

The Ayurvedic Art of Health and Healing

A Six Day Seminar with Dr. Vasant Lad, B.A.M.S., M.A.Sc

Tuesday thru Sunday, July 22-27, 2008

The Ayurvedic Art of Assessment Tuesday thru Friday July 22-25

A four day course based on *Ashtavidha Pariksha*, the eightfold method of Ayurvedic assessment. These ancient tools can offer a clear barometer of one's physical, mental and spiritual nature and present condition.

The Gunas – Their Qualities and Inner Attributes

Tuesday, July 22 10:30-12:30

The *prakriti/vikriti* paradigm is the basic principle of Ayurvedic clinical assessment, and everyone should know their own unique body type, *prakriti*, and the present state of the *doshas* or qualities, *vikriti*. By knowing these one can determine the right lifestyle, diet and exercise and begin to bring balance into the entire life.

Assessing Your Mental Constitution

Tuesday, July 22 2:30-4:30

The qualities of an individual soul's past life karmas are brought into the next birth. Those qualities, or *gunas*, in a particular combination, enter into the consciousness of the fertilized ovum and become one's mental makeup. Although these qualities are determined at conception, they can be altered by sustained meditation and yoga under the guidance of a spiritual teacher.

Ayurvedic Art of Pulse Diagnosis

Wednesday, July 23 10:30-12:30 & 2:30-4:30 (*two sessions*)

Pulse diagnosis is a science and an art. A successful reading of the pulses can give deep insight into a person's body, mind and soul. It is the foremost tool in assessing the basic bodily constitution, history and present state, and can reveal subtle imbalances that indicate the early stages of disease. Dr. Lad will share his profound knowledge and experience, gathered during 35 years of clinical practice.

Talk: The Role of Love & Compassion in the Healing Process

Wednesday, July 23 8:30pm

Assessing the Eyes, Tongue, Waste Products and Nails

Thursday, July 24 10:30–12:30

The eyes are the windows of the soul. Learn how to assess the eyes to detect hidden imbalances. The tongue can tell the tale of two cities, the body and mind. Nails are the visual mirrors of our inner condition, and waste products going out of the body will also narrate the conditions they have passed through.

Reading the Face, Skin and Body Type

Thursday, July 24 2:30–4:30

The face is the mirror of the mind. Learn how to read the face in order to know yourself and others. Our skin is a switchboard with many energy buttons and can be assessed according to color, complexion and texture. Body type gauges the basic constitution and the nature of a disorder.

Examining the Excellence of the Tissues *Dhatu Sara pariksha*

Friday, July 25 10:30–12:30

Dhatu Sara is like the cream in the milk. It is the pure essence of each bodily tissue and governs the strength, health and superior qualities of that particular tissue. The state of the *dhatu sara* can be ascertained clinically by assessment of the skin. Dr. Lad will discuss the concept of *sara* with regard to the tissues.

Awareness as the Ultimate Tool of Assessment

Friday, July 25 2:30–4:30 PM

Ayurveda teaches that unless you enter the heart of a client with the light of awareness you will not be able to diagnose the problem. If you bring awareness to the problem, a flow of compassion and insight will allow an accurate diagnosis.

Ayurveda and Daily Life

Friday Evening thru Sunday July 25-27

Talk: **Bhakti in Daily Life** - Practical application of the *Narada Bhakti Sutras*

Friday, July 25 8:30PM

Ayurvedic Approach to Food and Nutrition

Saturday, July 26 10:30–12:30

The food we eat is transformed into our thoughts, feelings and emotions. In his Ayurveda cookbook Dr. Lad states, “I have seen many problems, sometimes culminating in serious illness, that were the result of poor food choices and ignorance in the art of proper cooking for oneself and one’s family.”

The Breath Cycle in Daily Life and Relationships *Shiva Svarodaya*

Saturday, July 26 2:30–4:30

The breath cycle is intimately connected to the left and right hemispheres of the brain. We use only one part at a time and become unilateral. This ancient teaching instructs us in awakening both sides of the brain simultaneously in order to go beyond the physical brain into the primordial brain – the source of love and light.

Ayurvedic Psychology and the Chakra System

Sunday, July 27 10:30–12:30

Chakras are the reservoir of consciousness connecting the body, mind and soul. When blocked by past memories and emotions they can present obstacles to our spiritual blossoming. Dr. Lad will share ancient Ayurvedic methods of awakening the chakras, the energy pathways of inner healing, with special reference to spiritual healing of unresolved emotions.

Healing through Colors and Crystals

Sunday, July 27 2:30–4:30

Every chakra emanates different color frequencies, the vibration of *prana*, and crystals are trapped light which yields healing vibration. According to the Vedic wisdom, color healing through the chakras can bring peace and tranquility in our daily life. Dr. Lad will elaborate on the psychophysiological action of the different color spectrums of the chakras.



Dr. Vasant Lad is a preeminent Ayurvedic Physician and Professor of Ayurveda. He founded the Ayurvedic Institute in Albuquerque, NM, in 1984. Prior to that, he had served as Professor of Clinical Medicine at Pune University College of Ayurvedic Medicine. He holds a Master's of Ayurvedic Science (M.A.Sc.) degree. Respected throughout the world for his knowledge, Dr. Lad is the author of several books including Ayurveda: The Science of Self-Healing. His newest publication, Textbook of Ayurveda, Vol. II, is now available worldwide. Dr. Vasant Lad teaches at the Ayurvedic Institute and also in India and travels extensively, sharing the holistic wisdom of Ayurveda.

Dr. Lad's classes are suitable for beginning students as well as experienced practitioners. The seminar with overnight stay includes yoga classes, meditation programs, two evening talks by Dr. Lad, an evening cultural event, delicious vegetarian meals, and more!

Daily Classes: 10:30AM-12:30PM & 2:30-4:30PM; Part I: Jul 22-25, Tue morn. - Fri afternoon; Part II: Weekend Jul 25-27, Fri eve. - Sun afternoon; Special Talks: Jul 23 Wed 8:30PM & Jul 25 Fri 8:30PM

Tuition: Full 6 Days (12 sessions) \$360; Part I only (8 sessions) \$245; Part II, Weekend only (4 sessions) \$140; Single session \$35; Lecture Fee for Special Talks: \$15 / members \$12 (included when staying overnight)

Special Overnight Guest Rates: Full 6 Days, Jul 21-27 Mon eve. - Sun: Dorm \$355 / memb. \$320; Semiprivate \$445 / memb. \$400; Part I only, Jul 21-25 Mon eve. - Fri: Dorm \$240 / memb. \$205; Semiprivate \$290 / memb. \$255; Part II, Weekend only, Jul 25-27 Fri eve. - Sun: Dorm \$135 / memb. \$120; Semiprivate \$170 / memb. \$155; Call 845.782.5575 for registration and further information including camping rates and reduced rates when contributing 1 hour of work per day.