

AYURVEDA: COMPLEMENTARY GLOBAL MEDICINE

7th Annual NAMA Conference

April 15 - 18, 2010

San Mateo, California



**AYURVEDA:
COMPLEMENTARY
GLOBAL MEDICINE**

Come open your heart to healing

Dear NAMA Members, Friends and Ayurveda Enthusiasts,

Namaste and welcome to the 7th Annual NAMA Conference!

Since 2000 NAMA has been working for the Ayurvedic Profession. Our annual conferences are an opportunity for our greater Ayurvedic community to come together, discuss the latest studies and thinking in our profession, and share *satsang* as we learn, connect, and celebrate.



The theme of this conference is Ayurveda: Complementary Global Medicine. There is no better time for Ayurveda to flourish here in the U.S. than today. Ayurveda can make a major contribution to health care. Its emphasis on prevention will help people take charge of their health and wellness. It is exciting to see how the understandings and precepts of Ayurveda from over 5,000 years ago are slowly being adopted by western science.

This year's conference offers excellent opportunities to learn about the growing interrelationship of eastern and western medicine in the U.S.

Program offerings include multiple facets of Ayurvedic practice including presentations on a variety of clinical issues, product safety and sustainability, areas of healing unique to Ayurveda, and panel discussions bringing new insights.

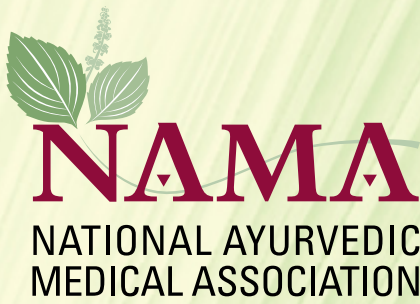
We have also created special offerings to infuse your Ayurvedic energy. Take the opportunity to visit our Business and Community centers for information on legal issues, ways to develop your practice and how to bring Ayurveda more fully into your community. Poster presentations by fellow NAMA Members offer a view of Ayurvedic research being done right now in the U.S.

This conference is dedicated to the late Dr. Kumar Batra. He was the original Chair of this conference committee. We believe that he is with us in Spirit. He laid the groundwork for the conference and we are happy to be carrying the torch now. Let's join our energy toward making his dream come true – positioning Ayurveda as a fully recognized Health Care System.

We are expecting that you will come away from the weekend with added knowledge and inspiration to take back to your clients, fellow students, colleagues and all those who need this knowledge. Enjoy your weekend!

On behalf of the 2010 NAMA Conference Committee,
Cynthia Copple and Jay Apte
NAMA Conference Co-Chairs





BECOME A MEMBER TODAY

NAMA is a national organization representing the Ayurvedic profession in the United States. Its mission is to preserve, protect, improve and promote the philosophy, knowledge, science and practice of Ayurveda for the benefit of humanity.

Ayurvedic practitioners can now play a vital role in the delivery of health care in the 21st century. We are working to bring recognition of the value of this ancient healing science.

MEMBERSHIP BENEFITS

- Participate in the membership forum in our Yahoo Group
- Have a voice in deciding the direction of the profession
- Vote in annual elections for the Board of Directors
- Be included in the Membership Directory on our website
- Receive a discounted registration fee for the NAMA conference

Go to www.ayurveda-nama.org
for more details or to join today.

- I would like to join today and add my voice to NAMA
 Keep me on your mailing list

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- | | | |
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- It is the policy of NAMA to trade, give, or sell our mailing to other Ayurvedic resource groups. Check here if you do not want your name shared.

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All session presentations will be audio taped by Backcountry Productions. Stop by their table to order recordings of any of the open sessions. Practicums and panels will not be recorded. www.backcountry-productions.com.

DESIGNED BY MICHAEL QUANCI mquanci@gmail.com



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(800) 669-8914 www.ayurveda-nama.org

COMPLEMENTARY GLOBAL MEDICINE

KEYNOTE SPEAKER

SATURDAY 8:15 PM CONVENE BALLROOM



ROBERT 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. He has continued to spend much of each year in India and other lands.

SATURDAY 7:45 PM CONVENE BALLROOM

BANSURI PERFORMANCE BY DEEPAK RAM



DEEPAK RAM is the senior disciple of world-renowned bansuri (flute) maestro Pandit Hariprasad Chaurasia. Deepak is a versatile artist who is well known for his evocative performances in traditional North Indian (Hindustani) Classical Music, his collaborations with musicians of other genres, his innovative compositions, and for his excellence as a teacher. His ability to communicate his knowledge makes him an excellent teacher, recently serving as a visiting professor in Indian Music at the University of California, Santa Cruz.

SATURDAY 9:15 PM CONVENE BALLROOM

KATHAK DANCE IN HONOR OF KUMAR BATRA



GOPI BATRA is a student of Antonia Minnecola (a disciple of Sitara Devi). She has been performing, teaching, and promoting Kathak in the San Francisco Bay Area for many years. www.soundsofkathak.com.

**AYURVEDA:
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FEATURED SPEAKERS



DAVID FRAWLEY American Institute of Vedic Studies
A001 PRACTICUM Ayurveda/Tantra/Yoga | Friday 2 - 6 pm

PUNDIT VAMADEVA SHASTRI (David Frawley) is regarded as an authentic Vedacharya or Vedic teacher. Over the last 20 years, he has written numerous books and created several courses on Yoga, Ayurveda, Vedic astrology, and Tantra. His works have been translated into fifteen languages and are regarded as authoritative texts in their fields. The director of the American Institute of Vedic Studies in Santa Fe, New Mexico, he serves as an advisor to many Ayurvedic schools and has taught at many yoga centers and ashrams. He has worked extensively teaching, lecturing, conducting research and helping to found schools and associations in the United States, Europe and India.



YOGINI SHAMBHAVI
A001 PRACTICUM Practicum: Ayurveda/Tantra/Yoga | Friday 2 - 6 pm

YOGINI SHAMBHAVI is one of the foremost women teachers of the deeper aspects of Yoga and Tantra coming out of India today. Her ability to express the inner Yoga secrets both in the written and the spoken word is rare, if not unique. Her clear teachings and magnetic personality have touched the hearts of people throughout the world, helping to awaken the Yoga Shakti within them. She has written two best selling books on the Goddess in India: *Yogini: Unfolding the Goddess Within* and *Yogic Secrets of the Dark Goddess: Lightning Dance of the Supreme Shakti*. She has taught various classes with Vamadeva Shastri in the United States, India, and Europe.



VASANT LAD The Ayurvedic Institute
A002 PRACTICUM Effective Use of Ayurvedic Assessment Methods | Saturday- 8 am - 12 pm

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



MARC HALPERN California College of Ayurveda
C005 Ayurveda and the Management of Auto-Immune Disease | Saturday 2 - 4 pm

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 published many articles on Ayurveda and Yoga. He teaches regularly at the International Sivananda Yoga Vedanta Centers.



DAVID SIMON The Chopra Center
C002 Free to Love/Free to Heal | Friday 2 - 4 pm

DAVID SIMON, M.D. is a world-renowned authority in the field of mind-body medicine. As a practicing physician, innovative researcher, and insightful teacher, David continues to expand his vision for an effective and compassionate healthcare system. Integrating ancient wisdom healing traditions with modern scientific principles, David has forged a model of health that integrates the multiple dimensions of a human being—environmental, physical, emotional, psychological, and spiritual. As a board-certified neurologist and expert in Ayurvedic medicine and other traditional healing arts, he brings a unique perspective to the relationship between mind, emotions, and health.

TRACK A: PRACTICUMS



A001

Ayurveda/Tantra/Yoga

Friday 2 - 6 pm

Working with Shiva and Shakti – pure consciousness and cosmic energy – through Yoga, Ayurveda and Tantra. Shiva and Shakti represent the primal powers of nature as Sun and Moon, fire and water, Agni and Soma, Pitta and Kapha, and male and female. Balancing these two forces is the key to higher Ayurvedic and Yogic practices, including working with the Kundalini and the Chakras in an authentic manner. Dr. Frawley will discuss special energy balancing practices of mantra and pranayama. Shambhavi will bring in her experiences with different forms of the Goddess, including Kali, Durga and Sundari, and how we can access their power for healing purposes.

PUNDIT VAMADEVA SHASTRI (David Frawley) is regarded as an authentic Vedacharya or Vedic teacher. Over the last 20 years, he has written numerous books and created several courses on Yoga, Ayurveda, Vedic astrology, and Tantra. His works have been translated into fifteen languages and are regarded as authoritative texts in their fields. The director of the American Institute of Vedic Studies in Santa Fe, New Mexico, he is serves as an advisor to many Ayurvedic schools and has taught at many yoga centers and ashrams. He has worked extensively teaching, lecturing, conducting research and helping to found schools and associations in the United States, Europe and India.



A002

Effective Use of Ayurvedic Assessment Methods

Saturday 8 am - 12 pm

In this practicum, participants will experience practical application of various Ayurvedic assessment methods. These methods are designed to accurately assess client imbalances, determine cause and effect, and to help the practitioner develop appropriate recommendations for clients.

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



A003

The Dance of Shiva: Using the Senses as the Gateway for True Healing

Sunday 8 am - 12 pm

"The Dance of Shiva" Synchronized Ayurvedic massage performed by two therapists yet operating as one represents the four-armed Shiva balancing all five elements and provides the ultimate healing experience. Each element is examined from a classical and modern view. The sacred healing environment represents Triabhava – space. Synchronized touch symbolizes Shrishti-air. The possibility for change and renewal represents Samhara – fire. Oil protects and lubricates, symbolizing Anugraha – water. Finally, reprogrammed cells represent the fertile ground of Sthiti – earth. Within this workshop, each aspect of massage provides an exciting approach to healing that clarifies the role of client and practitioner allowing both to expand and rejuvenate.

THOMAS MUELLER, Dip. Ayurvedic Medicine, is a qualified Ayurvedic practitioner and educator. For more than 20 years Thomas has studied and practiced Ayurveda at various institutions around the globe. His in-depth understanding of Panchakarma and his diverse unique training has made him a rare and gifted advocate of these ancient therapies. As a teacher, Thomas is inspirational with a wealth of ideas, strategies and a rare level of sensitivity towards students' and clients' needs.

TRACK C: CAREER/CLINICAL



C001

Gray Matter of the Heart/ Heart of Gray Matter

Friday 10 am - 12 pm

In Ayurveda, Tantra and Western medicine, the heart and mind are intimately connected. Culling hints from all three traditions allows a deeper understanding of their connections, disorders that can arise and treatment strategies that can harmonize them. The heart is the root of the manovahasrotas. Treating the manovahasrotas is to treat the manomayakosha. Effects of these treatments concurrently affect the pranamayakosha and the annamayakosha. The heart is not just an organ in the chest. It affects rasa, prana and manas and disseminates their experiences to all organs and tissues of the body.

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



C002

Free to Love/Free to Heal

Friday 2 - 4 pm

We are multidimensional beings, woven of matter, energy, emotions, thoughts, and awareness. Our experiences from the moment of conception envelop consciousness to create our cloak of personality. Misunderstandings about our essential sacred nature can result in toxic emotional residue that affects our minds and bodies. This emotional ama interferes with our ability to be fully loving and compassionate beings. David will explore an Ayurvedically based approach to helping people identify, mobilize, and release emotional ama. This process, a kind of Panchakarma for the heart, is as essential to well being as identifying, mobilizing, and releasing cellular ama.

DAVID SIMON, M.D. is a world-renowned authority in the field of mind-body medicine. As a practicing physician, innovative researcher, and insightful teacher, David continues to expand his vision for an effective and compassionate healthcare system. Integrating ancient wisdom healing traditions with modern scientific principles, David has forged a model of health that integrates the multiple dimensions of a human being – environmental, physical, emotional, psychological, and spiritual. As a board-certified neurologist and expert in Ayurvedic medicine and other traditional healing arts, he brings a unique perspective to the relationship between mind, emotions, and health.



C003

Mother and Child: Foundation for Life – From Postpartum Care Through the First 3 Months

Saturday 8 - 10 am

“From Bliss all beings are born, by Bliss they live...” How we welcome new life and protect the wellbeing of the delivering mother will “set the stage” for how this blessed life of mother, baby and family unfolds. During 25+ years as an Ayurvedic M.D. Ob/Gyn, Dr. Shrestha has refined her knowledge of mutually synergistic practices of East and West and developed a depth of wisdom and clinical experience to ensure a positive environment for optimum psycho-physical postnatal care for mother and child. She will discuss all aspects of postpartum management, nutrition, herbal formulations and regimens for healthy infant development.

SARITA SHRESTHA, M.D. Ayurveda, BAMS, received her specialty in Ob/Gyn at BHU. With 25+ years of clinical and teaching experience in hospital settings and healthcare facilities around the world, she is renowned in Nepal as their first female Ayurveda M.D., and their first Ayurveda Ob/Gyn. Dr. Shrestha is Founder and Medical Director of Devi Ma Kunja Rural Ayurveda Hospital in Sipadole, Nepal, maintains medical and Pancha Karma clinics in Kathmandu and Bhaktapur, and teaches Ayurveda worldwide.



C004

Innovative Techniques in Ayurvedic Self Care Education

Saturday 10:30 am - 12:30 pm

There is a yogic stream of consciousness that cuts across all traditions and religions. Whether we call it Buddha mind, the Self, Christ Consciousness, makes no difference. It is the awareness needed to navigate challenging times. Ayurveda offers many creative techniques for calming and healing the body, mind and nervous system, to access this more deeply effective state. Within this implicit context, Amadea will demonstrate how to communicate simply and clearly about Ayurvedic concepts and practices, including abhyanga, diet, and lifestyle choices to enhance well-being. These processes can be used one on one or with any size group. Handouts included.

AMADEA MORNINGSTAR, BS (nutrition), MA (counseling), is a student of Tibetan Buddhist yogis HE Garchen Rinpoche, Ven. Traga Rinpoche, and Tulku Nyima Gyaltzen Rinpoche. She is grateful for her early Ayurvedic training with fine teachers, including Drs. Lad, Frawley, and Joshi. Founder of the Ayurveda Polarity and Yoga Therapy Institute, Amadea is the author of *The Ayurvedic Cookbook* (with Urmila Desai) and other works, with 25 years of experience in Ayurvedic self care education.

TRACK C: CAREER/CLINICAL



C005

Ayurveda and the Management of Auto-Immune Disease

Saturday 2 - 4 pm

Few diseases are so clearly the result of a disconnection between body, mind and consciousness. As the body turns on itself, the immune system attempts to destroy normal body tissues. Thyroid disease, rheumatoid arthritis and system lupus are just a few examples. Any tissue or organ of the body can be affected and often more than one is attacked. The result is inflammation, dysfunction and destruction. Ayurveda understands the cause and holds the keys to both prevention and cure. This program will explore the various nidanas, rupas, sampraptis, and chikitsas of these conditions on the physical, emotional and spiritual levels.

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 published many articles on Ayurveda and Yoga. He teaches regularly at the International Sivananda Yoga Vedanta Centers.



C006

Obesity: Imminent Danger and Massive Terror – a Role of Ayurveda

Sunday 8 - 10 am

The linear process modern medical systems adopt in treating chronic diseases—including epidemic obesity, has been under a cloud for several decades. A solid scientific Ayurvedic approach can redress the multi-factorial characteristics of obesity in a holistic way; shedding new light and awareness in clinical and economic management of epidemic obesity. Conjugation of Ayurvedic knowledge with today's modern medical tools is the way to get a proper vision of the physiological, biochemical and psychological aspects of obesity.

DR. EDUARDO CARDONA-SANCLEMENTE, PhD, Doctor of Sciences. Professor of Medical Sciences and Senior Research Scientist at several European medical schools and research institutes. Since 2001, Eduardo undertook the study of Ayurveda as a patient and MSc student. He now works as a qualified Ayurvedic practitioner in London and as Scientific Director of APA. His main research area is lipid metabolism, including vegetarian diets, as well as risk factors of cardiovascular diseases.



C007

Yoga of Recovery: Integration of Ayurveda and Yoga with 12-step Recovery

Sunday 10:15 am - 12:15 pm

Addiction has become a pandemic disease and more substances are now being implicated as objects of addiction, including drugs, alcohol and food, or behaviors such as sex, shopping or work. There are many paths to recovery—self-help, professional treatment, medical interventions, harm reduction, rational recovery, and 12 step programs. While these methods offer important tools, many neglect the need for deep physiological repair. Integrating yoga practice, psychology and philosophy, the cultivation of sattva and 12-step methodology with Ayurvedic techniques of detoxification, rejuvenation and lifestyle support provide a comprehensive approach facilitating initial recovery and maintaining health and wellness in long-term sobriety.

CATHERINE O'NEILL (Durga) is a Clinical Ayurvedic and Pancha Karma Specialist, a graduate of the California College of Ayurveda, also trained in Kerala, India. She is the Director of the Ayurveda Program at the Sivananda Ashram Yoga Farm in Grass Valley, California, and a professional member of NAMA, approved in December, 2008. Durga is RYT-500 registered with the Yoga Alliance and is also extensively trained in Meditation and Vedanta. She is also a member of the International Association of Yoga Therapists.

TRACK D: SPECIALTIES



D001

Tantra and Ayurveda

Friday 10 am - 12 pm

In the Sankhya philosophy, which forms the theoretical basis of Tantra, Ayurveda, Yoga, Vastu, and other Indian vidyas, the human physical body (microcosm) along with everything in the physical universe (macrocosm) is seen as composed of five primary elements: earth, water, fire, air and space. Each vidya employs its own methods to address the balancing of these elements. Familiarity with the wisdom of Tantra provides students of Ayurveda a powerful and practical way to understand deeper and subtler approaches to time, space and causation that Tantra offers. The five elements then become the raw material of a sacred experiment, available to us day by day in each phase of our lives. Those who work honestly with Tantra discover for themselves a more harmonious relationship with Nature, internally and externally.

ROBERT 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. He has continued to spend much of each year in India.



D002

Revitalization of our Biological and Divine Pranic Health

Friday 10 am - 12 pm

Ayurveda offers the amalgamation and synthesis of mantra, pranayama, herbal elixers and practical exercises to revitalize our biological health and inherent Divinity. We will explore comprehensive understanding of the pranic flow throughout the nervous system and the Shakti of Mother Nature and how to re-establish equilibrium within the practitioner, the client and the planet. With deep analysis into the relationship of the five elements that exist in nature and how they correlate with our bodily systems, we will restore and revitalize the strengthening unity of our self with the creative energy that manifests all of life.

SARADA (ANASTASIA) VON SONN has studied and practiced Ayurveda in India and the USA since 1991. Certified in Ayurveda by Dr. Vasant Lad and The Ayurvedic Institute, and mentored with Dr. Robert Svoboda. Sarada is also a Licensed Massage Therapist, Registered Yoga Therapist with extensive study and practice in the field of herbs and nutrition, traditional Chinese medicine and bodywork. Sarada has always felt an immense love for the plant kingdom and received certification as a Master Gardener in 1990. She continues to promote gardens around the world. She is currently in private practice in California and is the principal of Sarada Ayurvedic Remedies, Inc. and Sarada's Remedies, Inc.



D003

Shakti as Healer: Awakening the Threefold Mother

Friday 4:30 - 6:30 pm

The world we inhabit is burdened by war, famine and epidemic health problems stemming fundamentally from our state of disconnection from the feminine. How can we, as Ayurvedic healers, rediscover the power of the threefold Goddess as maiden, mother and crone? In this experiential workshop we will awaken our inherent nature as the healing wisdom of the Creatrix, the nourishing love of the Mother and the warriorship of the ancient Grandmother. We will explore how to use these aspects in our healing practice and how to see the Divine Feminine in others.

ALAKANANDA MA graduated as a physician from St. Bartholomew's Hospital Medical College. In 1980, she embarked on a five year spiritual pilgrimage in India, meeting her Ayurveda teacher, Dr. Vasant Lad. One of the first Western physicians to dedicate her life to Ayurveda, Ma has been practicing Ayurveda since 1989 and is the principal teacher of Alandi Ayurveda Gurukula. Ma is recognized by her teachers as a Spiritual Mother and emissary of the Divine Feminine.



D004

Nakshatra Ayurveda: Constellations and Their Herbal Correlations

Saturday 10:30 am - 12:30 pm

27 Nakshatra's have a specific correlation with herbs, grains, trees, planets, human psychology and specific remedial measures. Vedic literature explains in great detail about the nature of the constellations and the healing effect of specific plants and trees. These can be used as food or for Yagya or for preparation of specially designed herbal formulations. The Energetics of these herbs are used for jewelry, bodywork and planting around your home or office. Nakshtara information is also very helpful to find out the timing, onset, and duration of an imbalance as well as right Muhurta for planning a treatment schedule.

DR. SUHAS KSHIRSAGAR is a classically trained Ayurvedic physician from Rig-Vedic family. He holds a BAMS, completing a 3-year residency as an M.D. (Doctorate in Ayurvedic Internal Medicine) from the prestigious Pune University in India. He has traveled worldwide popularizing Ayurvedic Medicine, offering courses, training Doctors, and providing Ayurvedic consultations for thousands of patients. Dr. Suhas's extensive international experience has made him a compassionate healer, philosopher and teacher. He is an insightful Medical Astrologer and expert clinician. He is the formulator of "Zrii" and the Executive Director of Kerala Ayurveda Academy and Clinics.

Track D continues on page 15

	START	END	INSPIRE BALLROOM	CONVENE BALLROOM	ENGAGE FIRST FLOOR	SYNERGY 1
THURSDAY April 15	12:00 PM	5:50 PM	REGISTRATION			
	8:30 PM	9:30 PM	EXHIBITORS	Silent Auction Opens Convene Lobby		
FRIDAY April 16	7:00 AM	7:50 AM			Yoga	
	8:00 AM	8:30 AM	EXHIBITORS	Welcome/Orientation		
	8:30 AM	9:45 AM		B001 Panel: Creating a Positive Healthcare Paradigm		
	10:00 AM	12:00 PM			D001 Tantra and Ayurveda: The Five Great Elements	C001 Gray Matter of the Heart/ Heart of Gray Matter
	12:00 PM	2:00 PM		LUNCH		
	2:00 PM	4:00 PM			C002 Free to Love, Free to Heal	A001 Practicum Ayurveda/Yoga/Tantra 2-6 pm
	4:00 PM	4:30 PM				
	4:30 PM	6:30 PM			D003 Shakti as Healer: Awakening the Threefold Mother	
	6:30 PM	7:30 PM		No-Host Networking in Inspire Lobby		
SATURDAY April 17	7:00 AM	7:50 AM			Yoga	
	8:00 AM	10:00 AM	EXHIBITORS		C003 Mother & Child: Foundation for Life	A002 Practicum: Effective Use of Ayurvedic Assessment Methods 8am-12pm
	10:00 AM	10:30 AM				
	10:30 AM	12:30 PM			C004 Innovative Techniques in Ayurvedic Self Care Education	
	12:30 PM	2:00 PM	Book Signing 1:30 - 2:00 pm Inspire Lobby	LUNCH		
	2:00 PM	4:00 PM	EXHIBITORS	Silent Auction Closes 3pm	C005 Ayurveda and Management of Auto-Immune Disease	E002 Interactions Btw Medicinal Herbs and Pharmaceuticals
	4:15 PM	6:15 PM			E003 Ayurveda and the Global Garden	D006 Ayurveda – An Eternal Way to Healing
	6:45 PM	7:45 PM		BANQUET DINNER		
	7:45 PM	9:45 PM		Deepak Ram Bansuri Performance Dr. Robert Svoboda Tribute to Kumar Batra		
SUNDAY April 18	7:00 AM	7:50 AM			Yoga	
	8:00 AM	10:00 AM	EXHIBITORS		A003 Practicum: The Dance of Shiva: Using the Senses as the Gateway for True Healing 8am-12pm	C006 Obesity: Imminent Danger and Massive Terror
	10:15 AM	12:15 PM				C007 Yoga of Recovery: Integration of Ayurveda and Yoga with 12-step
	12:15 PM	1:30 PM		LUNCH		
	1:30 PM	3:00 PM		B004 Panel: Communicating the Value of Ayurveda		
	3:00 PM	3:30 PM		Closing remarks and Drawing for 2011 Conference		

SYNERGY 4

SYNERGY 2
Business Development Center

SYNERGY 5
Community Development Cntr

REGISTRATION

The morning meditations will be led by:
Swami Sitaramananda | Friday
Swami Padmapadananda | Saturday & Sunday

The morning yoga sessions will be led by:
Lynn Weinberger (IAYT/Yoga Alliance) | Friday
Arun Deva (CAAM) | Saturday
Matra Raj (IAYT) | Sunday

THE ANNUAL SILENT AUCTION is a fundraiser for NAMA. Be sure to visit the **Silent Auction in the Convene Lobby** to place your bid. The auction closes 3pm Saturday. The highest bids will be posted Saturday night at the NAMA Center. On Sunday, participants may go to the NAMA Center to pay for and pick up their items. All proceeds go to NAMA.

SESSION RECORDINGS
Backcountry will be audio taping the presentations. Be sure to stop by their table to order recordings of any or all of the open sessions. Practicums and Panels will not be recorded.

Meditation		
D002 Revitalization of our Biological and Divine Pranic Health	Open from 9am – 6pm The Spirit, Mind, and Body of Business 1–1:30pm	Open from 9am–7:30pm Introduction to our Partners 1:30–2 pm
E001 Designing Clinical Trials	Health Savings Accounts Help Your Clients Afford Ayurvedic Therapies	
B002 Panel: Disease Management: Ayurveda & Conventional Medicine		
No-Host Networking in Synergy Lobby		Dashas & Doshas - ACVA/CAAM
Meditation		
B003 Panel: Ayurveda Internationally	Open from 9am–6pm Legal Issues in Setting Up an Ayurvedic Practice	Open from 9am–6pm
D004 Nakshatra Ayurveda: Constellations & Herbal Correlations	Current Legislative Status of Licensure 1:30–2pm	Creating Community (CAAM) 1–1:30pm
D005 The Nodes of the Moon and Consciousness	Poster Presentations	Standards Development/ACCAHC
Meditation		
E004 Ayurveda & Allopathy: Clinical Safety Considerations	Open from 9am–12pm	Open from 9am–12pm
D007 Marma Shakti: Healing Power for Personal Transformation	Engaging Presentations 10:15–10:45am	Small group discussions 10:30–12pm

TRACK D: SPECIALTIES



D005

The Nodes of the Moon and Consciousness: Descent into Darkness/Ascent to the Light

Saturday 2 - 4 pm

Vedic astrologers have long known that the Nodes of the Moon, Rahu and Ketu, have an intoxicating effect upon the consciousness. They are outcasts in the Indian caste system and thus represent alternative systems of thought outside the mainstream. The ancient sages say in this world we are all drunkards – the only thing that separates us is the quality of the wine we drink. This class will reveal to you the extraordinary power of Rahu and Ketu to alter the consciousness for good or bad, for descent into the darkness or ascent to the light of liberation and enlightenment.

DENNIS FLAHERTY is an internationally recognized Vedic astrologer and founding member of the ACVA and CVA. He is one of the few westerners who is practiced and certified in both Vedic and Western astrology. He was awarded the Jyotish Kovid (1994), Jyotish Vachaspati (1996), by the late BV Raman and the Jyotish Navaratna by the ACVA (2005) for his outstanding work in the field of Vedic astrology. He is President Emeritus of the CVA.



D006

Ayurveda – An Eternal Way to Healing

Saturday 4:15 - 6:15 pm

Ayurveda, the knowledge of life and longevity, is perhaps the oldest existing body of knowledge on the healing process. It is not merely a medical knowledge system; it is a way of life which deals with not only the body and mind but also the human spirit and consciousness. Its principles are eternal; and yet it is flexible in that the practices can be adapted to changing times and changing environments. This presentation explores some of the principles and practices of Ayurveda, linking its eternal foundational principles to why it is such a powerful medium for healing.

DR. RAMKUMAR KUTTY hails from a traditional Ayurveda family, and has continuously been occupied in promoting Ayurveda, the primary health tradition of India for the last 18 years. Along with 3 other Ayurveda physicians and a values consultant, he established Punarnava Ayurveda, an Ayurveda house in South India that is committed to the cause of "Authentic Ayurveda for Universal Well-Being." He is currently involved in the creation of vaidyagrAma – a Green Authentic Ayurveda self-sustained healing village in Coimbatore in South India.



D007

Marma Shakti: Healing Power for Personal Transformation

Sunday 10:15 am - 12:15 pm

Marma shakti is a form of marma therapy used by practitioners of Siddhaved, an unbroken tantric lineage of Ayurvedic pulse readers going back 24 generations. Shakti, the creative power of the feminine, underpins the conceptual and practical core of Siddhaved. This workshop will give an introduction to the basic principles of marma shakti and also teach and demonstrate several techniques used for healing on physical, mental and emotional levels. The purpose of marma shakti is to empower patients and practitioners by creating opportunities for their individual transformation towards more health, happiness and personal fulfillment.

SASCHA KRIESE, BA Hons. (Ayu), began his studies in Ayurveda and pulse reading in 1998 with his mentor Dr. Naram in Mumbai. Having completed an Ayurvedic degree course at Thames Valley University in London and several clinical internships at hospitals, clinics and private practices in India, he started his own practice in 2004 together with his wife Rebecca. Since March 2005, he has been working as an executive member of the Ayurvedic Practitioners Association, UK.

TRACK E: PRODUCTS



E001

Designing Clinical Trials to Validate Individualized Therapeutic Interventions in Ayurveda

Friday 2 - 4 pm

The paper will elucidate the strategy to individualize Ayurvedic therapy in clinical practice with a view to optimize treatment outcomes. It will further discuss the methodological challenges in generating the highest level of evidence of safety and efficacy of individualized Ayurvedic therapies. The feasibility of designing a randomized double blind placebo controlled clinical trial to evaluate individualized therapy will be thoroughly analyzed with reference to a 'first of its kind' pilot study. The authenticity and credibility of this approach will be examined in the light of the notions of validation in the tradition of Ayurveda and the standard for clinical evidence in conventional medicine.

P. RAM MANOHAR is Director of Research, Arya Vaidya Pharmacy, India. PI on the Indian side of an NIH research grant to study Ayurveda, he has published books and papers and delivered lectures in India, the USA, UK, Canada, Germany, France, the Netherlands, Italy, and Austria to promote Ayurveda. Dr. Manohar is a member of the Central Council of Indian Medicine; Research Advisor, Indian National Science Academy; Program Advisor, National Health Systems Resource Centre; Associate Editor of *International Journal for Ayurveda Research*, Dept. of AYUSH; and Editorial Board member of the *Indian Journal for History of Science*.



E002

Interactions Between Medicinal Herbs and Pharmaceuticals

Saturday 2 - 4 pm

Patients taking pharmaceuticals represent a unique challenge for Ayurvedic practitioners. Although most herbs may be used with pharmaceuticals without a problem, there is always a concern about potential drug-herb interactions, especially in patients taking very potent drugs or those with a narrow margin of safety. During this presentation we will discuss the various types of drug-herb interactions, how to predict these interactions, and how practitioners can prevent harmful interactions or use beneficial interactions therapeutically. Examples of drugs for which concomitant herbal therapy could be contraindicated will be provided.

MARTHA HARKEY has a degree in pharmacy, a Ph.D. in pharmacology, and has spent the last 20 years studying, teaching, conducting research, and practicing complementary medicine. While at the UC Davis, Medical School she was Co-PI on a NIH grant on Drug-Herb Interactions, and developed the first course on Integrative Medicine for medical students. A graduate of Aloha Ayurvedic Academy, she works as a consultant pharmacist providing medication therapy management and ayurvedic consultations.



E003

Ayurveda and the Global Garden: A Tour of Ayurveda's Botanical Roots

Saturday 4:15 - 6:15 pm

This presentation explores the origins of the botanical diversity found in Ayurvedic medicine. Stunning slide presentations and documentary film combine to convey the beauty and power of medicinal plants in their native habitats that is often unknown and unrecognized by clinicians, and the importance of these plants to local economies and ecosystems.

DAVID CROW is a licensed acupuncturist, medical herbalist, practitioner of massage and aromatherapy, dietary counselor, meditation instructor, and author. He has lived and studied with traditional Ayurvedic and Tibetan doctors of Nepal, and is the author of *In Search of the Medicine Buddha*. David is dedicated to promoting the wisdom of holistic medical systems as a path to environmental restoration, healthy communities, and compassionate society. He is working to establish a network of community gardens dedicated to growing, protecting and sharing medicinal herbs and wild foods.



E004

Ayurveda & Allopathy: Clinical Safety Considerations for the Modern Vaidya

Sunday 8 - 10 am

This case-based discussion addresses safety issues that arise when Ayurvedic approaches are combined with conventional medicine. As more consumers choose to integrate Ayurveda with allopathy, it is vital that practitioners cultivate awareness regarding how their recommendations may augment, conflict with, or complement allopathic treatments. What is the effect of combining herbs with prescription drugs? Which drugs pose safety concerns for swedana? Which diseases could be exacerbated by pranayama? How might vaidyas communicate with MDs to coordinate care? Through illustrative case studies, participants will be introduced to the challenges and benefits of integrating Ayurveda and allopathy throughout the cycle of life.

DR. MENEGHETTI completed medical board certifications in internal medicine, pulmonary medicine, and critical care medicine before studying Ayurveda. Following completion of the Ayurvedic Institute Pune Gurukula Program, she served as teacher and advisor for Kripalu School of Ayurveda. She serves as Clinical Communications Director for an electronic clinical reference for physicians, and shares integrative healing advice for consumers via satellite radio and an internet blog. Dr. Meneghetti is a dedicated student of the vedic sampradaya.

YOGA & MEDITATION

Yoga

Led by Lynn Weinberger

Friday 7 - 7:50 am

Using asana, pranayama, and mental imaging, this session will show you how to integrate the ancient chakra system into the practice of yoga.

For over ten years, LYNN WEINBERGER has been teaching and holds the highest certification with Yoga Alliance, the ERYT. She is a certified yoga therapist and is a member of IAYT. She has completed the 1000-hour teacher training and yoga therapy certification of the American Viniyoga Institute. She teaches at the Yoga Garden and SMC, Marin and sees students privately.

Yoga

Led by Arun Deva

Saturday 7 - 7:50 am

Vinyasa Krama Yoga: In the Krishnamacharya lineage, we will practice the Tadasana sequence, surya namaskar, vishesha closing asana sequence, pranayama, pratyahara and dharana.

ARUN DEVA is an Ayurvedic Practitioner, an Ayuryoga Therapist and a Certified Vinyasa Krama Yoga Teacher. He began his studies of both yoga and ayurveda as a child growing up in India and has lived in the US for over 30 years now. You may find more information on him at www.yogasayana.wordpress.com

Yoga

Led by Matra Majmundar

Sunday 7 - 7:50 am

Gentle authentic Patanjali Yoga incorporating breathing, elongation in response to gravity and relaxation. Focus will be also on posture and spine.

MATRA MAJMUNDAR is a member of the IAYT Board of Directors. She is a Rehab Therapist, a Yoga Therapist and a peri-natal educator. She works at Stanford University Hospital and trains medical professionals for Yoga teacher's training. For the past 30 yrs she has integrated Yoga in a mainstream medicine. Matra is available to design your individual Yoga program.



Meditation

Led by Swami Sitaramananda

Friday 7 - 7:50 am

SWAMI SITARAMANANDA, PhD, is a unique East/West Hindu Swami from a classical tradition of Yoga and Vedanta from India. Swami Sita presents the intricate yoga philosophy and practice in a simple, down to earth and humorous manner. Teaching for more than 25 years, she has been the director of the Sivananda Ashram Yoga Farm in Grass Valley, CA for the past fourteen years. Ordained in 1985 as a sannyasin in the lineage of Saraswati, she is a direct disciple of Swami Vishnu-devananda, who is the disciple of Master Sivananda.



Meditation

Led by Swami Padmapadanandaji

Saturday and Sunday 7 - 7:50 am

SWAMI PADMAPADANANDAJI is a sannyasin and acharya of the International Sivananda Yoga Vedanta Center and direct disciple of Swami Vishnudevanda. An ordained monk for 30+ years, he is currently the spiritual director of the Sivananda Yoga Vedanta Center in San Francisco. Chanting and meditative music are key in his daily practice. His life is dedicated to promoting programs such as Yoga for Healing and Yoga for Prison.

BUSINESS PRESENTATIONS

Friday 1 – 1:30 pm

The Spirit, Mind and Body of Business

Based on union of 3 paradigms:
Spirit – know the very core of who you are and your dharma.
Mind – Envision your business with poetic precision and overcome limiting beliefs.
Body – Understand the nuts and bolts of daily business methodologies, i.e., marketing and goal setting.

KARYN CHABOT opened Sacred Stone Healing Center after graduating from the Ayurvedic Institute in 1997. She has trained over 1,000 Sacred Stone therapists in classes approved by the NCBTMB. Graduate of Goddard College with a BS in Alternative Health, and of Universal Massage Therapeutics. She has created 7 instructional DVD's and manuals of AyurvedicBodywork.

Friday 4 – 4:30 pm

Health Savings Accounts May Help Your Clients Afford AyurvedaTherapies. Here's How.

Tax sheltered health care accounts are an important and growing vehicle to support complementary and alternative therapies not covered by traditional health care insurance. Still, they must be used carefully and in a manner consistent with tax law. Here's how some of your clients might use them for PanchaKarma.

JOHN KEPNER, MA, MBA is the executive director of the International Association of Yoga Therapists. A long time student of financial and regulatory issues for CAM therapies, John was the lead author of *Financial Support for Yoga Therapy: A Montage of Possibilities*, published in the 2005 issue of *International Journal of Yoga Therapy*.

Saturday 10 – 10:30 am

Legal Issues in Setting Up an Ayurvedic Practice (Including Legal Structures)

Focus will be on Ayurvedic practices achieving their fullest potential and success. The Ayurvedic practice should be legally structured just as any other professional practice – regulatory compliant, avoiding personal liability and paying the least amount of taxes. This presentation by an experienced business attorney allows you to do it right and succeed at your practice.

S. TIMOTHY BUYNAK is the managing partner of an established law firm with offices in Northern and Southern California. He combines extensive legal and business background to provide sound, yet innovative strategies to contribute to his clients' successes. Mr. Buynak is able to analyze situations to provide efficient, economical resolutions or strategies consistent with a client's business or project objectives.

Saturday 1:30 – 2 pm

Current Legislative Status of Licensing Ayurveda and the Road to Becoming a Licensed Professional

The presentation will provide an overview of legal issues facing the practice of Ayurveda in the United States. Special focus will be on States with Health Freedom Act Laws, their general statutory scheme, and practicing complementary medicine in States with Health Freedom Laws.

MARIA C. DESOUSA'S law practice concentrates on business, estate and tax planning. Whether it is a business formation, estate and trust planning or helping just working through the legalities that most businesses and individuals face, she is dedicated and passionate about helping her clients achieve their goals and succeed. She has over 20 years of experience in the health care arena.

Sunday 10:15 – 10:45 am

Presentations that Bring in Business

You have the unique opportunity to offer various communities insight and empowerment in the realm of healthy and aligned living. Together, let's look at the components of a well-balanced, engaging presentation so that you can share your appreciation for ancient wisdom and invite people into your practice!

MATTHEW SLOANE has over 10 years as a graphic designer developing branding and visual presentation strategies. He trained as a facilitator in Interaction Associates, while operationally supporting this training and development company. Most currently, Matt has developed and given a variety of trainings and presentations with two goals in mind; 1) engage the listeners, and 2) invite them to make a change. Matt is committed to helping Ayurvedic practitioners breathe life into their practice.

The Business Presentations will take place in Synergy 2.

The room will be open:

Friday 9 am – 6 pm

Saturday 9 am – 6:30 pm

Sunday 9 am – 12 pm

POSTER PRESENTATIONS

The presenters of the research posters will be available on Saturday from 4:15 - 6:15 pm to provide details about their work and answer questions.

Ayurvedic Assessment and Treatment Approach for HIV

HIV is a global health issue. This work will present the empowering tools of Ayurveda that specifically, inexpensively, and simply support the HIV client. Educating clients on affordable Self Care that can be done at home is a must for the HIV community. The research looks at each primary dosha and symptoms that affect them, and what therapeutic remedies, nutrition and treatments promote change, and gives the client a sense of control in his/her life.

DEANNA BATDORFF is the founder of the dhyana Center of Health Sciences, an education center and clinic in Sebastopol, CA. She has 20 years of experience as an Ayurvedic Practitioner, Nutritionist, Herbalist, Clinical Aromatherapist, and Massage Therapist. She is dedicated to her students, interns and clients. Her major strength is her passion to inspire each client to take ownership of his/her own health through Ayurveda.

Improvement in Menopausal Symptoms Following a Panchakarma Treatment Program

Eleven women with menopausal symptoms completed a one-week intensive PK program at an Ayurvedic Treatment center in Massachusetts. Outcomes were measured using valid and reliable measures of symptoms and selected psychosocial characteristics. Study suggests the preventive, natural practice of PK may help the menopausal transition without the risk of pharmaceutical side-effects.

LISA CONBOY is a social epidemiologist and sociologist with an interest in the associations between social factors and health. She is published in the areas of Women's Health, Mind-Body Medicine, and qualitative research methodology. A co-investigator of three NIH funded grants at the Osher Research center. She is a founding member of the Kripalu research collaborative which examines the mental, physical, and spiritual benefits of yoga, meditation, Ayurveda and other holistic and mind-body therapies.

A Whole Systems Approach to the Study of Ayurveda for Cancer Survivorship

Whole systems approaches to health, such as Ayurveda, have potential benefits for improving quality of life and symptoms in cancer survivors. Complex, individualized interventions, such as those used in Ayurveda, are currently being studied using the technique of "manualization," in which a study manual is utilized to balance the competing concerns of reproducibility and ecological validity. This study is the first whole systems Ayurvedic study in a cancer patient population.

DR. ANAND DHURVA is an Assistant Professor of Medicine at the University of California, San Francisco and on the faculty of the UCSF Osher Center for Integrative Medicine. He has completed a Fellowship in Integrative Medicine through Dr. Andrew Weil's University of Arizona Center for Integrative Medicine. He has recently received an NIH Career Development Award from the National Center for Complementary and Alternative Medicine to study Ayurveda as a whole system of medicine.

Study of Maricha (Piper nigrum) and Its Uses in Ayurveda

Maricha or black pepper is known as a condiment all over the world. It was one of the first spices to be exported out of India. Maricha, a popular food additive to this day; is a treasure trove of healing properties and beneficial elements. This presentation will enlighten the audience about the medicinal qualities of Maricha, a globally popular spice.

DR. KELKAR, BAMS, MPT is the director of Ayurbliss™ Ayurveda Wellness for Mind, Body and Spiritual Health. She provides health consultations, panchakarma and workshops on Ayurveda. She is an educator, writer and will soon feature as an Ayurveda expert in a documentary film on breast cancer. She received her graduate degree from Pune University, India, and her Master's degree in Physical Therapy from California State University, Long Beach.

Ayurvedic Approach to Age-Associated Macular Degeneration

Addressing Macular degeneration, an age associated chronic eye disease as the main cause of blindness and accounting for blindness in approximately 80% of people worldwide who are 75 or older. The emphasis of Ayurveda on ways to promote health and be in harmony with the environment by absorbing healthy impressions through the five senses will be addressed. Ayurveda focuses on mental, emotional and spiritual well being and thus is not restricted by boundaries, countries, regions or religions.

RAM RAO, CAS, PhD, comes from a family of Ayurvedic Practitioners and Vedic teachers in India tracing back to the illustrious Vedic-acharya and ascetic Rishi Kaundinya. Ram is a graduate and former faculty member of the California College of Ayurveda. He is a Research Associate Professor at the Buck Institute for Age Research, Novato, CA, with degrees in Biochemistry and Neurosciences. He has been a dedicated Hatha yoga practitioner for many years.

Review and Comparative Analysis of Ayurvedic and Western Literature Regarding Ayurvedic Treatment Approach for Tourette's Syndrome: A Kapha Vata Disorder

Signs and symptoms of Tourette's Syndrome are presented. A Western and Ayurvedic diagnosis is defined. Causation of disease is discussed using Western and Ayurvedic terminology. Aggravated Vata and the definition of Vata Kapha are discussed. Ayurvedic treatments are discussed for tics and Tourette's Syndrome, a Kapha Vata disorder. This thesis is a presentation of Ayurvedic and Western literature of treatment and diagnosis for the disorder.

DR. DENISE TARASUK spent 18 years of her career as a Nurse. She received her Doctoral Degree in Naturopathic Medicine from Southwest College of Naturopathic Medicine and Science in Tempe, Arizona where she began studying Ayurveda. She has been treating autism OCD, depression, Tourette's, tics and numerous other disorders in her practice in California since 1999 using an integrative biomedical approach along with Homeopathy, Ayurvedic and Botanical medicine.

Ayurvedic Approach to Down Syndrome

This work focuses on the classical Ayurvedic interpretations, classifications and treatments of the genetic disease Down Syndrome. The work looks at causes, symptoms and pathogenesis from an Ayurvedic perspective and describes various treatments including herbs, nasya, meditation, pranayama, basti, color, mantra and marma therapy. The information provided offers ways to alleviate the effects of multiple symptoms of Down Syndrome, a karmic/genetic disease that cannot be cured directly, and can be used to increase the ability of a down syndrome patient.

VIDYA VENKATESH is currently pursuing her Clinical Ayurvedic Specialist residency in disease management at the California College of Ayurveda. She is a member of NAMA and the Ayurvedic Institute, a 2nd level Yoga and Pranayama teacher from the Patanjali Yoga Peet and is a trained level 2 Reiki specialist. Vidya has studied Vendanta, spiritual interpretations of the mind, body, and spirit for over 14 years and volunteers as a teacher at Chinmaya Mission of Los Angeles.

The Poster Presentations will take place in Synergy 2.

The room will be open:

Friday 9 am – 6 pm

Saturday 9 am – 6:30 pm

Sunday 9 am – 12 pm



COMMUNITY CENTER PRESENTATIONS

In the spirit of this year's theme of Complementary Global Medicine we are working with other organizations, representing different healing practices, to create a holistic view and approach to well-being. Wholeness comes from building community and coming together across disciplines. We are pleased to have the support of our four partners. We hope that you will find the opportunity to visit with them, attend some of the special presentations they have to offer, and exchange ideas. Together we can work to create the path to health and wholeness.



The California Association of Ayurvedic Medicine (CAAM) is a non-profit association of people interested in Ayurveda in the State of California. CAAM strives to create community, sponsors sanghas, and educates the public on the benefits of Ayurveda. Become part of our statewide community at www.ayurveda-caam.org.



The American College of Vedic Astrology (ACVA) is a non-profit organization specializing in online Vedic astrology education. ACVA's purpose is to provide the highest quality of education and certification to students and professional astrologers worldwide. Please visit us at www.vedicastrology.org.



International Association of Yoga Therapists (IAYT) supports research and education in Yoga and serves as a professional organization for Yoga teachers and therapists worldwide. Our mission is to establish Yoga as a recognized and respected therapy. www.iayt.org



Yoga Alliance supports yoga teachers and the diversity and integrity of yoga. Our mission is to lead the yoga community, set standards, foster integrity, provide resources, and uphold the teachings of yoga. We do not claim to "represent yoga" in the United States, but do represent our registrants and support all yoga teachers. www.yogaalliance.org

Introduction to our Partners Friday 1:30 - 2:00 pm

Come in and meet our 2010 Partners and expand your awareness of our community and how we are working together to bring the Vedic Sciences to the West.

Dashas & Doshas with ACVA and CAAM Friday 6:30 - 7:30 pm

Join professional Vedic Astrologers Dennis Harness, Dennis Flaherty, and others who will provide free mini-consultations on your Jyotish birth chart. Find out what dasha or planetary period you are in and how it may effect your dharmic unfoldment and future developmental life cycles.

Members of the California Association of Ayurvedic Medicine will be available during this gathering to offer brief dosha/pulse evaluations.

Creating Community with CAAM Saturday 1 - 1:30 pm

Visit with representatives from the California Association of Ayurvedic Medicine to find out what they are doing to create community events and connections in California. Do some brainstorming and exploring of how to bring people together in your own communities.

Standards Development and Involvement in ACCAHC for Traditional World Medicine Saturday 4:15 - 6:15 pm

Representatives from IAYT, Yoga Alliance, and NAMA will present information about the recent publication which they co-sponsored, "An Overview of Regulatory Issues for Yoga, Yoga Therapy, and Ayurveda" by Daniel D. Seitz, JD, EdD. They will answer questions about how our communities are moving forward to gain greater credibility and acceptance in healthcare. An introduction to the Academic Consortium for Complementary and Alternative Health Care and the involvement the three groups have in the organization will also be addressed.

Small Group Discussions Sunday 10:30 am - 12 pm

An opportunity for small groups to meet and discuss issues of mutual interest. Please take advantage of this gathering space to engage our partners in further conversations.

The Community Center is in Synergy 5.

The room will be open:

Friday 9 am – 7:30 pm

Saturday 9 am – 6 pm

Sunday 9 am – 12 pm