

# SHARE AYURVEDA CONFERENCE

MAY 18-20, 2018  
VANCOUVER, B.C. CANADA



## PROGRAM VENUES

May 18, University of British Columbia, Alumni Centre  
3-5 p.m. - Professional Forum, Boardroom  
6-9 p.m. - Gala Fundraising Dinner, Jack Poole Hall  
May 19-20, Vancouver Downtown Public Library

# SHARE AYURVEDA CONFERENCE SCHEDULE

## FRIDAY MAY 18 AT THE UBC ALUMNI CENTER

3:00 pm - 5:00 pm

*Canadian Practitioner Forum*

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.

6:00 pm - 9:00 pm

*Opening Gala Fundraising Dinner*

Immerse yourself in wellness with wisdom from the great luminary of Ayurveda, Vaidya Vasant D. Lad and other community members. Gala dinner is included for all conference guests.

## SATURDAY MAY 19 AT THE VANCOUVER PUBLIC LIBRARY - ALICE MACKAY ROOM

7:00 am - 8:00 am

Yoga & Meditation (Pre-registration required)

Start the morning with yoga & meditation practice led by Dinyar Mistry.

8:00 am - 9:00 am

Breakfast Break

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

9:00 - 9:55 am

Opening Prayers, Lighting of the Lamp, Morning Ceremony

10:00 - 10:55 am

Dr. Ramkumar Kutty, "Ayurveda Principles of Disease Causation and Treatment"

11:00-11:55 am

Dr. Ismat Nathani "Subtle Healing in Ayurveda"

11:00-11:55 am

Dr. Preeti Patel, "Joint Care with Yoga & Ayurveda" - Breakout Room

Noon - 1:00 pm

Lunch - A vegetarian lunch will be provided.

12:45 pm - 1:00 pm

Darshan with Dr. Lad for Volunteers - Breakout Room

1:00 pm - 1:55 pm

Dr. Ami Batavia, "Preventative Cardiology In Ayurveda"

2:00 pm - 2:55 pm

Dr. Vasant Lad, "Bringing East and West Together For Public Health"

3:00-3:55 pm

Dr. Manjiri Nadkarni, "Women's Health According to Ancient Ayurveda"

Dr. Farah Schroff, "Developing Ayurveda in Canada - My Journey" - Breakout Room

4:00 pm-4:55 pm

Madhavi Francoise Barrios, "Psychology and Mental Health in Ayurveda - My Journey"

4:00 pm- 5:00 pm

Book Signing with Dr. Lad - Banyan Books Table at Moat Atrium

5:00 pm - 6:00 pm

Free time.

Enjoy the many nearby attractions in beautiful downtown Vancouver or rest and prepare for the evening festivities.

6:00 pm - 9:00 pm

Gala Fundraising Dinner

## SUNDAY MAY 20

7:00 am - 8:00 am

Yoga & Meditation (Pre-registration required)

Start the morning with sadhana, yoga and meditation practice.

8:00 am - 9:00 am

Breakfast Break

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

9:00 - 9:55

Opening Prayers, Lamp Lighting, Opening Program

10:00 - 10:55 am

Dr. Vasant Lad, "Bringing Authentic Ayurveda to the West: The Next Steps"

11:00 - 11:55 am

Glynnis Osher, "Ayurveda Kitchen Home Apothecary"

11:00 - 11:55 am

Dr. Manjiri Nadkarni, "Being in Touch with the Ayurveda Association of Canada" - Breakout Room

12:00 pm - 1:00 pm

Lunch - A vegetarian lunch will be provided.

1:00 pm - 1:55 pm

Panchakarma Panel - Dr. Ramkumar Kutty, Madhavi Francoise Barrios, Dr. Preeti Patel

2:00-2:55 pm

Dr. Jaisri M. Lambert, "Elder Care – Bridging Cultures in Healthcare"

3:00 pm - 3:30 pm

Closing Ceremony

3:30 pm - 5:00 pm

Tea & Networking

Connect with Ayurveda enthusiasts, supporters and practitioners over tea in the Moat Atrium Lobby.

## MONDAY MAY 21:

6:30 pm-8:30 pm

Dr. Ramkumar Kutty, Punarnava Trust: "Model for Sustainable Community Health"

Pre-registration required. Please call 604-290-8201, suggested donation \$20+

# SPEAKERS

## KEYNOTE SPEAKERS

### VAIDYA VASANT LAD-M.A.SC.



Ayurvedic Physician and Executive Director of The Ayurvedic Institute  
*Vasant Lad brings a wealth of classroom and practical experience to the West. A native of India, he served for three years as Medical Director of the Ayurveda Hospital in Pune, India and was Professor of Clinical Medicine at the Pune University College of Ayurvedic Medicine for 15 years. He holds a Bachelor of Ayurvedic Medicine and Surgery (BAM&S) degree from the University of Pune and a Master of Ayurvedic Science (MASc) degree from Tilak Ayurved Mahavidyalaya. Vasant Lad's academic and practical training include the study of Allopathy (western medicine) and surgery as well as traditional Ayurveda.*

### 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.*

## PRESENTERS

### JAISRI M LAMBERT



Ayurvedic Practitioner, Founder of C.A.R.E 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 twenty-five 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'.*

### MADHAVI FRANÇOISE BARRIOS



*Madhavi is one of the first Ayurvedists to be awarded the Swiss 'Diplôme Fédéral Suisse en Médecine Ayurvédique', designation (pending). She's a dual citizen of France and Switzerland, born in Paris in 1960, married with four grown children. Trained as a Psychologist and Hypnotherapist, she studied Ayurveda for 10 years, and also graduated as a yoga teacher. With her husband, she has a private practice in Geneva, offering combined therapies in Psychology and Ayurveda. Madhavi divides her time between Switzerland and India, where she recently opened a small Ayurveda hospital and yoga center in Kerala.*

## PRESENTERS (CONTINUED)

### 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.*

### GLYNNIS OSHER



*Glynnis is a passionate teacher, Ayurvedic practitioner, and author specializing in the healing arts of Ayurveda, aromatherapy and aromanutrition. Glynnis partners with a women's herbal collective in Nepal, co-creating authentic Ayurvedic self-care products. Glynnis is on faculty at VSOHA teaching aromatherapy, Indian head massage and Ayurvedic self-care, as well as Langara College teaching Ayurvedic self-care in the YTT Program. Glynnis is co-author of the book *Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda and Yoga Practices that Work* and has authored *The Aroma Dosha Blueprint* online learning experience. She is founder of *The Spice Life*, an online portal for aromatic Ayurveda.*

### DR FARAH M SHROFF



*Dr Farah M Shroff is a public health researcher and educator with a passion for integrative health practices who teaches at the University of British Columbia. She has a longstanding interest in Ayurveda, starting with her PhD thesis (*New Directions in Canadian Health Policy: Lessons from Holistic Medicine*, 1996, University of Toronto) which examined ayurvedic philosophical foundations and how they could improve Canadian health policies. She is currently working with partners in India on a proposal to study an ayurvedic remedy for childhood diarrhea. Dr. Shroff is also a yoga teacher and researcher who has taught yoga in over 40 countries. She loves being in nature, Persian poetry, dancing, and celebrating the beauty of the global human family.*

### PREETI PATEL B.A.M.S.



*Preeti Patel is Ayurveda Practitioner and Panchakarma specialist by education and passion. She received her B.A.M.S. degree in 2004 from Gujarat Ayurved University and has completed post-graduate proficiency in Panchakarma from Pune University. She has knowledge of Ayurveda herbology, lifestyle management and dietetics, and also recommends specific yoga, meditation and breathing techniques to support healing, according to Ayurveda guidelines. She has been a panelist with Sri Sri Ayurveda, with the Art of Living Foundation in Montreal, and has helped clients for over a decade to regain health and balance according to Ayurveda.*

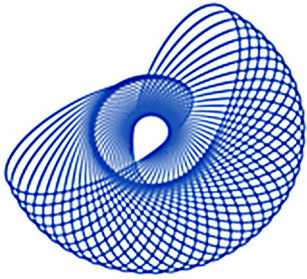
*She can be reached at: [info@healthmattersstore.ca](mailto:info@healthmattersstore.ca) and online at: [www.healthmattersstore.ca](http://www.healthmattersstore.ca)*

### DR. AMI BATAVIA



*Dr. Ami Batavia holds a "Bachelor of Ayurvedic Medicine and Surgery" from Bharti Vidyapeeth University, India. She is also a Clinical Research Professional and a Certified Yoga Teacher. To expand her horizon currently she is pursuing her "Diploma in Nutrition" from the Canadian School of Natural Nutrition. During her seven years of practice in Ayurveda and Panchakarma she has developed a keen interest in "Research-Based Preventative Cardiology". One of her objectives is to reduce mortality and morbidity due to cardiac illness with the help of Ayurveda and Panchakarma.*

# SPONSORS



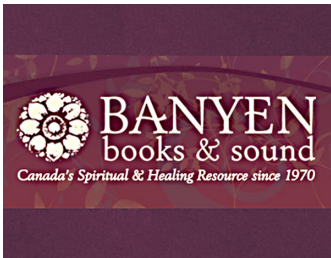
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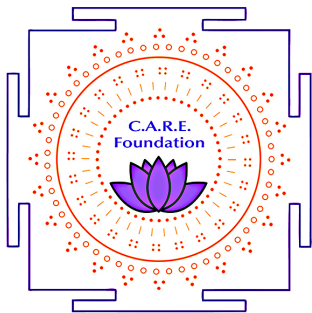


## THE AYURVEDIC INSTITUTE

11311 Menaul Blvd NE, Albuquerque, New Mexico 87112

(505) 291-9698

[www.ayurveda.com](http://www.ayurveda.com)



## CANADA AYURVEDA RESEARCH & EDUCATION (C.A.R.E.) FOUNDATION

Founder, Dr. Jaisri M. Lambert

(604) 290-8201

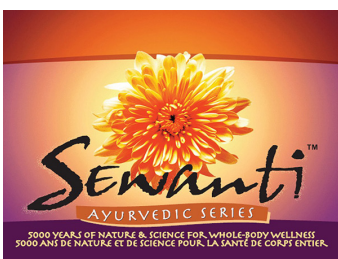


## AYURVEDA ASSOCIATION OF CANADA

Empowering the Ayurveda Community

(800) 619-5218

[ayurvedaassociation.ca](http://ayurvedaassociation.ca)



## SEWANTI

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## Upcoming Ayurveda Seminars with Dr. Jaisri M. Lambert

### ABHYANGA - AYURVEDA OIL MASSAGE THERAPY

This method was demonstrated to me directly by my mentor, Vaidya Vasant D. Lad in 1991. For more than thirty years, I've professionally practiced and refined this method for today's wellness-seekers, who often spontaneously dub this, 'the best massage I've ever had!' Learn this method within 60 hours.

Abhyanga is one of the important 'purva karmas' or preparations for panchakarma, the classic cleansing and rejuvenation science of Ayurveda. Graduates may work in a clinic or spa setting. Your investment is quickly earned back.

Dates: June 15-25, 2018; Day off: Wed., June 20.  
Graduation: June 25, 5-7pm.  
Times: 10am-6pm daily. Please be punctual, bring your lunch. Thank you!  
Investment: \$1997 + GST to June 7, 2018 or \$2200 + GST thereafter  
Location: Surrey, BC



### NADI PARIKSHA

Theory & Practise of Ayurvedic Pulse Assessment

Pulse reading is an ancient art and science of assessing the human journey along the river of life, usually applied at the time of a health crisis or concern. Emphasis is given to the radial pulse for evaluating Prakruti (constitutional nature), Vikruti (current state), Manas (mind), Sub-Dosha (humours), Dhatu (tissue genesis) and O.T.P. (flow of immune intelligence).

Prerequisite: Ayurveda Studies Program - 70 hours or equivalent  
When: Friday, September 14 to Monday September 24, 2018 (Day off-Wed., Sept. 19)  
10 am-6 pm, Lunch break 1 pm-3 pm.  
Where: Surrey, B.C.  
Tuition: \$1997 + GST until August 27, 2018; \$2200 + GST thereafter.  
Previous graduates eligible for 15% discount if prepaid by Aug. 27, 2018, space permitting.  
Cont. Ed: Graduates can apply for PACE credits for NAMA. Provider No. 12745864  
Graduation: Sacred Circle Celebration and Potluck Celebration  
Time: Monday, September 24, 5-7 p. m., Please arrive promptly at 5 pm for Circle  
Classroom Teaching Appt: Tuesday, Sept. 18 and Friday, Sept 21. Discounted rate of \$260 + GST (reg. \$310 + GST)

### AYURVEDA HEALING RETREAT IN INDIA

NOVEMBER 20 - DECEMBER 30, 2018

This program is for those who feel ready to take the time to go more deeply within for Ayurvedic learning, purification, rejuvenation and strengthening. This individualized 41 day program will bring physical, emotional, and spiritual benefits.

All programs are to take place at the Vaidyagrama Ayurveda Healing Village, Coimbatore, India. The retreat, founded by Dr. Ramkumar Cutty and others, offers a community of Ayurveda physicians, therapists and support staff, organized for optimum healing according to classical Ayurveda principles. In this natural setting, you will receive personal consultations and treatments, supervised by onsite physicians in a botanical garden setting full of bird life.

For more information, please contact Dr. Jaisri M. Lambert, 9 am - 9 pm pacific time: 604-290-8201  
or online at [ayurveda-seminars.com](http://ayurveda-seminars.com)

# SHARE AYURVEDA CONFERENCE

## IMMERSE

In ancient Ayurveda wisdom lovingly shared by a star cast of practitioners

## CONNECT

With students and practitioners of Ayurveda, holistic health, yoga, nutrition, healing and beauty

## SHARE

Carry the wisdom of Ayurveda back to your students, clients, community and family

**VANCOUVER, BC**

**May 18 to May 20 (Fri-Sat-Sun)**



Vaidya Vasant Lad



Dr. Ramkumar Kutty



Jaisri M Lambert



Madhavi Barrios

## OUR MISSION

To support authentic Ayurveda in the west



Dr. Ami Batavia



Glynnis Osher



Vd. Manjiri Nadkarni



Preeti Patel B.A.M.S

## OUR GOAL

Together start the first non-profit Ayurveda college in Canada

**Ayurveda revolution is in the air. Join us to pioneer it !**

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