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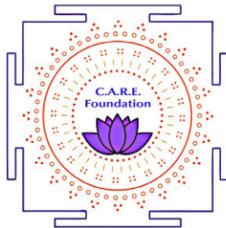
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Founded in 2017 as a federal non-profit organization #1036421-45  
by supporters of Jaisri M. Lambert Ayurveda Doctor (NAMA)  
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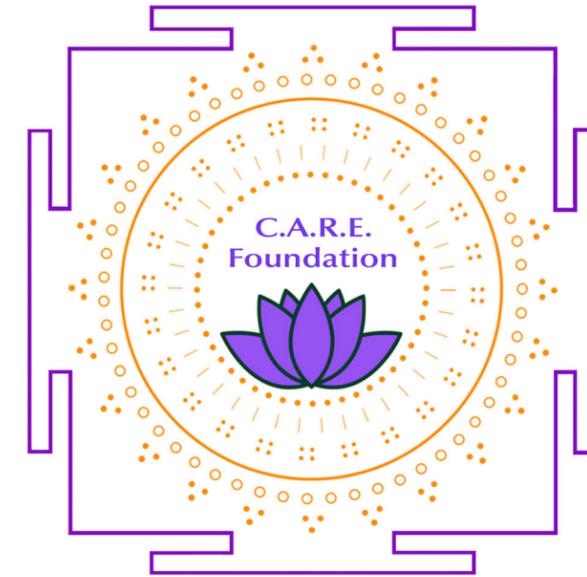
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Unit 122-618 East Kent Ave, South, Vancouver, B.C. V5X 0B1  
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sewanti.com

## Share Ayurveda Conference

June 24-26, 2022

Vancouver, B.C. Canada



Canada  
Ayurveda Research  
& Education Foundation

### Program Venue

Robert H. Lee Alumni Centre, University of British Columbia  
6163 University Blvd., Vancouver, BC V6T 1Z1

Professional Forum: June 24 1-5pm  
Conference: June 25-26 9-5pm

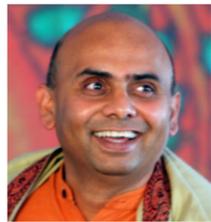
Boardroom (3rd floor)  
Jack Poole Hall

## Presenters / Keynote Speakers



### Dr. Eduardo Cardona-Sanclemente, D.Sc., PhD., MSc., Ayurveda Doctor (NAMA)

Dr Cardona has been practicing as a therapist for more than ten years as well as holding a number of distinguished positions at medical schools and in university faculties. His therapeutic work using Ayurveda and modern medicine is an integrative approach and includes hands-on techniques including Cranio-Sacral, Marma, Yoga and Lymphatic Drainage, which bring fresh perspectives to treating chronic ailments and diseases. Dr Cardona's view is that a combination of the profound protocols of ancient medicine combined with today's efficient modern medical technology is a beneficial pathway for treating suffering individuals. One of the main areas of his teaching and research is the importance, connection and implications of lipids, such as cholesterol (both "The Good and The Bad" types) on diet and metabolism, as well as their potential role in the development of related pathologies such as obesity, hypertension, diabetes, stress and other risk factors of cardiovascular diseases. With many years of studies and research published in peer journals, and with his own experience as a patient, Dr Cardona has understood that the origin of disease is the lack of homeostasis – the absence of regulation of the internal environment that brings about stability.



### Dr. Ramkumar Kutty, Ayurvedic Physician and Director of Vaidyagrama

Dr. Ramkumar is a Founder-Director of Punarnava Ayurveda, an institution committed to Authentic Ayurveda for Universal Well-Being. He is a lifelong student of Ayurveda and other traditional Indian knowledge systems. Over the last 15 years, he has given talks and conducted workshops in the Americas, Africa, Europe, Australia and South-East Asia propagating health and happiness through Ayurveda. Punarnava Ayurveda is currently engaged in the creation of an experimental, green, self-sustaining, authentic Ayurveda healing community on the outskirts of Coimbatore in South India.



### Ismat Dhala-Nathani, BNYS, MSc, Doctorate of Natural Medicine (Ayurveda), Founder of CAISH

Ismat's professional background is in natural health care, with a specialty in traditional Indian medicine. With over two decades of experience, she has spearheaded CAISH, carefully guiding its growth since its inception in 2002. Ismat focuses on melding ancient wisdom with current concepts of health and wellbeing. From this frame of reference, she develops educational programs, materials and teaching tools. Currently, Ismat is working toward accreditation affiliations, and the standardization of Ayurveda and Indian Systems of Healing programs in Canada. Over the years, Ismat has gained a multitude of experience. She is a health practitioner, academician, international speaker, healer, and a researcher and practitioner of Nadi Vigyan. She has held key positions in India, UK and Canada, among which are Assistant Dean at Dr. Lajpatrai Mehra's Neurotherapy Hospital in India, and Consultant at the prestigious Hale Clinic in the UK. Ismat has always been willing to share her knowledge and insights about Ayurveda and other Indian systems of healing, including Indian Naturopathy (Prakruti Chikitsa). As a result, she has been featured on television and in newspapers in the UK, Canada and India. She is a tireless champion for mind-body integration, health and hygiene, and food and nutrition.



### Dr. Arun Kumar Garg, PhD. MD. FRCPC

Dr Arun Kumar Garg is an award winning champion of culturally efficient and effective holistic health care for the populations. He is a Clinical Professor of Pathology at the Faculty of Medicine at the University of British Columbia. For 30 years he was the Medical Director at Fraser Health in the department of Medical Biochemistry and Lab Medicine and currently a consultant in Biochemical medicine. Among his many accomplishments and contributions to society, in 2008 The Vancouver Sun newspaper listed him as one of the 100 most influential Indo-Canadians in the province. Received an honorary doctorate from BCIT in 2010. In 2011 inaugural Don Rix Leadership Royal Columbian Hospital foundation awarded him the Philanthropic Champion Award to promote stronger links between Canada and India, Dr. Garg conceptualized annual Canada India Network initiative conference and founded the Canada India Network Society to build strong economic, trade, educational and cultural links between Canada and India. ([www.thecins.org](http://www.thecins.org)) He is member of the Executive Committ of GAPIO and medical lead for South Asian Health Inst at Fraser Health ( [www.fraserhealth.ca/sahi](http://www.fraserhealth.ca/sahi)) With his innovative, holistic and integrative approach Dr. Garg is a change maker with heart. He fuses strength of scientific evidence and cognitive anthropological based wisdom of ancient philosophy. Best of East and best of West comes alive.



### Vd. Manjiri Nadkarni Vd. MD (Ayu), RHN

Vd. Manjiri Nadkarna is a Founding member and President of the Ayurveda Association of Canada. She has undergone intensive training in Ayurveda as a Doctor of Medicine, Ayurveda from India (3-year MD program), after completion of her Bachelor of Ayurvedic Medicine and Surgery (5 1/2 years Ayurveda program). Manjiri helps educate people to embrace Ayurveda. Her efforts were recognized by the Ayurvedic Professionals of North America (AAPNA) who awarded her the Charaka Award 2016 for Excellence in Ayurvedic Teaching, May 2016. Vd. Manjiri also is a health expert on the local bi-weekly radio program "Ask the Expert" on CHOK 103.9 FM.

## Sunday June 25th (continued)

2:00-2:55 pm

### Keynote Speaker: Dr. Eduardo Cardona-Sanclemente, "Ayurveda & Depression - How to Restore Your Balance and Reclaim your Health"

Depression is a multi-level disorder manifesting as severe despondency and dejection, often coupled with feelings of inadequacy, impacting daily functions. Ayurveda calls depression manovasada, and its management is through individually tailored treatment plans based on the concept of body and mind constitutions -prakruti and manas prakruti and the recognition that without restoring balance, there will always be ill health. Unlike Western medicine, Ayurveda does not treat you separately from your mental condition and has long-established techniques for meeting the roots of health issues challenges to restore body/mind/conscious balance by inviting to participate actively in the process of healing instead of passively waiting for potential recovery by taking a new drug regime. We will be discussing mind-state evaluation and the various tailored protocols to improve mental balance.

3:00 pm - 3:30 pm - Tea Break

3:30pm - 4:00pm - Silent Auction with Priya Anand

4:00pm - 5:00pm - Exhibitor Panel: Hear from your Ayurveda community leaders

5:00pm - Closing Ceremonies, Remarks & Group Photo



## Ayurveda Mentorship Program

Join us by Zoom each Friday morning this fall to co-create a forum for questions & answers, in-depth discussions, classroom teaching examples and much more.

We will follow the Ashta-Vidha-Pariksha paradigm for our case analysis.

To me the biggest need of new practitioners is for Case Management support. I also whole-heartedly support the participant's own health program.

Bring your case studies and questions for open discussion within our group. Please be aware that confidentiality is required outside our group. The oral tradition of Ayurveda is the medium for this online adventure.

Join us to participate, learn, deepen and grow. Invite your colleague, client, and Ayurveda study buddy to participate.



Form lifelong bonds with other like-minded seekers!

Time: Fridays from 9-10:30 am pacific time

Dates: September 9 to November 11, 2022

Investment: \$330 US (\$416 Cdn + GST) if prepaid by Sept 5, 2022  
\$363 US (\$457 Cdn + GST) after September 5, 2022  
space permitting.

Please be on time for opening prayers together!

<https://www.ayurveda-seminars.com/courses>

## Sunday June 25th

**7:00 am - 8:00 am**

### **Yoga & Meditation**

Start the morning with an Ayuryoga and Meditation session suited for all levels led by Jyoti Samson. Jyoti specializes in dynamic Ayurveda education, sharing her deep understanding of healing the mind, the root cause of suffering, through the physical tools of Ayurveda and Yoga. Jyoti is an outstanding Ayurveda & Yoga educator, offering online and in-person services for awareness and self-healing. She offers Ayurveda consultations, holistic mind/body/soul counselling, and Abhyanga oil massage treatments.

**8:00 am - 9:00 am**

### **Breakfast Break**

Take a break for breakfast at any of UBC's nearby cafes & restaurants

**9:00 am - 9:15 am**

### **Opening Prayers – Punctuality please**

**9:15 am - 10:25 am**

### **Ismat Dhalat-Nathani, “History & Future Of Ayurveda Education in Canada” (video appearance)**

As with all-Natural Medicine, there has been an upsurge in public interest in Ayurveda/Ayurvedic Medicine. Canada is one of the developed countries in the world that has recently taken a high interest in Ayurveda. Today globally Ayurveda is increasingly acknowledged to be a comprehensive, traditional system of natural medicine and has reached the threshold of entering the realm of evidence-based science. Upholding the educational & practicing standards lies in the hands of visionaries, leaders & stakeholders: Governance, Providers, Influencers. The current scenario of Ayurvedic Education in Canada does require upgrade to reflect on the global needs, demands and development of Ayurvedic Medicine. Let's review together the Canadian standards of Natural medicine education and possibilities to set a learning model for future of Ayurvedic Medicine.

**10:30 am - 12:00 pm - Panel: “Ayurveda as Future Integrative Medicine”**

### **Moderated by Jaisri M. Lambert, Ayurveda Doctor (NAMA)**

- Dr. Manjiri Nadkarni, MD (Ayurveda), R.H.N., B.A.C. (video appearance)
- Dr. Eduardo Cardona-Sanclemente, D.Sc., PhD., M.Sc., Ayurveda Doctor (NAMA)
- Preeti Syal, M.Sc., R.H.N., Ayurveda Lifestyle Consultant

**12:00 pm - 1:00 pm**

### **Lunch - A vegetarian lunch will be provided.**

**1:00 pm - 1:55 pm**

### **Ramkumar Kutty, “Ayurveda and Integrative Medicine”, Discussion between Ramkumar Kutty and Jaisri Lambert**

Ayurveda, the knowledge of life and longevity, is perhaps the oldest existing body of knowledge on the healing process. It is not a mere medical knowledge systems; it is a way of life that considers not just the body and mind, but also the human spirit and consciousness. Integrative Medicine is, in many spaces, defined as healing-oriented medicine that takes account all factors that influence health and disease including the body, mind, spirit and community. It emphasizes the therapeutic relationship between practitioner and patient and makes use of all appropriate therapies. Let us together explore how Ayurveda in the context of Integrative Medicine, can contribute better to the individual healing process.



### **Glynnis Osher, C.A.P, Ayurveda Alchemist**

Glynnis is a passionate teacher, Ayurvedic practitioner and author specializing in the healing arts of aromatic Ayurveda. Her love of alchemy within the Ayurvedic practices brings inspired self-care products, spice blends, and learning materials to her students and clients. Glynnis is on faculty at the Vancouver School of Healing Arts (VSOHA)/Rhodes Wellness College, teaching aromatherapy, Ayurvedic head massage, Wellbranding, and Ayurvedic self-care in the Bodywork Program. She is founder of Academy Aromatica, an online portal for Ayurvedic education in the wisdom arts of Ayurveda, aromatherapy and aromanutrition. Here Glynnis has created The AromaDosha Blueprint Online Learning Experience as well as the Thousand Petal Lotus Ayurvedic Head Massage

Master Training and Aroma 911: Ayurvedic aromatherapy for a wide range of health and wellness applications, and every-day emergencies. Glynnis is co-author of the book *Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda*.



### **Preeti Syal, .Sc., R.H.N., Ayurveda Lifestyle Consultant**

Preeti Syal is a Registered Holistic Nutritionist (R.H.N.) from Canadian School of Natural Nutrition, Vancouver and a Master of Science in Foods and Nutrition from Delhi University, India. She is also a certified ayurvedic lifestyle consultant. She has a passion for nutrition, a natural ability and a strong desire to share the knowledge with others. She is from New Delhi, the fast-paced metropolitan capital of India, but has carried over her ancestral ayurvedic philosophy of diet and lifestyle over to Vancouver. Her passion for food has evolved to encompass a philosophy that focuses on whole and natural foods intended to nourish and promote health and wellbeing. She aspires to help people restore balance and create wellness in their lives through her one on one consultations

as well as Nutrition & Ayurveda workshops all over the lower mainland. She believes that most chronic illnesses stem from improper digestion and malnutrition. And she strongly believes that “Your health is in your own hands!” Preeti is part of the teaching faculty at CSNN, the Canadian School of Natural Nutrition since 2010 where she teaches various Holistic Nutrition as well as Ayurveda courses. Preeti is the author and curator of various self-paced online courses on Nutrition and Ayurveda. You may get life changing insights from her courses which have the potential of helping you in all aspects of life- physical, emotional and spiritual as her courses are a perfect blend of modern Holistic Nutrition backed with the intelligence of our 5000-year-old Ancient Ayurvedic Wisdom.



### **Neelam Toprani, Founder of Sewanti Ayurvedic Series**

Neelam Toprani has over 30 years of experience in business as well as in Ayurveda. Her expertise in Ayurvedic product development is based on classical texts, sales and marketing, and branding of retail products in the marketplace in Canada, the US, and Europe. She also has extensive experience in Health Canada & FDA regulations. Neelam has been implementing NNHPD regulations (Natural and Non- prescription Product Directorate) for over 20 years and successfully licensed a wide range of classical formulations. Her company Padmashri Naturals Inc. is a prominent Life Sciences company with Agriculture Canada and BC trade & invest and is invited as a trade delegate to various international conferences. Neelam will share the importance of Natural Health Product regulations for Ayurveda products to the consumers, Ayurveda practitioners and teachers, and companies planning

to sell products in the market. She will cover the key points in the NNHPD guidance documents for licensing Ayurveda health products including self-care products, evidence requirements for safety and efficacy, and the pathway for licensing Natural health products used in Traditional Ayurvedic Medicine.



### **Micheline Wong, BScPT, MHSc, BSc (Nutrition)**

Micheline is a private practice physiotherapist in Vancouver and Salt Spring Island, BC. She incorporates an integrated approach to physiotherapy and rehabilitation by combining orthopaedics, visceral (organ) and neural manipulation with Ayurveda, marma point therapy and acupressure into her clinical practice. Micheline has a professional goal of completing a research project and book integrating physiotherapy with Ayurveda to develop the Brain-Gut connection in the management of Multiple Sclerosis. She has completed Ayurveda training from the Maharishi International University (MIU) and has mentored with Jaisri Lambert since 2014.

### **Panel Moderator**



### **Jaisri M Lambert, Ayurveda Doctor (NAMA), Founder of Ayurveda Seminars and the Canada Ayurveda Research & Education Foundation**

During a twelve-year apprenticeship in classical Ayurveda with Vaidya Vasant Lad she learned many hidden secrets of “Marma” (trigger point) science. During her more than thirty years of study and practice of Ayurveda, Jaisri has developed a deep knowledge of herbal formulations, individualized wellness programs, bodywork techniques, pulse assessment, Ayurvedic herbology and Panchakarma, which consists of classical Ayurvedic cleansing and rejuvenation therapies. She has also developed a body-based counseling science rooted in the ancient Marma therapies of Ayurveda called ‘Turiya Therapy’ by Dr.Lad, for helping resolve mental illness.

# SHARE AYURVEDA CONFERENCE SCHEDULE

## Friday June 24 at the UBC Alumni Center

### Professional Forum 1:00 pm - 5:00 pm

Professional Forum for Canadian Ayurveda practitioners and aspiring practitioners to bring to our voices together for adopting the AYUSH International Standards in Canada and supporting the Ayurveda Association of Canada.

### 1:00 pm - 3:00 pm

#### Introductions

Professionals introduce themselves individually and what is their interest in Ayurveda. All are welcome: practitioners, educators, students, manufacturers, vendors, etc.

### 3:00 pm - 3:15 pm - Tea Break

### 3:15 pm - 5:00 pm

Where to go from here as an Ayurveda community? Membership in the Ayurveda Association of Canada?

## Saturday June 25 at the Jack Poole Hall, Alumni Centre, UBC

### 7:00 am - 8:00 am

#### Yoga & Meditation

Start the morning with an Ayuryoga class suited for all levels led by Jessica Kruse. Jessica provides tailored integrated yoga online, virtual Ayurveda counseling, cooking & nutrition classes for individuals seeking her compassionate holistic guidance. Other offerings include Yoga Teacher Training, Professional Abhyanga Training & Wellness Retreats in Costa Rica & Canada.

### 8:00 am - 9:00 am

#### Breakfast Break

Take a break for breakfast at many of UBC's nearby cafes & restaurants.

### 9:00 am - 9:55 am

#### Opening Ceremonies & Dignitaries (punctuality requested)

### 10:00 am - 10:55 am

#### Micheline Wong, "Multiple Sclerosis: Ayurvedic Perspective of Causation, Progression and Treatment"

Multiple Sclerosis (MS) is a chronic progressive disease characterized by inflammation, demyelination and neurodegeneration of the central nervous system. Canada has one of the highest rates in the world with an average of 12 people per day being diagnosed. Despite decades of research, the cause of MS remains a mystery. Treatment provides temporary relief, is partially effective and can create side effects. Micheline will address Ayurveda's role in finding the multiple determinants of MS. She explores the Vata, Pitta and Kapha imbalances in dhatu theory, especially in majja dhatu. Treatment is a multi-modality approach focusing on balancing daily practices, foods, herbs, medicines, mind, senses and emotional patterns. Ayurveda looks to find a "middle road" for MS patients, to help repair and restore the Whole Being.

### 11:00 am - 11:55 am

Neelam Toprani, "Promoting Ayurvedic Medicine in Light of Health Canada Regulations"

Modern Ayurveda is a complex phenomenon that is both practiced as a whole system of medicine and as various forms of self-care, including Ayurvedic massages, diet, yoga, etc. Ayurveda has its historical roots in India but its present expressions in the West, are a product of globalization, partly through migration and a growing interest in alternative health in the west. In India, Ayurveda is central to health provisions nationwide. The Indian Government has in place various acts and councils to regulate and control the practice of Ayurveda training, practice, and Ayurvedic medicine standardization. However, in Canada, the practice of Ayurveda is self-regulated and its medicine falls under the category of natural health products regulations, which does not provide a viable complement to the biomedicine as a whole system of medicine. Neelam believes that Ayurveda has the ability to revolutionize the modern healthcare system and make the future medical system more sustainable.

### Noon - 1:00 pm

Lunch - A vegetarian lunch will be provided.

### 1:00 pm - 2:25 pm

#### Keynote Speaker Dr. Eduardo Cardona-Sanclemente, "Ayurveda & Cancer - An Integrative Approach with Modern Medicine"

Cancer, malignant tumors or neoplasms are dysfunctional manifestations of cellular, tissular and systemic homeostatic imbalance. They can affect any body part, ultimately reaching conditions of metastasis. We will study the mechanism by which body imbalances resulting from genetic predisposition, lifestyle and/or environmental conditions which allow these alterations in our 100 trillion cells despite our immune system's "routine inspection". Ayurveda, the oldest documented method of personalised medical system of prevention and health promotion, has recognised the multifactorial characteristics of cancer. We will review and consider Ayurvedic knowledge strategies with modern medical technology to yield a deeper awareness of the complex and fascinating interplay of genetic, biochemical, physiological, psychological, and environmental contributors, in order to rebuild and optimize our body/mind/conscious balance.

### 2:30 pm - 3:25 pm

#### Glynnis Osher, "5 Elements and 5 Senses For Integrative Wellness Education"

Within any learning environment open to integrating the wisdom practices of Ayurveda, lives the great opportunity for a future of holistic harmony in our collective wellbeing. Over 20 years of teaching, Glynnis has experienced from students the desire to incorporate daily Ayurvedic practices when inspired first-hand through the portals of the five senses. Using spice-medicines and the intelligence of the aromatic botanicals, it is possible to convey deep concepts and complex theories simply - so that participants can be infused with an elemental knowing. Awakening the mind with the understanding of the five elements is an embodied way of sharing our united purpose of a peaceful, healthy, and fulfilled life and this has proven profound in a class setting where healing and transformation has been witnessed and shared over time. We will apply some of these practices here to rejuvenate our own true path of wellness.

### 3:30 pm - 3:55 pm - Tea Break

### 4:00 pm - 4:55 pm

#### Dr. Arun Kumar Garg, "Integrative Thinking in Public Health Care: Evolving A Holistic Model"

We'll explore the best principles and practices of Yoga science, connecting East and West for holistic health benefits. Yoga science acts Internally, individually and universally to link body, mind and intellect.

### 5:00 pm - Closing Remarks & Announcements