

Educational I & II

Jeffrey Armstrong
Bethelya
Dr. Ghanshyam Birla
Dr. Sarasvati Buhrman
Cynthia Copple
Alakananda Devi
Dr. John Douillard
Dr. Brendan Feeley
Dr. David Frawley
Dr. Marc Halpern
Pat Hansen
Dr. Vasant Lad
Jaisri Lambert
Pat Layton
Julia Mader
Dr. Light Miller
Dr. Bryan Miller
Dr. Smita Naran
Martha Oakes
Melanie Sachs
Robert Sachs
Yogi Hari
Jennifer Workman

Professional Forum

Dr. S. Ajit
Rakesh Amin, JD
Dr. Vaijanti Apte
Cindy Baker
Dr. Aparna Bapat
Marielle H. Barnes
Bethelya
Lenny Blank
Dr. Sarasvati Buhrman
Dr. William Celentano
Dr. Partap Chauhan
Dr. Deepa Chitre
David Crow
Martin Dahlborg
Julie Deife
Dr. Nita Desai
Alakananda Devi
Michael Dick
Dr. John Douillard
Dr. George Eassey
Dr. Jay Glaser
Jeannie Green
Preeti Greene
Tara Grodjesk
Dr. Amala Guha
Dr. Marc Halpern
Dr. Bruce Hoffman
Dea Jacobson
Terry Jordan
Dr. Mahesh Kanojia
Dr. V.R. Karuparthi
Bernadette Lange
Dr. Subhash Ranade
Julia Mader
Dawn Mahowald
Dr. David Mathis
Dr. Jennifer Rioux
Dr. Emmey Ripoll
Dr. Vivek Shanbhag
Dr. Akilesh Sharma
Dr. Sarita Shrestha
Dr. Amritpal Singh
Vijay Stallings
Jeff Turner
Dr. Harish Verma
Boosawad Wanpen
Wynn Werner
Dr. Martina Ziska



The First Ayurvedic National Conference

National Ayurvedic Medical Association

*The Ancient Healthcare System
that is Sweeping America!*

“AYURVEDA IN AMERICA TODAY”

Featuring:

Dr. Vasant Lad **Dr. John Douillard**
Dr. Ram Karan Sharma **Dr. David Frawley**
Swamini Mayatitananda

Ayurveda for all levels.

Everyone invited!

October 16-19, 2003

**TradeWinds Sirata Beach Resort
St. Petersburg Beach, Florida**

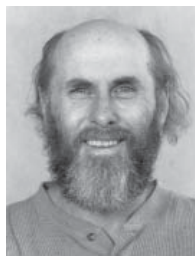
KEYNOTE SPEAKERS



***Ayurveda as a Preparation for a Spiritual Process* Friday at 8:00 PM**

John Douillard, D.C., Ph.D., is the author of *The 3-Season Diet, Body, Mind and Sport* and *Perfect Health For Kids* (released September 2003) He is on the faculty of the American Board of Holistic Medicine and is the former Director of Player Development for the

New Jersey Nets. He received a Ph.D. in Ayurveda from the Open International University in Sri Lanka and is a NAMA board member and on the CAAM advisory board. He has been teaching Ayurveda for 16 years and currently practices Ayurvedic and Chiropractic Medicine in Boulder, Colorado where he lives with his wife and six children.



***Unity in Ayurveda* Friday at 9:30 AM.**

Dr. David Frawley (Vamadeva) is a renowned Vedic educator, lecturer and author who has worked widely in India and in the West. Dr. Frawley is one of the few Westerners ever recognized in India as a *Vedacharya* or teacher of the ancient wisdom. He is the Director of the American Institute of Vedic Studies, Santa

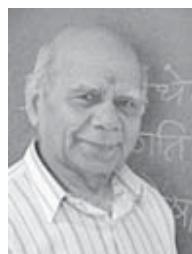
Fe, New Mexico, and President of the American Council of Vedic Astrology. Dr. Frawley has written a complete series of books on Ayurvedic medicine as well as many books on Yoga, Vedic Astrology and the Vedas. His work includes extensive correspondence course/distance learning programs in Ayurveda and in Vedic astrology, as well as special tutorial programs for advanced students.



***Ayurveda as Family Health Care in the United States.* Saturday at 8:00 PM.**

Vasant Lad, BAMS, MSc, brings a wealth of experience to the United States. His academic and practical training includes the study of Western and traditional Ayurvedic medicine. He has been teaching Ayurveda in the United States since 1979. He is Director

of The Ayurvedic Institute, Albuquerque, New Mexico, which he founded in 1984. He teaches a program in India as well the Ayurvedic Studies Program and Gurukula Program at the institute. A prolific author, Dr. Lad's most recent book, *The Textbook of Ayurveda: Fundamental Principles*, is the first of a four-volume set. He travels throughout the world, consulting privately and giving Ayurvedic seminars.



***From There to Here: The History of Ayurveda* Sunday at 11:30 AM.**

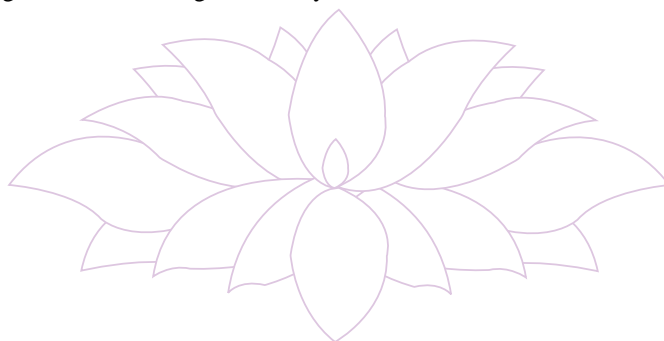
Prof. Ram Karan Sharma, from Delhi, India, is president of the International Association of Sanskrit Studies. He is an eminent scholar, educator, translator, editor and award-winning poet. With a background of traditional Vedic education combined

with modern university training, he has taught Sanskrit, Linguistics and Philosophy in India and the U.S. He was vice chancellor of two prominent Sanskrit Universities in India and has served in the Ministry of Education of the Indian Government for many years. Prof. R.K.Sharma has translated the Charaka Samhita, the ancient text on Ayurveda.



***Ayurveda: Inner Healing* Sunday at 8:00 AM.**

Swamini Mayatitananda is a compassionate spiritual Mother who has helped people heal from life-threatening disease through her teaching of Ayurveda's inner medicine healing - the powerful education that restores individual health and community well being. Mother Maya is the spiritual head of the Wise Earth School of Ayurveda in North Carolina and the founder of Mother Om Mission, a charitable organization in Guyana, South America. She is the author of several best-selling Ayurvedic books and has been presenting her inner medicine vision for healing and peace worldwide for 25 years. Mother Maya has been carefully tutored by His Holiness, Swami Dayananda Saraswati and belongs to India's most prestigious Vedic lineage - Veda Vyasa.



Educational Track Speakers



Gods, Goddesses and Astrology

Saturday 4:30 PM SW9

Jeffrey Armstrong is an international teacher of Eastern Philosophy, Raja Yoga, Tantra, Mantra Meditation and Vedic Astrology. An initiate of these disciplines for over 30 years, he also holds degrees in Psychology, Literature, and Comparative Religion. His research on the links between Ayurvedic body types and Vedic

Astrology contributed to his recent book award as the Independent Publishers "New Age Book of the Year 2002."



Interpreting Doshas through Hasta

Jyotish Friday, 11:00 AM SW1

Dr. Ghanshyam Singh Birla founded National Research Institute for Self-Understanding and the Palmistry Center in Montreal, Canada, in 1972. Dr. Birla has lectured and written extensively on the Vedic sciences. His most recent book is *Love in the Palm of Your Hand: How to Use Palmistry*

for *Successful Relationships*. Dr. Birla has appeared on *Living in Balance* on Wisdom Television, *Good Morning America*, and on *WebMD*. In 1998, Dr. Birla established a 300-acre lakefront international retreat for palmistry, astrology and Ayurvedic healing in Cheneville, Quebec.



Assessing your Ayurvedic Constitution

Friday, 2:00 PM AM2

Cynthia Cople, an Ayurvedic Practitioner since 1983, is one of the first American practitioners of Ayurveda and a founding Board Member of NAMA. Her studies include over 2,000 hours of training with Dr. R. P. Trivedi plus training with Dr. Vasant Lad, Dr. Sunil Joshi and Dr. Pankaj Naram.

She teaches at Twin Lakes College of the Healing Arts in Santa Cruz, CA and Mt. Madonna Center. She also offers private Ayurvedic consultations and has studied and practiced Yoga and Meditation for the past 25 years.



Ayurvedic Pulse Diagnosis

Saturday, 2:00 PM AM6

Ayurveda, Fitness, and the Breath

Sunday, 9:30 AM SW10

John Douillard, D.C., Ph.D. is the author of *The 3-Season Diet*, *Body, Mind and Sport* and *Perfect Health For Kids* (released September 2003) His is on the faculty of The American Board of Holistic Medicine and is the former

Director of Player Development for the New Jersey Nets. He received a Ph.D. in Ayurveda from the Open International University in Sri Lanka and is a NAMA board member and on the CAAM advisory board. He has been teaching Ayurveda for 16 years and currently practices Ayurvedic and Chiropractic Medicine in Boulder, Colorado.



Yoga Asanas for Balance

Daily 7:00 AM E2, E7, E12

Bethleya first began the practice of yoga in childhood, has taught yoga for nineteen years. She currently teaches Ayur-Yoga to first and second-year students at The Ayurvedic Institute in Albuquerque,. She is an international yoga conference presenter and has been a professional

astrologer for 25 years. She is presently a student of Dr. David Frawley and resides in Albuquerque, New Mexico.



Agni & Ama - Origin of Health & Illness,

Friday, 4:30 PM AM3

Sarasvati Buhrman, Ph.D. did graduate work in genetics and received her doctorate in Anthropology from the University of Colorado. She is a Yogic nun in the Vairagi order of north India. She has taught yogic practices under the direction of her guru, Baba Hari Dass since 1976. Sarasvati was

trained in Ayurvedic medicine by Dr. R.P. Trivedi. Sarasvati is Academic director and founder of the Rocky Mountain Institute of Yoga and Ayurveda where she teaches, practices Ayurvedic medicine, and writes for Yoga International.



Kriya Kala - How Disease Develops

Saturday, 9:30 AM AM4

Alakananda Devi, M.B., B.S., is a British trained physician who graduated from St. Bartholomew's Hospital medical college in England in 1975. After working in a rural hospital in England, she travelled to India in 1980, where she met her teacher, Dr. Vasant Lad. Among the first western

physicians to take up Ayurveda, she has been studying Ayurveda for 23 years and practising and teaching for 15 years. She is principal of Alandi School of Ayurveda, a traditional Gurukula, and is known for her insightful articles on Ayurveda.



AyurJyotish: Prakruti/Vikruti and Planetary Influences

Sunday, 2:00 PM SW12

Brendan Feeley M.A., N.D. practices Jyotish and Ayurveda as well as maintaining his classical homeopathic practice in the Washington, DC area. He has been studying the Vedas since 1975 and began his studies of Jyotish in the 1980's with interest in

medical astrology. Dr. Feeley's work is dedicated to the integration of Jyotish and Ayurveda. He is a graduate of the New England Institute of Ayurvedic Medicine, a faculty member of American Council of Vedic Astrologers and President of Sri Jagannatha Center - U.S.



***Yoga Asanas & Mudras for Specific Conditions, Saturday, 4:30 PM* AM7**

Patricia Hansen, M.A., R.Y.T., certified Ayurvedic Consultant, is an international teacher and lecturer. She has been active in the fields of Yoga and Ayurveda as founder and cofounder of a number of professional organizations. She is a faculty member of Metropolitan State College and taught at

University of Denver where she developed the first curriculum and instruction for Yoga. Patricia wrote her master's thesis on Ayurveda at University of Denver. She is co-founder of the Rocky Mountain Institute of Yoga and Ayurveda and Director of an Ayurvedic Certification Course.



Tridosha: The Heart of Ayurveda

Friday, 11:00 AM AM1

Marc Halpern, D.C., C.A.S., P.K.S. received his Doctor of Chiropractic from Palmer College in 1987. He completed post graduate work and became certified as a Holistic Health Care Specialist. He obtained his Ayurvedic certification through the American Institute of Vedic Studies and through studies with Dr. David Frawley, Dr. Sunil Joshi, and Dr.

Subhash Ranade. Dr. Halpern founded California College of Ayurveda in 1995 and remains its Director. In 1998 he was a founding board member of California Association of Ayurvedic Medicine. He is a prolific writer and international educator.



***Ayurvedic Approaches to Chronic Disease, Sunday, 9:30 AM* AM8**

Vasant Lad, BAMS, MSc, brings a wealth of experience to the United States. His academic and practical training includes the study of Western and traditional Ayurvedic medicine. He has been teaching Ayurveda in the United States since 1979. He is Director of The Ayurvedic Institute which he founded in 1984.

He teaches a program in India as well the Ayurvedic Studies Program and Gurukula Program at the institute. A prolific author, Dr. Lad's most recent book, *The Textbook of Ayurveda: Fundamental Principles*, is the first of a four-volume set.



***Turiya Therapy: A Marma-Related, Body Based Counseling Method, Sunday, 2:00 PM* PC1**

Jaisri M. Lambert has been teaching natural therapies since 1985. She completed a classical 12-year apprenticeship in Ayurveda with Vaidya Vasant Lad, and specializes in Pulse Assessment, Pancha Karma and Marma Chikitsa. Jaisri is the founder of Vidya College

of California, state-approved to offer Ayurvedic and Vedic studies. She created and teaches Turiya Therapy, a comprehensive body-based counseling method based on Marma Chikitsa for resolve of psycho-emotional disturbances. Jaisri travels internationally to share a wide range of Ayurvedic topics with students of all levels.



***Neti and Nasya Daily, 7:00 AM* E1, E6, E11**

Patricia Layton, M.A. has been a student of yoga for thirty years. She is a core faculty member at the California College of Ayurveda and of the Iyengar Yoga Institute's teacher training program (physiology), as well as, an adjunct faculty member at San Francisco State University and the California Institute of

Integral Studies. A direct disciple of Swami Rama, she continues her studies in the Himalayan tradition with Swami Veda Bharati. Currently she is completing her doctoral studies in Asian and Comparative Studies/Hinduism.



Ayurvedic Self-Massage

Daily 7:00 AM E3, E8, E13

Julia Mader, M.A., L.M.T., experienced Ayurveda while living in India for 8 years. During this time she absorbed much of the culture and life-style. Her approach to Ayurveda focuses on rasayana; the continuity of well-being. Julia enjoys teaching her clients the nurturing qualities of oils from Kerala and

foods prepared in simple ways to balance their doshas and satisfy the palate. Since 1993, Julia has been co-owner and director of Rasayana Cove Ayurvedic Retreat, a residential treatment center located on a private nature retreat in central Florida.



***Kaya Kalpa: Practices for Rejuvenation, Saturday, 11:00 AM* SW5**

Bryan Miller, D.C., received his Chiropractic degree from Western States Chiropractic College. His unique ability as a healer is the result of extensive knowledge of the body's systems and functioning, gained through more than 20 years of on-going studies in holistic health. Bryan is a Kaya Kalpa Practitioner and

co-owner of the Ayurvedic Center of Well Being. He is administrator of the Sarasota Branch of the Florida Vedic College which offers college degrees in Ayurveda, and is co-author of "Aromatherapy & Ayurveda" and an "Ayurveda Correspondence Course".



***Therapeutic Use of Oils in Ayurveda, Friday, 2:00 PM* SW2**

Light Miller, N.D. has over 30 years experience in natural healthcare. Light's Ayurvedic heritage connects her to her roots of Indian philosophy and healing. She is the only female practitioner of Kaya Kalpa (spiritual bodywork) in the world.. She has published three books, "Aromatherapy & Ayurveda",

"Ayurvedic Remedies for the Whole Family", and an Ayurveda Study Course. She is co-owner of the Ayurvedic Center for Well Being, Administrator of the Sarasota Branch of the Florida Vedic College providing college degrees in Ayurveda and Aromatherapy, and a Board Member of NAMA.



Panchakarma, Daily & Seasonal Health Routines Saturday, 9:30 AM SW4
Special Presentation Sunday, 2 PM SW11

Dr. Smita Naran operates a large Ayurvedic Hospital with her husband, Dr. Pankaj Naran, in Bombay, India. They also own an herbal medicines manufacturing plant. They have treatment centers in Italy, Germany, and Australia. Drs. Naran tour the US twice

yearly, offering consultations and workshops. Dr. Smita Naran oversees their Pancha Karma treatment center in Bombay.



Postpartum Massage and Diet Saturday, 4:30 PM SW8

Martha Oakes has been studying Ayurvedic Postpartum care (Doula) since 1985. She has studied and had clinical experience with the Maharishi International University, studied at The Ayurvedic Institute, and with Young Living Essential Oils. Martha is Founder/Director of the Postpartum Doula Certification Program at

Rocky Mountain Institute of Yoga and Ayurveda. She has written several articles and a self-published book, *Sacred Window: Parent's Handbook for Rapid Postpartum Recovery*, currently under revision. She currently teaches workshops on Postpartum Care.



Beauty and Skin Care Friday, 4:30 PM SW3

Melanie Sachs, certified Ayurvedic Lifestyle Counselor is sought after as a teacher and therapist by some of the world's leading spas and beauty schools. Her book, *Ayurvedic Beauty Care* is a must for those interested in the expanding field of conscious body care.

Melanie began study of Ayurveda in 1986

with Dr. Vasant Lad and later with a number of Indian and Tibetan teachers. She and her husband Robert have developed signature spa therapies which she has been teaching to skin care professionals and massage therapists since 1995.



Marma Point Massage Saturday, 2:00 PM SW7

Robert Sachs, MSW, received his B.A. in comparative religion and sociology at the University of Lancaster, England. He began his studies with Tibetan Buddhist masters, and was introduced to the Asian healing arts with reknown teachers such as Macrobiotics master, Michio Kushi, and shiatsu master,

Rex Lassalle, and trained in hatha yoga. Robert received his Masters in Social Work at the University of Kentucky. He is the author of several books on Eastern traditions.



Ayurvedic Nutrition: Tastes that Heal Saturday, 11:00 AM AM5
Ayurveda and Weight Loss Saturday, 2:00 PM SW6

Jennifer Workman, M.S., R.D., owner of the Balanced Approach, National Nutrition/Weight Management Company and author of *Stop Your Cravings*, has incorporated the basic principals of Ayurveda into her sports/

medical nutrition practice since 1996. Her "balanced approach" satisfies taste while controlling cravings to maximize health. The regimen supports and educates both consumers and healthcare professionals with respect to the benefit of sustained global consciousness which extends to the animal kingdom and to the planet as a whole.



Mantras for Healing Sunday, 2:00 PM SW14

Yogi Hari is a Master of Hatha, Raja and Nada Yoga. Sampoorna Yoga is the fruit of Yogi Hari's tireless striving for perfection in his practice and teaching. This is the yoga of fullness that integrates Hatha, Raja, Karma, Bhakti, Jnana and Nada Yoga to purify and harmonize all aspects of the

human personality so that the light of the soul shines forth in all its Divine splendour. His approach is deep, simple and practical and helps people to live a richer, happier life based on lasting yogic values

Dharma and Ayurveda Programs at Hindu University, Sunday, 2:00 PM SW15

A presentation about Hindu University of America, located on a 12 acre campus in east Orlando (Florida), is authorized by Florida State Department of Education for instruction and research leading to Master and Doctoral degrees in Hinduism, Hindu Philosophies, Yoga Philosophy and Meditation, Yoga Education, Ayurvedic Sciences, Jyotish (Vedic Astrology), and Divine Music. Hinduism, Yoga and Sanskrit courses are currently available, and Ayurveda program is being implemented. Courses are available on campus as semester courses, as week-long intensive courses, and in distance education format. The emphasis is on applications of spiritual wisdom to everyday life. A master degree program on Paurohitya (Priest Training) is under development.

PROGRAM SCHEDULE

SCHEDULE KEY: A variety of sessions are offered that are of interest to all levels of understanding and knowledge - from beginner to Practitioner!

Educational I & II are designed to enhance one's understanding and experience of Ayurveda. Sessions are sequentially arranged, each session laying the foundation for the next session. For those unfamiliar with Ayurvedic terminology, we recommend beginning with *Tridosha.: Heart of Ayurveda*, Friday, Session I.

Educational I: Spa, Fitness and Wellness (Code SW) Introduces Ayurvedic concepts and therapies to therapists and workers in the spa and fitness industries.

Educational II: Ayurvedic Medicine (Code AM) Is for beginning students and healthcare professionals seeking basic introductory grounding in Ayurveda.

Professional Forums: (Code PR) Single subject forums for Ayurvedic practitioners. The format consists of several presenters per forum followed by discussion.

Experiential: (Code E) Provide opportunities to experience Ayurvedic practices. **Keynote Speakers: (Code K)** Featured speakers.

Thursday October 16, 2003

Session/Time:

Dinner: 6-9:00 PM

OPENING NAMA RECEPTION AND BANQUET , ENTERTAINMENT for Members and Guests

Entertainment by Traditional Indian Dancers and Vedic Poet Kavendra

Friday October 17, 2003

Experiential

7:00-8:00 AM

E1 <i>Neti & Nasya</i> Pat Layton	E2 <i>Yoga Asanas for Balancing Prana</i> - Bethyla	E3 <i>Ayurvedic Self- Massage</i> Julia Mader	E4 <i>Shirodhara</i>	E5 <i>Sunrise Mantras for Health</i>
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8:00-9:00 AM

OPENING PUJA by faculty of Hindu University

Session I 9:30-10:50 AM

K1 **OPENING KEYNOTE** **Dr. David Frawley: *Unity in Ayurveda***

EDUCATIONAL I

EDUCATIONAL II

PROFESSIONAL FORUMS*

PROFESSIONAL FORUMS

Session II 11:00-12:30PM

SW1 *Interpreting the Doshas
through Hasta Jyotish* - Dr.
Ghanshyam Birla

AM1 *Tridosha: The Heart of
Ayurveda* - Marc Halpern

PR1 *Ayurveda, Health and
Research*

PR2 *Expanding our Potentials*

Lunch 12:30-2:00 PM

AYURVEDIC LUNCH

12:30-2:00 PM

SEARCH OUT YOUR FAVORITE ITEMS AT THE SILENT AUCTION!

Session III 2:00-4:00 PM

SW2 *Therapeutic Use of Oils
in Ayurveda* - Light Miller, N.D.

AM2 *Assessing your Ayurvedic
Constitution* - Cynthia Copple

PR3 *Ayurveda and Integrative
Medicine* 1:45 - 4:15 PM

Tea Break 4:00-4:30 PM

HERBAL TEA BREAK

4:00-4:30 PM

VISIT WITH OUR EXHIBITORS

Session IV 4:30-6:00PM

SW3 *Beauty & Skin Care* -
Melanie Sachs

AM3 *Agni & Ama - Origin of
Health & Illness* - Sarasvati
Buhrman, Ph.D.

PR4 *Legal Issues in the
Practice of Ayurveda in North
America*

PR5 *Ayurveda in Women's
Health: Goals and
Achievements*

Break 6:00-7:00 PM

SUNSET MEDITATION

Dinner 7:00- 8:00 PM

DINNER

7:00- 8:00 PM

Evening Program 8:00-9:30

K2 **KEYNOTE** **Dr. John Douillard** *Ayurveda as Preparation for a Spiritual Process*
Plus entertainment by the enchanting "Fairie Elaine", singing chants to the Goddess

*See Professional Forum details on page 17

PROGRAM SCHEDULE

Saturday, October 18th

Session/Time

**Experiential I
7:00-8:00 AM**

E6 *Neti & Nasya* Pat Layton **E7** *Yoga Asanas for Balancing Tejas* - Betheyla **E8** *Ayurvedic Self- Massage* Julia Mader **E9** *Shirodhara* **E10** *Sunrise Mantras for Health*

PRANAYAMA and MEDITATION - Sarasvati Buhrman, Ph.D.

**Experiential II
8:00-9:00 AM**

EDUCATIONAL I EDUCATIONAL II PROFESSIONAL FORUMS* PROFESSIONAL FORUMS

Session I 9:30-10:50 AM

SW4 *Panchakarma, Daily & Seasonal Health Routines* - Dr. Smita Naran **AM4** *Kriya Kala- How Disease Develops* Alakananda Devi **PR6** *Ayurveda & Digestive Disorders: Filling the Treatment Void in Western Medicine* **PR7** *Classical and Innovative Treatments for Degenerative Diseases*

Session II 11:00-12:30 PM

SW5 *Kaya Kalpa: Practices for Rejuvenation* - Bryan Miller **AM5** *Ayurvedic Nutrition: Tastes That Heal* Jennifer Workman **PR8** *Ayurvedic Herbs and Medicines: Ecological, Regulatory and Quality Control Issues* **PR9** *Ayurveda and the Treatment of Skin Disorders*

Lunch 12:30-2:00 PM

AYURVEDIC LUNCH 12:30-2:00 PM ENJOY A VISIT TO OUR VENDORS!

Session III 2:00-4:00 PM

SW6 *Ayurveda and Weight Loss* - Jennifer Workman **AM6** *Pulse Diagnosis* John Douillard, D.C. **PR10** *Ayurveda and Cancer: Where Do We Stand?* **PR11** *Business and Marketing Issues in Ayurvedic Practice*

Tea Break 4:00-4:30 PM

SW7 *Marma Point Massage* - Robert Sachs

HERBAL TEA BREAK 4:00-4:30 PM THE SILENT AUCTION ENDS AT 8:00 PM!

Session IV 4:30-6:00PM

SW8 *Postpartum Massage and Diet* - Martha Oakes **AM7** *Yoga Asanas and Mudras for Specific Conditions* Pat Hansen **PR12** *Ayurvedic Education in the United States* **PR13** *Issues of Food and Body: Ayurvedic Nutrition and Weight Loss in America*

SW9 *Gods, Goddesses, and Astrology* - Jeffrey Armstrong

Break 6:00-7:00PM

SUNSET MEDITATION - Dr. David Frawley

**Dinner/Evening Program
7:00-9:30 PM**

GALA CONFERENCE BANQUET!

KEYNOTE Dr. Vasant Lad: *Ayurveda as Family Health Care in the United States*
***Awakening the Goddess Within* - music by Jeff Lantz and Susie Jennings**

*See Professional Forum details on page 17

PROGRAM SCHEDULE

Sunday, October 19th

Session/Time

Experiential I
7:00-8:00 AM

E11 *Neti & Nasya* Pat Layton **E12** *Yoga Asanas to Enhance Ojas* - Betheyla **E13** *Ayurvedic Self-Massage* Julia Mader **E14** *Shirodhara* **E15** *Sunrise Mantras for Health*

Session I
8:00-9:30 AM

K4 **KEYNOTE** Swamini Mayatitananda, *Ayurveda: Inner Healing*

EDUCATIONAL I

EDUCATIONAL II

PROFESSIONAL FORUMS*

PROFESSIONAL FORUMS

Session II: 9:30-10:50 AM

SW10 *Ayurveda, Fitness & the Breath* – John Douillard **AM8** *Ayurvedic Approaches to Chronic Disease* Dr. V.asant Lad **PR14** *The Role of “Hands-On” Therapies in the Globalization of Ayurveda* **PR15** *Ayurvedic Psychiatry*

Session III: 11:00-12:30 PM

K5 **KEYNOTE** Dr. Ram Karan Sharma, *From There to Here: the History of Ayurveda*

LUNCHEON

Lunch 12:30-2:00PM

Entertainment: Chanting with Yogi Hari

Session IV: 2:00- 4:00 PM

SW11 *Special Presentation* Dr. Smita Naran **SW12** *AyurJyotish: Prakruti/Vikruti and Planetary Influences* Dr. Brendan Feeley **SW13** *Turiya Therapy: A Marma-related, Body Based Counseling Method* - Jaisri Lambert **SW14** *Mantras for Healing* - Yogi Hari **SW15** *Presentation: Dharma and Ayurveda Programs at Hindu University*

Tour Invitation: Julia and Dinesh Mader invite NAMA conference attendees to Rasayana Cove Ayurvedic Retreat for purposes of viewing an established Ayurvedic treatment facility in a natural setting of 25 acres of pristine nature. The Maders wish to support the further development of Ayurvedic retreats in natural settings. Maps and information on car pools are available at the registration desk.

Note: CEU's are pending for Naturopaths, Chiropractors, Nurses, and Massage Therapists (in Florida).

*See Professional Forum details on page 17