboratory Toxicologist in the State of California. He has a Ph.D. in Biochemistry and has served as the director of Toxicology and Drug Analysis Laboratory in the Department of Pathology at University of California Davis, where he also served as an adjunct assistant professor. He is a founding director and the first President of NAMA. He currently serves on the NAMA Board of Directors. Dr. Batra has a passionate desire to integrate Ayurveda with western Allopathic Medical system. He is a Clinical Ayurvedic Specialist (CAS) from California College of Ayurveda and practices Ayurveda in Berkeley, California.



15 Introduction to Jyotish

Saturday 10:30-11:50AM | RM A
Dennis Harness

In this colorful presentation, Dr. Harness will explore the origins of this profound system of astrology from India. Jyotish or Vedic Astrology was developed by the ancient sages of India and is renowned for its spiritual depth and accuracy in predicting future events. We explore how Vedic Astrology reflects our "karmic code" in relationship to our Ayurvedic doshas as well as medical and psychological factors that are part of our karmic DNA. The relationship of planetary energies to physical, mental and spiritual issues will be presented. The correlation of the twelve houses of the natal horoscope to health and disease will also be explored. The importance and significance of Jyotish for the Ayurvedic practitioner will be brought to light.

DENNIS M. HARNESS, Ph.D., (Dayananda) 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 tutors students for the American College of Vedic Astrology (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 in Sedona, AZ. He is the author of *The Nakshatras: The Lunar Mansions of Vedic Astrology*.



RELATED PRACTICES



19 Ayurveda and Jyotisha

Saturday 1:30-2:50PM | RM A

Suhas G. Kshirsagar

An Ayurvedic doctor may be able to determine a tendency toward various types of illnesses, and one can usually see periods of stress or lowered vitality when one could have health problems. Medical Astrology is the science that analyzes how these imbalances can manifest in our physical body. When the natal chart is studied in light of present or future planetary movements (transits), Medical Astrology also provides insight into the timing of events and may give us clues as to when problems may begin or fade off.

SUHAS G. KSHIRSAGAR, M.D., currently teaches Ayurvedic medicine for the course of “Diploma in Ayurvedic Sciences DAS” and “Applied Ayurvedic Medicine” at several locations in the United States. He is a medical astrologer providing insights with a Jyotish interpretation. He conducts Lifestyle Workshops for Prevention and Longevity at the Kauai Center for Holistic Medicine and is Medical director of the Ayurvedic Pancha-Karma Clinic at Kauai. He serves as a research consultant for several Ayurvedic nutraceuticals and is on the faculty of the American College of Vedic Astrology.



23 A Review of the Scientific Literature on Ayurveda

Saturday 3-4:20PM | RM A

Bhaswati Bhattacharya

Over the course of this talk, we will review 20-25 papers on Ayurvedic treatment, discussing an overview of the research methods, findings and implications. Landmark papers “in the news” about Ayurveda will be cited. Full references will be provided. The last 20 minutes will be spent with Q&A. Presentation of ideas and opportunities for research will be given as a handout.

BHASWATI BHATTACHARYA, M.P.H., M.D., M.A., C.A.P., practices holistic medicine in New York City, serving as Director of the Division of CAM at Wyckoff Heights Medical Center. Trained as a neuropharmacologist, international public health specialist, and primary care physician, she is also a Clinical Assistant Professor of Family Medicine at Weill-Cornell Medical College. She also works as the Education Director of Kerala Ayurveda Academy. She incorporates traditional medical systems into her clinical practices, using herbs, Ayurveda, energy work, mind-body medicine, homeopathy, yoga and nutrition. She was a keynote speaker at the NAMA 2006 conference.



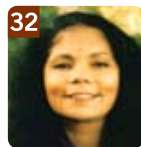
27 Subtle Healing Therapies, Gems and Stones

Sunday 11AM-12:20PM | RM A

Karyn Chabot

Explore the history and evolution of Subtle Healing Therapies, rooted in Siddha and Tibetan Systems. Understand the definition of subtle therapies as they relate to ether, air and the illuminating qualities of pitta. What is the truth around the oral tradition versus written traditions of the Siddha System? Unravel the mystery of the unexplained: Prabhava. Discover the secrets of Quantum Touch, Color and Light Therapy, and the physics, dosha and gender of crystals. Examine the foundations of Sacred Stone Therapy as it relates to massage therapy. Ascertain how thermo-therapy liquefies kapha, yet softens and dilates vata.

KARYN CHABOT, D.Ay., L.M.T., is the founder of Sacred Stone center for continuing education and therapy in RI and developed Sacred Stone Therapy (Shila Abyhanga). She graduated from The Ayurvedic Institute in 1997, earned her bachelor's degree in Alternative Health in 1995 and graduated as a Licensed Massage Therapist at Universal Massage Therapeutics of New Mexico in 1997. She has presented on national TV, in world-class spas, produced 5 DVDs and published many articles in national magazines. Karyn is a member of the American Massage Therapy Association, The National Ayurvedic Medical Association and is an Approved Continuing Education Provider through the NCBTMB.



32 Aromatherapy and Ayurveda

Sunday 12:30-1:50PM | RM FG

Jyoti (Light) Miller

Learn how to use essential oils and to integrate their uses into an Ayurvedic practice. In this workshop we will experience a Chakra anointment, explore the chemistry of the oils, history and the use for each skin and body type. Light will reveal recent research in women's health and many recipes for longevity and ancient formulas to evoke the goddess. We will explore how the oils can be used and customize an Ayurvedic consultation or Pancha Karma program. Learn how to use essential oils for stress and emotional release.

LIGHT MILLER, N.D., has over 35 years experience in natural healthcare. Dr. Miller'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. She specializes in aromatherapy, has published three books and Ayurveda Study Course. She is Administrator of the Sarasota Branch of the Florida Vedic College.

YOGA TRACK

10



Integrative Yoga: Ayurvedic Medicine

Friday 3-4:20PM | RM H

Matthew J. Taylor

This session is a practical experience of how Integrative Yoga Therapy (IYT) complements and supports Ayurvedic medicine. Participants will learn how various technologies of yoga therapy translate to concepts Ayurvedic providers can access. IYT practitioners utilize a basic dosha assessment in their yoga therapy process and that assessment informs their selection of asana, pranayama and meditation for the student. These principles can be appreciated by all levels of yoga experience and mobility as Matt leads participants in a sampling of the interface between yoga therapy and Ayurveda.

MATT TAYLOR, Ph.D., P.T., is a physical therapist, Yoga therapist, and doctor of transformational learning. He is the founder of the yoga-based Dynamic Systems Rehabilitation Clinics in Scottsdale, AZ. He serves on the board of directors of the International Association of Yoga Therapists. Matt is a leader in applying integrative medicine principles in the field of rehabilitation, including contributing the chapter on Yoga therapy in the first evidence-based textbook on complementary therapies in rehabilitation. His yoga background is eclectic. In addition to a busy practice, he conducts continuing professional medical education seminars and Yoga therapy workshops across the country.

14



Viniyoga: Addressing Anxiety

Friday 4:30-5:50PM | RM H

Robin Rothenberg

In this practice session, we'll explore the use of various tools (asana, pranayama, chanting and bhavana) to interrupt obsessive thought processes that lead to anxiety while soothing the nervous system to create a more balanced and sattvic state.

ROBIN ROTHENBERG is the Director of the Yoga Barn and a certified Viniyoga therapist. She has been teaching and directing programs in Yoga since 1987. Robin co-designed the protocol and taught the classes for the Yoga for low back pain clinical trial published in the *Annals of Internal Medicine* in 2005. Prior to her training in Viniyoga, Robin spent 10 years studying Iyengar Yoga and became a certified Iyengar teacher in 1992. Robin is known as a 'teacher's teacher', masterful at therapeutic adaptations, facilitating groups, and weaving the more meditative practices of pranayama, chanting, and personal inquiry into asana practice.

18



Kripalu Yoga: Ayurvedic Yoga Therapy

Saturday 10:30-11:50AM | RM H

Hansa Knox

Yoga offers many techniques to enhance the process of returning to one's natural Prakriti or, applied inappropriately, can aggravate a dosha. In the Kripalu tradition, Swami Kripalu taught that Prana, the internal life force, was a key to unfolding awareness and guide one to their natural Prakriti. In our experiential Kripalu based class, we will integrate and adapt asana (guided by breath), pranayama, mudra, meditation and awareness to move prana and the body towards balance. The movement of the pranavayus and the doshic impact of various tool and their adaptations and integration into Ayurvedic yoga therapy will be reviewed.

HANSA KNOX is an ongoing student of Kripalu Yoga and she has integrated work from other teachers who have offered insights on the path of yoga. She utilizes yoga, yoga chikitsa, Ayurveda and massage in her practice. She owns the PranaYoga and Ayurveda Mandala in Denver. She teaches yoga classes, 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 Therapy.

26



Iyengar Yoga: Digestive System Health

Saturday 3-4:20PM | RM H

Carolyn Belko

During our time, Yogacharya B.K.S Iyengar has brought us the accessibility of transformation through yoga practice as well as pioneering in the science of yoga therapeutics. Encompassing the eight limbs of yoga, Iyengar Yoga provides exactness of the practice of asana and pranayama to ignite our connection to the intelligence within, bridging us to well being and healing. In this session, Carolyn Belko will teach asana and pranayama promoting digestive health. The practice will provide experience on how to witness wellness and prevention as well as insight to practice when ailments surface.

CAROLYN BELKO has been conducting Iyengar Yoga therapeutic classes in Southern California since 1998. She holds a Senior Level Certificate for teaching yoga from Yogacharya B.K.S. Iyengar. Carolyn is owner and director of B.K.S. Iyengar Yoga Center of North County, San Diego, in Encinitas, CA. She is a leader in the community and trains teachers in Iyengar Yoga through the Iyengar Association of Southern California. Carolyn guides practitioners of yoga with compassion, clarity and steadiness, promoting healing through Iyengar Yoga Therapeutics.



YOGA TRACK



AyurYoga:
Reducing Vata Conditions

Sunday 11AM-12:20PM | RM H

Chitra Giauque

While Ayurveda acknowledges the 5 Great Elements as the substratum of creation, the Yoga Sutras of Patanjali state that samyama on the qualities of these elements brings mastery over them. Understanding this common ground is the basis for AyurYoga. In this session, we will explore the relationship between bhutas, gunas, vayus and doshas as they relate to yoga. Applying the Ayurvedic principles of “like increases like” and “balance through opposites,” we will move through a yoga practice that invokes earth and water elements as a way to balance the lighter elements of air and space that are so often responsible for elevated vata conditions.

CHITRA GIAUQUE teaches AyurYoga for both Levels 1 and 2 at the Ayurvedic Institute as well as the yoga teacher certification course. A certified yoga instructor, she has 16 years teaching experience. A teacher and resident of the Mount Madonna community for seven years, Chitra helped develop and instruct yoga retreats and teacher training programs. A student of Ayurveda since 1994, she completed the Ayurvedic Studies program at the Ayurvedic Institute and continues to learn and teach the union of Ayurveda and yoga as a vehicle for transformation.