Commitment

Credibility

Community

Celebration

AYURVEDA TODAY

11th NATIONAL NAMA CONFERENCE

APRIL 9 – 12, 2015

NEWPORT BEACH MARRIOTT CALIFORNIA
We gather over the next few days as practitioners, students, presenters, sponsors, exhibitors, and community members who are interested in the most beautiful teachings of Ayurveda. We also gather in recognition; NAMA is celebrating its 15th year anniversary! The echoes of our conversations and laughter are sure to travel far and wide. We owe a debt of gratitude to those who have worked tirelessly over the past years to create a grounded organization that is as deep as it is wide. We are blessed to have board members and volunteers who give from their hearts; our talent pool is vast and each person shows a degree of commitment not often found in professional organizations. Bravo! Thank you! Let our special festivities begin!

The 2015 conference, Ayurveda Today, allows us to dwell on how our community is taking the 5,000 year old traditions of Ayurveda and making them viable and vital in today’s world. Those of us who have been called to this science understand the timeless nature of the teachings. This conference will allow each attendee to listen to our presenters share how they are bringing this gift to the world at large. We will hear members tell the tale of how their lives have been impacted by Ayurveda. We will learn what research is being done in our field. Our presenters will not only speak on special topics of interest but will educate us about case management, patient compliance and the business of Ayurveda. There is no doubt that attendees will have a hard time choosing which segments to attend. Each program will be a gem unto itself.

Alongside the stellar educational offerings are ample opportunities to meet with friends, old and new. Sit outside our beautiful Newport Beach facility and let the conversations flow. This is your time. Each of our regions will be represented, allowing for networking that will extend this conference across the United States into the weeks and months that follow. We will share Ayurvedically inspired meals that have been specially planned for months as we linger at our “family” tables. And yes, there will be music. This is truly a celebration in every sense of the word.

Our conference committee has been tirelessly working on this gathering since the fall of 2013. Months and months of choosing and planning culminate here over the coming days. Know that every imaginable detail has been discussed and thoughtfully accommodated.

May you be filled with wonder, excitement, rejuvenation and joy as we share this time together.

Namaste!
The 2015 Conference Team
This year NAMA celebrates 15 years as an organization dedicated to preserve, protect, improve and promote the philosophy, knowledge, science and practice of Ayurveda for the benefit of humanity.

As a professional association, the National Ayurvedic Medical Association works diligently to provide leadership within the Ayurvedic profession and to promote a positive vision for Ayurveda and its holistic approach to health and wellness.

2015 is the year for members of NAMA to explore:

- **Commitment** – with unwavering belief in and commitment to Ayurveda
- **Community** – knowing we are not alone, we have many hands and hearts involved
- **Credibility** – the work we are doing is promoting the viable growth of our profession
- **Celebration** – by coming together we share our passion for a healthier world!

Come by the NAMA table and connect with board and committee members, staff and volunteers to learn about how you can get more involved. We are here to address your questions and provide support for you to make the most of your NAMA membership.

For more details about our organization, visit us at AyurvedaNAMA.org
START TO FINISH

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OPENING DINNER AND MEMBERSHIP MEETING
Thursday 6 – 9 pm | Grand Pacific Ballroom
Celebrating 15 years of Service to Ayurveda in the US

Begin the conference by sharing a meal and celebrating NAMA’s 15th Anniversary! Let your focus shift to connecting with your Ayurvedic community and immersing yourself in the joy of being with others committed to this wonderful science. The membership meeting will be a chance for you to open new connections and become familiar with others by exploring various Communities of Practice. Discover with others what brings credibility to our profession.

KIRTAN Saturday 8:50 – 10:00 pm | Grand Pacific Ballroom
Kirtan with Tim Jordan

Connect with the sacred energies that serve to quiet your mind and open your heart. Tim’s journey with Kirtan began during Yoga teacher training in South India in 2009. There was something about chanting the names of the Divine on a daily basis that stirred something deep inside him. Having grown up in a strongly religious environment in the South, he was very familiar with devotional practices. However, nothing had ever touched Tim the way that Kirtan did. He witnessed its power to open the heart and to transcend both culture and religion.

CLOSING PANEL Sunday 1:30 – 3:00 pm | Grand Pacific Ballroom
What’s Next?

Panelists: John Douillard, Marc Halpern, Christine Horner, Kevin Spelman
Moderator: Lisa Boldin, NAMA Treasurer

After lunch, join with the featured presenters to wrap up our program with an assessment of where we go next. What can each individual do to bring Ayurveda more into the public awareness? What can NAMA do to help support states as they move toward Health Freedom and/or licensure? How do we move the profession of Ayurveda forward in the best way possible?

The panel will be followed by the introduction to the 2016 Conference
Ayurveda Tomorrow: Be the Change

All attendees are invited to participate in the closing circle as we send one another back to our own communities until we meet again: April 14 – 17, 2016, Crowne Plaza Hotel, Warwick, RI.
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**FEATURED PRESENTERS**

**PLENARY SESSION** Thursday 7:30 – 9:00 pm | Grand Pacific Ballroom

*My Ayurveda – Creating Your Personal Relationship with 5,000 Years of Knowledge*

Dr. Chaudhary will share her personal journey with Ayurveda and give you advice on how to navigate through the needs of the modern world while still remaining true to ancient wisdom. In this intimate talk, she will narrate some of her own experiences with Ayurveda as both a patient and a physician as well as the patient stories that have shaped her as a vaidya. This talk is a private and often time humorous view of the transformation of a doctor facing the challenges of the modern medical world into a seeker of Vedic knowledge, while still maintaining her authenticity as a woman in America during the 21st century.

Kulreet Chaudhary, MD effectively combines her expertise in neurology with her proficiency in Ayurveda to develop a new way to approach chronic disease. She is the Director of Wellspring Health at Scripps Memorial Hospital and a pioneer in the field of Integrative Medicine. She has successfully developed a powerful system to manage chronic neurological disorders—i.e., multiple sclerosis, Parkinson’s disease and migraine headaches—by incorporating fundamental changes in diet, behavior, and stress reduction in addition to the standard allopathic approach to Neurology. Dr. Chaudhary is also committed to bringing national awareness to the need for a paradigm shift in medicine that focuses on patient empowerment and a health-based medical system.

**PLENARY SESSION** Friday 8:45 – 10:15 am | Grand Pacific Ballroom

*Bringing Ayurveda to the West: Ancient Knowledge, Modern Culture*

The knowledge of Ayurveda has its origins in a time and space that is far away. Although the more enlightened subculture of Ayurveda and Yoga may transcend the distance, the masses find it difficult to relate. This talk explores how to maintain the integrity of Ayurveda and at the same time meet the needs of the Western culture in the modern age.

Marc Halpern, DC, CAS, PKS, is the founder and President of the California College of Ayurveda. He is the author of *Healing Your Life; Lessons on the Path of Ayurveda*. A leader in the profession, he is the co-founder of the National Ayurvedic Medical Association (USA) and the California Association of Ayurvedic Medicine. He also sits on the advisory boards of *Ayurveda Journal of Health* in the United States and the *Journal of Research and Education in Indian Medicine* in India. Dr. Halpern’s contributions to the field have earned him the highest level of awards in both countries. He is the author of two textbooks, *Principles of Ayurvedic Medicine* and *Clinical Ayurvedic Medicine* and has published hundreds of articles in popular journals and magazines of Ayurveda and Yoga and has collaborated with researchers from UC Davis to publish several peer-reviewed papers.

**PLENARY SESSION** Saturday 8:30 – 10:00 am | Grand Pacific Ballroom

*Science Meets Ayurveda: The Beauty of a Bimodal Understanding*

The Human Genome Project is ushering in remarkable breakthroughs in the medical sciences. One of the least understood and discussed is the fact that by understanding the collective, as well as the individual’s DNA sequences, an understanding of constitution is making its way back into the medical sciences and clinically relevant therapeutics. While this “constitutional medical model” is still very novel and undeveloped it makes the Ayurvedic Tridosha model even more useful than it has been since its development 2000 years ago. We will examine a union of Ayurveda and the info from the Human Genome Project and show that
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the wisdom of Ayurveda, can be used for further insights into the wealth of data from the Human Genome Project. Moreover, by using some of the current data from the Human Genome Project we find that V, P, K can be seen as specific genotypes. This offers very practical information for the clinician.

**Kevin Spelman**, PhD, MCPP, is an internationally recognized expert on the molecular biology and clinical therapeutics of botanical medicines. Dr. Spelman served as an herbal pharmacist for Dr. Vasant Lad for five years and attended to a robust clinical practice using the principles of Ayurvedic medicine with western herbs for two decades. A past NIH postdoctoral fellow and Marie Curie research fellow in the EU, he has coauthored six chapters and 27 scientific papers. He has advised the White House Commission on Complementary and Alternative Medicine and provided expert testimony to the Maryland House of Delegates and Senate, as well as advised the Jamaican government’s Scientific Research Council. Past research has included brain and ovarian cancer, as well as clinical investigations, immunological studies and chemical analysis on various medicinal plants. Dr. Spelman is currently a consultant specializing in laboratory, cGMP issues and research initiatives.

**KEYNOTE SPEAKER** Saturday 7:30 – 8:45 pm | Grand Pacific Ballroom

**Proving Ancient Wisdom with Modern Science**

It is time to be bold. Even the most subtle wisdom of Ayurveda is now being backed by science — but the science is still point focused with no attention to the whole. Let’s review some of science’s most recent and powerful discoveries that prove the ancient wisdom of Ayurveda and then go tell the world!

**Dr. John Douillard**, DC, publishes a free natural health and Ayurvedic video-newsletter 3 times a week on his website LifeSpa.com where you can find over 400 videos and researched articles on the latest natural health topics. He has written six books, produced numerous health DVDs and CDs, and has formulated his own line of organic health care products. He is the former Director of Player Development for the New Jersey Nets NBA team. He currently directs the LifeSpa Ayurvedic Health Center in Boulder, CO, where he lives with his wife and six children.

**PLENARY SESSION** Sunday 8:30 – 10:00 am | Grand Pacific Ballroom

**Bringing Ancient Healing Wisdom to Our Modern Culture**

The modern American culture has brought us epidemics of chronic diseases including obesity, diabetes, heart disease and cancer. We have become so out of balance that 80% of us have a chronic disorder by age sixty. Western medicine has offered no real preventative help or solutions. In addition, symptoms such as chronic pain, fatigue, depression, and digestive issues now plague so many that the majority of the population is now ripe for a change. At no time during our history, have Americans been so open to the rapid relief available through the simple, yet powerful wisdoms of Ayurveda. Backed by substantial modern research, the effectiveness of Ayurveda can no longer be discounted. In this presentation, you’ll learn about the approaches I have found to be most effective in our modern culture and the research that supports them.

**Christine Horner**, MD, is a board certified and nationally recognized surgeon, author, expert in natural health and a relentless champion for women’s health. She spearheaded legislation in the 1990s that made it mandatory that insurance companies pay for breast reconstruction following mastectomy. She is the author of *Waking the Warrior Goddess: Dr. Christine Horner’s Program to Protect Against and Fight Breast Cancer* and winner of the Independent Book Publishers Award 2006 for “Best Book in Health, Medicine, and Nutrition.” Introduced to Ayurveda in 1996, Dr. Horner incorporates the ancient wisdom in her daily living and all of her teachings. She is a popular radio and television show guest, including recent interviews by Dr. Mercola, Dr. Oz, and Carol Alt.
The NAMA Student Work Group is a subcommittee of the Membership Committee comprised of NAMA members who are current students and recent graduates. We work to provide outreach to students, support the Membership Committee, and create educational content for our website.

Projects the Student Work Group is currently working on:
- Seminars in Ayurveda
- The Ayurveda Kitchen Project
- Herb Clips Online
- Student Liaison Outreach

Seminars in Ayurveda is a monthly educational teleconference coordinated by the NAMA Student Work Group held on the 4th Monday of the month and is open to everyone. More details at AyurvedaNAMA.org/Resources/SeminarsinAyurveda.

Mark your calendar for the upcoming 2015 Seminars:

- April 27 Dr. Bill Dean Applying Ayurveda for IBS
- May 25 Durga Leela The Yoga of Recovery
- June 22 Debbie Kadagian Ayurveda’s Perspective Towards Mental Health Practices in the US
- July 27 Arun Deva Integrating Yoga and Ayurveda for Therapeutic Purposes
- Sept 28 Dr. John Douillard To be announced
- Oct 26 Dr. Diana Lurie Neuroinflammation and CNS disorder: How Ayurveda can help

Do you think you might have something to contribute? Interested in joining this fun and dynamic group? Contact us at namastudents@ayurvedanama.org.

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Friday 2:00 – 5:30 pm | Cardiff Room

Six Steps to Foster Patient Compliance — The CREATE model

Ayurveda is a powerful healing tradition that has been used for over 5,000 years. Why then are practitioners not seeing positive results? Often it is an issue of compliance! Dr. Teresa Goldsmith will present the CREATE model - a powerful guide to help practitioners foster success in their clientele. Based on 6 KEY STRATEGIES, the CREATE model is a simple and effective framework that practitioners can start to use immediately to engender compliance. The CREATE acronym stands for: Customize, Realistic, Educate, Assurance, Trust and Encouragement. Just as herbs won’t do clients any good if they sit in the bottle, Ayurvedic wisdom won’t do any good if it is not utilized. The presentation will highlight clinical pearls to ensure patient success.

Dr. Teresa Goldsmith is a Naturopathic Physician and Ayurvedic Wellness practitioner practicing at the Emerald Center for Integrative Medicine — known as “Seattle’s Home for Healing the Body, Mind and Spirit.” Dr. Teresa completed her Naturopathic training at Bastyr University, and two Ayurvedic practitioner programs with Kerala Ayurveda Academy. When not busy seeing clients, she is an active writer and educator on Ayurveda and other natural approaches to optimal health.

Saturday 2:00 – 5:30 pm | Baycliff Room

Ayurvedic Approach to Treating Alzheimer’s Disease

Alzheimer’s disease (AD) is an age-associated, irreversible, progressive neurodegenerative disease that is characterized by severe memory loss, unusual behavior, personality changes, and a decline in cognitive function. The disease is the most common form of dementing illness among middle-aged and older adults, affecting more than 5 million Americans, a number estimated to increase to 7.7 million by 2030. Efforts to find a cure for AD have so far been very disappointing and the drugs currently available to treat the disease have very limited effectiveness. In this presentation, I will discuss the Ayurvedic interpretation of Alzheimer’s disease including signs and symptoms, causes, risk factors and treatment modalities. Attendees will participate in interactive group exercises to reinforce the understanding of the treatment options. Please bring a yoga mat or towel for some of the exercises.

Rammohan Rao, CAS, RYT, PhD, serves as a faculty teacher at the California College of Ayurveda (CCA) and is also a RYT from Yoga Alliance USA. Ram is a professional member of NAMA and AAPNA and Science Editor of Ayurveda Journal of Health. His full time job is at the Buck Institute for Research on Aging, in Novato, CA, where he works as a Research Associate Professor of Neuroscience. His research focus is on various aspects of age-associated neurodegenerative diseases.
California Association of Ayurvedic Medicine

Join Our Friday Night Networking Event!

- Understand the Role of State Organizations in Legislation
- Meet the People Working towards Legislation
- Join Committees & Lend us Your Voice and Skills

Mark Friday, 10th April, 7:00 PM to 9:00 PM

www.caam-ayurveda.org

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**CLINICAL PANEL** Friday 11 am – 12:30 pm | Salon A/B

Experienced practitioners will address some key issues through discussions of clinical case studies.

**Led by moderator Suhas Kshirsagar, BAMS, MD (Ayurveda)**

Dr. Suhas is one of the most academically accomplished Ayurvedic physicians in U.S. He has traveled worldwide popularizing Ayurvedic Medicine, setting up clinics, offering courses for both medical professional and laypersons, and providing Ayurvedic consultations for thousands of patients.

Joined by: Cynthia Copple, Co-Founder and Past President of NAMA
- Jayagopal Parla, BAMS, MD (Ayurveda), CMT, MAOM (c)
- Siri Chand Khalsa, MD
- Vivek Shanbhag, ND, MD (Ayurveda, India), BAMS, CYEd

**RESEARCH PANEL** Friday 11 am to 12:30 pm | Cardiff Room

Panel presentation with key researchers doing current Ayurvedic research. Information on what is happening to increase the work to bring Ayurveda into the west through evidence based studies.

**Led by moderator Jennifer Rioux, PhD**

An Ayurvedic clinician and Ayurvedic Yoga Therapist for the past 14 years, as well as being an educator and a researcher of Ayurveda and Yoga, designing clinical trials using complex systems theory. Dr. Rioux has been working in mainstream academia to promote the advancement of the profession.

Joined by: Anupama Kizhakkeveettill, BAMS, MAOM, LAc, CMT, PhD (C)
- Diana Lurie, PhD
- Rammohan Rao, CAS, PhD
- Raja Sivamani, MD

**REAL LECTURES** Friday 11 am – 12:30 pm | Baycliff Room

Based on the TED Talks format, our presenters will offer insights on their personal journeys and experiences as they bring Ayurveda into their lives.

**Karta Purkh Singh Khalsa**, a new member of the NAMA Board of Directors, brings over 40 years of experience in alternative medicine, and is one of the foremost herbalists in North America. He is a Professional Member of NAMA and a respected teacher, writer and lecturer. Karta Purkh will open the door to some new voices in our community as he introduces and hosts three NAMA Professional Members for this new and interesting exploration of Ayurveda Today.

**PRESENTERS**

- **Chara Caruthers** Australia
  - Why the most valuable tool in the Ayurvedic Practitioner’s toolkit is not what you think

- **Joanne Matson** Washington
  - How Ayurveda Healed Me — My Battle Won with Crohn’s Disease

- **Jessica Vellela, BAMS** California
  - Ayurvedic Education: an American’s experience of BAMS in India
### THURSDAY
*April 9*

- **12:00 PM** - 5:45 PM: Grand Pacific Ballroom | **REGISTRATION**
- **6:00 PM** - 8:30 PM: Baycliff | **DINNER AND ANNUAL MEMBERSHIP MEETING WITH REMARKS**

### FRIDAY
*April 10*

- **6:45 AM** - 7:45 AM: Meditation
- **8:00 AM - 8:45 AM: WELCOME/ORIENTATION**
- **8:45 AM** - 10:15 AM: PLENARY SESSION MARC HALPERN
- **10:15 AM** - 11:00 AM: LEA Break | Newport
- **11:00 AM** - 12:30 PM: REAL Lectures Session | Clinical Panel Session
- **12:30 PM** - 2:00 PM: LUNCH | Newport
- **2:00 PM** - 3:30 PM: Netra Yoga – Healing Inner & Outer Vision | Ayurvedic Health Care in America Today
- **3:30 PM** - 4:00 PM: TEA BREAK | Newport
- **4:00 PM** - 6:00 PM: A Six Pack of Draksha | Joyfully Integrating Ayurveda into Your Home and Community Life
- **7:00 PM** - 9:00 PM: State Association Discussion

### SATURDAY
*April 11*

- **6:45 AM** - 7:45 AM: Meditation
- **8:30 AM** - 10:00 AM: PLENARY SESSION KEVIN SPELMAN
- **10:00 AM** - 10:30 AM: TEA BREAK | Newport
- **10:30 AM** - 12:30 PM: Using biomedical research to support traditional food practices in Ayurveda | Developing protocols for integrative management of clinical cases
- **12:30 PM** - 2:00 PM: LUNCH | Newport
- **2:00 PM** - 4:00 PM: Ayurvedic Approach to Treating Alzheimer’s Disease | The Interaction of Food and Skin
- **4:00 PM** - 6:00 PM: BANQUET DINNER | KEYNOTE SPEAKER JOHN DOUILLARD
  - KIRTAN WITH TIM JORDAN
- **6:30 PM** - 10:00 PM: MEET & GREET AND BOOK SIGNING

### SUNDAY
*April 12*

- **6:45 AM** - 7:45 AM: Meditation
- **8:30 AM** - 10:00 AM: PLENARY SESSION CHRISTINE HORNER
- **8:30 AM** - 10:00 AM: TEA BREAK | Newport
- **10:30 AM** - 12:30 PM: Empowering Change: the skill of speaking to your client | Ayurveda: The Ultimate Lifestyle Medicine
- **12:30 PM** - 1:30 PM: LUNCH | Newport
- **1:30 PM** - 3:00 PM: CLOSING PANEL INTRO TO 2016

### Registration and Welcome Details
- **REGISTRATION**
- **DINNER AND ANNUAL MEMBERSHIP MEETING WITH REMARKS**

### Keynote Speaker
- **JOHN DOUILLARD**
  - KIRTAN WITH TIM JORDAN

### Special Event
- **CLOSING PANEL INTRO TO 2016**
Lunches will be held in the Rose Garden overlooking the Pacific Ocean from 12:30 – 1:30 pm. Please be sure to have your name badge or meal pass with you as you enter.

Friday evening is open for you to explore the area or gather with friends for dinner.

**Optional Gatherings**

Friday 7 – 9 pm | Baycliff
Join the Board Members of the California Association of Ayurvedic Medicine (CAAM) to learn what the state association is doing. Discuss what is needed to set up a state association and network with others interested in working on legal/legislative issues for Ayurveda.

Friday 7 – 9 pm | Laguna/Sunset
NAMA Member School Directors are invited to gather for an open dialogue about issues related to the NAMA standards and projects underway by the subcommittees.

Saturday 4:30 – 6:00 pm | Newport Coast Ballroom
Meet & Greet
All attendees are welcome to meet in the Newport Coast Ballroom for our pre-dinner gathering. Tea service will be available. Take the time to browse the many offerings of the Sponsors and exhibitors to discover their Ayurvedic products and services. Enjoy connecting with conference presenters, NAMA Board and Committee members in this informal and celebratory setting. This is a great opportunity to make new associations and renew old friendships.

Saturday 4:30 – 5:00 pm | Newport Coast Ballroom
Book Signing

The Silent Auction is a treasure trove of great items for you to bid on. Check out all the amazing offerings and then be sure to check back often to keep your bid on top!

A listing of the winning bids will be distributed at the Saturday banquet and posted near the Laguna/Sunset rooms.

Winning bidders should pay for and pick up items on Sunday, 7:45 am – 4:00 pm.

Schedule is subject to change. Look for updates at registration.
Jyotish can be a very effective tool to read the karmic imprint of doshas by virtue of birth. To analyze the birth chart is to analyze the “prarabdha” karma of the individual. The present actions lead to the consequences of the future, if an Ayurvedic practitioner can tap into this very karmic tendency of the client, she can be better equipped to prescribe her client with remedial measures. In the presentation, my goal will be to start with the empirical model of Vedic Sciences linking it with the universal concept of Karma. Once this is established, I would delve into the Chakras and the Elemental balance (Tattwa) of the Human Body and Mind. I will end the presentation with relevant case studies summarizing the concepts discussed.

Souvik Dutta was initiated into spiritual life of Vedic sciences (Vedic Astrology, Vastu, Mantra Shastra, Hindu philosophy) at the age of 8 by his family priest. He has deeply studied and practiced Yoga from Paramhamsa Yogananda’s college in Kolkata, India from the age of four. He is trained in multiple branches of jyotish (Vedic Astrology). He teaches jyotish and other Vedic subjects to students across the globe through in-class and online courses. He also conducts client consultations.

Acharya Shunya Pratichi Mathur is a traditional scholar, healer, and teacher of Ayurveda and Vedic sciences. She is Founder of Vedika Global, Inc., a California-based non-profit Vedic foundation that supports an awarded, international School of Ayurveda and Vedic Studies, sponsors community welfare initiatives, and delivers charitable wellness through global humanitarian projects. She is President of California Association of Ayurvedic Medicine (CAAM) and has served on CAAM’s Board of Directors since 2007. Acharya Shunya also serves on the Council of Advisors and Visiting Faculty of Taksha University School of Integrative Medicine, based in Virginia, USA. She teaches year-round and lectures worldwide.

Ayurvedic and Yogic concepts of Eye Health. Ancient secrets to protect our eyes and improve our vision. The correlation of our senses with our mind and emotions. Simple techniques for preventing dryness, redness and other opthalmic conditions. A detailed overview of eye exercises, Netra basti, Netra tarpuna, Netra dhara and Aschyotana. Importance of Alochaka Pitta and its correlation with the third eye for intuition and innate wisdom for health and healing. In this modern day and age, we all overuse, misuse and abuse our eyes. The excessive use of computers, TV, tablets and small screen mobile phones are creating multiple problems with our eyes. They widely range from dry, red eyes to premature macular degeneration to even retinal detachment. Refractive errors have become so common that almost 39% of our school children need vision correction. In our clinical practice we use many simple techniques to improve eye health and balance Pitta.

Dr. Manisha Kshirsagar, BAMS, is a classically trained Ayurvedic Physician with over 25 years of clinical experience. She specializes in Women’s health, nutrition, skin and beauty and herbal therapeutics. She offers special workshop on Eye Treatments, Beauty from Within and Pancha Karma. She is a lead faculty at several Ayurvedic institutions around the world. She is a published author of Ayurveda: A quick reference handbook. She is the Director of Ayurvedic Healing in Santa Cruz, CA.

Paul L. Hoffman, MD, is an allopathic physician double board certified in Pediatrics and Neonatal/Perinatal medicine. He presented a well-received lecture on Integrating Ayurveda in a Pediatric Practice at the national NAMA conference in Albuquerque. He is currently the Medical Director at the Mount Madonna Institute College of Ayurveda and Practices General Pediatrics, Ayurveda, and Herbal Medicine in the San Francisco Bay area. bestfoodasmedicine.com
Joyfully Integrating Ayurveda into Your Home and Community Life

Years of offering lifestyle counseling to clients has taught me that the information provided to a client on how to create an Ayurvedic lifestyle and especially embrace an Ayurvedic diet is not the major hurdle that they face in complying with recommendations. More often than not, the issues are mental/emotional (i.e. with themselves, such as self-sabotage) and relational (i.e. with family and friends). My presentation will look at the barriers and assumptions clients often have about their own lives and their ability to change and how to bring such changes into the family and culture of which they are a part in a balanced and harmonious way.

Robert Sachs is the author of Tibetan Ayurveda: Health Secrets from The Roof of The World and the co-author of Ayurvedic Spa with his wife, Melanie. Together they run Diamond Way Ayurveda, an education, service, and product company, integrating the wisdom of Indian and Tibetan Ayurveda. Robert is especially known for the importance he places on the benefit of Medicine Buddha meditations, a balanced and joyful approach to an Ayurvedic lifestyle, and addressing aging and end of life issues.

Development of Standards

Join members of the NAMA Standards Committee and Sub-committees for an open discussion about the development of the Standards as related to:

- Scopes of Practice
  - Ayurvedic Health Counselor
  - Ayurvedic Practitioner
  - Ayurvedic Doctor
- Areas of Specialization
  - Ayurvedic Yoga Therapists
  - Panchakarma Specialists
- Development of the Competency-based exams
  - Special School Related Issues

PRESENTERS

Hilary Garivaltis Chair, Standards Committee
Arun Deva, Chair, Ayurveda Yoga Therapists Subcommittee
Margrit Mikulis Chair, Panchakarma Specialists Subcommittee
John Matthews Chair, Competency Exams Subcommittee
and other Standards Committee members

NAMA Member School Directors are invited to reconvene at 7 pm for an informal meeting of the schools to address specific school related issues.

Using biomedical research to support traditional food practices in Ayurveda

In Ayurveda, a good digestion is key to good health, and wholesome food is crucial for nourishing the mind, body and soul. Ayurveda lists many recommendations regarding food practices. These recommendations have been updated to include avoiding food that is frozen, microwaved or processed with chemical additives. This presentation will weave together modern science with the ancient Ayurvedic guidelines regarding the preparation and consumption of food and provide a novel and relevant interpretation of the practice of Ayurveda. We will evaluate evidence-based biomedical studies on the digestive system and modern food practices, and determine how these studies can be applied to support the recommendations of Ayurvedic medicine.

Diana I. Lurie, PhD., is a Professor of Neuropharmacology at The University of Montana. She received her PhD in Neuroscience from the University of Pennsylvania, and directs a research laboratory focusing on CNS injury, and the response of the nervous system to natural products, including Ayurvedic herbs. Dr. Lurie is an Ayurvedic Practitioner and teaches neuroscience, anatomy and physiology, and courses in Ayurveda. She is the Editor-in-Chief for the Ayurveda Journal of Health.
Where Your Talents and the Needs of the World Cross

SYTAR is dedicated entirely to professional education, research, practice, and policy issues for yoga therapy. SYTAR2015 will be held at the beautiful Newport Beach Marriott Hotel & Spa—the ideal location for a true taste of the Southern California coastal lifestyle.

Keynote Speakers: Ellen O’Brien, Phil Goldberg, Loren Fishman

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Saturday 10:30 am – 12:30 pm | Cardiff
Ayurveda in the Spa Industry – An American Success Story

Using interviews with key figures that have been involved with Ayurvedic Spa Therapy for at least 10 years I will present how they established Ayurvedic treatments and products in the spa industry and what opportunities are now open in this field. I will also outline key strategies for introducing Ayurvedic education to the public and spa professionals as a model for interfacing with other professional groups such as nurses, chiropractors an acupuncturists. This is an inspiring success story and one that has proven that ordinary members of the general public, massage therapists and beauty professionals have a hunger to learn understand, apply and benefit from Ayurveda. This is vital information for anyone seeking a viable way to use their Ayurvedic education in a career in the spa industry.

Melanie Sachs has worked in the spa and beauty industry since graduating from the Ayurvedic Institute in 1987. She is the author of Ayurvedic Beauty Care and co-author of Ayurvedic Spa (Lotus Press) as well and a regular contributor to professional spa and yoga magazines. She has taught Ayurveda spa therapy in USA and internationally and she feels that this is one of the most beneficial and viable ways to introduce the beauty and benefit of Ayurveda to the west.

Saturday 2 – 4 pm | Cardiff
Monthly Moon Cycle Routines (Masa-charya of Chaturthi & Ekadashi) for Cleansing & Wellness

This presentation addresses today’s issue of illness-causing-toxins of Western diet and lifestyle and how to create wellness with lifestyle management approach of cleansing and wellness of Masa-charya (monthly routine). It is based on Swastha-vritta of Ayurveda which recommends routines (charya) for all natural time cycles like daily (dina-charya), monthly (masa-charya), seasonal (ritu-charya) and life (ayu-charya). The masa-charya is based on the moon’s phases and is specifically related to 4th day (Chaturthi) and 11th day (Ekadashi) of both the waxing and waning phases of moon. This cleansing and wellness masa-charya includes specific do’s and don’ts about diet, herbs and lifestyle including yoga on 4th and 11th day of moon’s waxing and waning.

Vivek Shanbhag, MD (Ayu), ND, BAMS, CYED, is a Licensed Naturopathic Doctor, Ayurveda expert, Professor & Best-seller author for over 30 years. He is Founder-Director of YogaAyurveda.org -Clinic & Academy, San Jose, CA. He is adjunct faculty at Bastyr University and Mount Madonna. His 16 years medical training: ND in US, MD-Ayurveda & BAMS in India. He Founded-Directed Ayurvedic Academy & Clinic in Seattle for 17 years. Kerala Ayurveda purchased it in 2006. He was Chair, Ayurveda Department at Bastyr University(1991-96).

Saturday 2 – 4 pm | Salon A/B
The Interaction of Food and Skin: Correlating Ayurveda to Cellular Pathways and Inflammation

In Ayurveda, diet is central to controlling disease. In particular, this session will take a close look at how diet may modulate skin disease at a cellular level. The influence of dietary factors on the mTOR signaling pathway and the inflammatory lipid synthesis pathways in skin cells will be discussed. These cellular pathways offer a cellular description of vata, pitta, and kapha. In particular, the role of milk subcomponents such as milk peptides, oligosaccharides, and lipids will be discussed. Several herbs that modulate the mTOR and inflammatory lipid synthesis pathways in skin cells will be discussed as well.

Raja Sivamani, MD, delved into bioengineering through his undergraduate and graduate years at UC Berkeley. His focus was on using novel methods for transdermal drug delivery. From there, he continued on to medical training at UC Davis and completed his allopathic dermatology residency there as well. He completed two years of training at the California College of Ayurveda. Currently an Assistant Professor of Clinical Dermatology at UC Davis, he engages in both clinical care and laboratory research. His research interest area is to understand how nutrition affects skin health and how botanical and nutritional therapies can be used to improve skin health, beauty, and disease. He has already published in collaboration with the California College of Ayurveda with ongoing collaborative studies with a botanical institute in South India.

Saturday 2 – 4 pm | Laguna/Sunset
Membership Focus

Join NAMA’s Membership Manager Devi Mueller to discuss and answer your questions on:

- Ayurvedic continuing education programs
- Professional ACE credits – how to earn those necessary to continue your certification level
- How to become a NAMA approved provider of ACE | PACE credits
- How to get credit for additional training from other sources
- Professional ethics requirements
- Upcoming programs to assist Professional Members
- Sample documentation
- Support of State Association Development
- Mentorship possibilities
- And more!

Saturday 4:30 - 6 pm | Newport Coast Ballroom
Meet & Greet

Come to “meet and greet” conference presenters, Board members, sponsors, exhibitors and other attendees at this informal pre-dinner gathering. Tea will be available. Book signing begins at 4:30 pm near the book store.
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Role of Shirodhara in Body-Mind Healing: An evidence based report

Shirodhara is a steady stream of Ayurvedic herbal oil or liquid flow on the forehead. It is a common modality practiced in Ayurveda. Objective of this presentation is to describe the available literature addressing research on effectiveness of shirodhara for various ailments along with information from the classical texts of Ayurveda. Evidence from the literature indicates that clinical benefits with shirodhara observed in stress, anxiety, hypertension, insomnia, ADHD, menopause syndrome and progressive degenerative cerebellar ataxia.

Anupama Kizhakkeveettill, BAMS, MAOM, LAc, CMT, PhD (C), is an Ayurvedic practitioner, licensed acupuncturist, yoga teacher, Associate professor and Program Director for Ayurvedic Medicine at Southern California University of Health Sciences. She is also a founding member of Council of Ayurvedic Credentialing and Board member of Council of Ayurvedic Research, Board Member of California Ayurvedic Medical Association and Action Board member of American Public Health Association.

Ayurveda: The Ultimate Lifestyle Medicine

In the current practice of allopathic medicine, there has been a command from patients for medical doctors to develop a deeper appreciation of “personalized medicine.” With this new direction, physicians have been seeking additional training to support their clients. Physicians are still functioning with the notion that lifestyle refinements are important however not as effective as surgery or pharmaceuticals. Ayurvedic practitioners and educators are in a unique position to offer significant insight on this topic. In this presentation, we will review a broad range of the published studies that show significant positive outcomes arising from changing “lifestyle” and how this could be advanced within an Ayurvedic model to physicians.

Siri Chand Khalsa, MD, obtained a B.A. in Biology from the University of Virginia, a M.D. from Eastern Virginia Medical School and then progressed to The Mayo Clinic to complete a residency in Internal Medicine. She has continued her studies by becoming a Kundalini Yoga Instructor, Reiki Master, and participated in the training programs on Ayurveda at the Ayurvedic Institute in Albuquerque and India. Dr. Khalsa strives to integrate ancient therapies with modern medicine for her client’s best interests.

Empowering Change: the skill of speaking to your client for potent results and healing

As Vaidyas, Ayurvedic practitioners, and healers we want to be of great service, however, all of the knowledge in the world doesn’t help unless it can be communicated, embodied, and utilized for healing. Learning how to get out of the way, set our ego aside, and listen beyond the words our client is using, is essential for healing at the root level. Learn the skills and tools to get radical shifts in your client’s health by understanding the limiting beliefs that are keeping them sick, stuck, and spinning in circles. Identify your client’s blockages or imbalances at all levels of the koshas to satisfy a treatment protocol that is holistic and exciting for your clients to engage with and get sustainable, transformative results.

Madhuri Phillips, E-RYT, CAS, PKS, is a yoga teacher trainer (E-RYT), Clinical Ayurvedic Specialist (CAS) and Pancha Karma Specialist (PKS) who has taught in India, UK, Mexico, and North America. Madhuri is a certified Bio-Energy Practitioner and head faculty of the Langara College Yoga Teacher Training. She has released a popular Ayurvedic Yoga DVD that inspires the union of these sister sciences and is the co-author of Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda and Yoga Practices that Work.

Ayurveda Tomorrow: Be the Change

The panel will be followed by the introduction to the 2016 Conference Ayurveda Tomorrow: Be the Change

Sunday 10:30 am – 12:30 pm | Cardiff

Sunday 10:30 am – 12:30 pm | Baycliff

Closing Panel: What’s Next?

Panelists: John Douillard, Marc Halpern, Christine Horner, Kevin Spelman

Moderator: Lisa Boldin, NAMA Treasurer

After lunch, join with the featured presenters to wrap up our program with an assessment of where we go next. What can each individual do to bring Ayurveda more into the public awareness? What can NAMA do to help support states as they move toward Health Freedom and/or licensure? How do we move the profession of Ayurveda forward in the best way possible?

All attendees are invited to participate in the closing circle as we send one another back to our own communities until we meet again: April 14 – 17, 2016, Crowne Plaza Hotel, Warwick, RI.
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FRIDAY

**Meditation with Ginger Kamalesh Hooven** Mount Madonna Institute

Exploring all eight limbs of the Ashtanga system as outlined by Patanjali, we will practice simple, yet powerful yoga techniques to focus and calm the mind, preparing us for meditation. The meditation will be gently guided amidst the silence.

**Yoga with Larissa Hall Carlson** Kripalu

Vata Balancing: An Ayurvedic Yoga Journey

Feeling exhausted? Depleted? Stressed? Dive into a juicy full-body yoga journey designed to balance the ether and air elements of vata dosha. You’ll take a rejuvenating journey through nourishing asana, soothing pranayama, deep relaxation, and insightful Ayurvedic theory. Emerge feeling refreshed, basking in a warm, relaxed afterglow. For mixed levels. Includes asana, pranayama, and yoga nidra.

SATURDAY

**Meditation with Genevieve Gilbreath** Herbal Zap

Centering Awareness

Start your morning connecting to Divine Consciousness. We will practice meditation inspired by the sacred Vijñana Bhairava Tantra, a key text of the Trika school of Kashmir Shivaism. Come center your awareness as we travel through the senses to a place of stillness.

**Yoga with by Marc Halpern** CCA

Vata Pacifying Practice

Ayurvedic Yoga Therapy is the application of therapeutic Ayurvedic principles to the practices of yoga. This class, taught in the traditional Sivananda style, is designed to shift the physiology of the body in a manner that will pacify vata dosha. Utilizing asana and pranayama, the focus of the class is to enhance the activity of samana and apana vayu. The end result is to feel more grounded and centered, calm and clear. All levels are welcome.

SUNDAY

**Meditation with Aparna Amy Lewis** VedikaGlobal

Aparna will lead a one-of-a-kind Gayathri meditation session that leads seekers into states of elevated consciousness and inner bliss.

**Yoga with Felicia Tomasko and Guy Gabriel** LAYoga

Rejuvenation through Practice

Enjoy a simple practice of asana, intention setting, pranayama and live music to facilitate inner balance. This all-levels practice that will help attendees assimilate what they have learned through the weekend of sessions and networking. The class will include joint-freeing sequences, simple flows, standing poses, twists, and creative sequences to allow prana to move through the nadis with ease. Bring a mat or towel and wear comfortable clothing.
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Ayurvedic Integrative Wellness, the premium Ayurveda and Panchakarma institute for natural, integrative wellness in United States. Based in Pittsburgh, PA and affiliated with two hospitals, Ayurveda Integrative Wellness institute is a successful program for complete range of Ayurvedic integrative care, Panchakarma, product-line and Ayurveda Academy.

The Ayurvedic Institute, recognized as the leading Ayurvedic School outside of India, was established in 1984 to teach the traditional Ayurvedic medicine of India and provide these ancient therapies. Ayurvedic healing includes herbs, nutrition, panchakarma cleansing, acupressure massage, Yoga, Sanskrit, and Jyotish.

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California College of Ayurveda Celebrating our 20th anniversary, California College of Ayurveda was the first state approved program in the United States. We are dedicated to the highest quality of education, healthcare and research in the field of Ayurvedic Medicine. Om Dhanvantara Murtaye Namaha!

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Vedika Global, Inc. is a spiritual foundation dedicated to elevating consciousness, building community, and serving humanity through illumination of India’s Vedic spiritual traditions of Ayurveda, Yoga and Vedanta.
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Formerly Light on Ayurveda Journal of Health. Published quarterly by the Center for Indic Studies, University of Massachusetts, Dartmouth. A peer-reviewed journal focusing on a unique blend of Ayurvedic philosophy, clinical practice, and evidence-based science.

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Nourish your Mind, Body and Soul. Tathaastu is a magazine that celebrates a healthy, spiritual and peaceful way of life with Ayurveda, yoga, meditation and natural remedies. Tathaastu is devoted to the discovery of Eastern wisdom and timeless teachings of global masters.

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The American College of Vedic Astrology™ (ACVA) is a non-profit educational organization dedicated to Vedic Astrology and related Vedic sciences. ACVA provides instructor-led online classes, webinars, self-paced instruction, mentoring, tutoring, beginning and advanced certification, and the new ACVA Certified Vedic Astrology Coaching™ (VACTM) program.

The American Herbalists Guild (AHG) was founded in 1989 as a non-profit, educational organization to represent the goals and voices of herbalists specializing in the medicinal use of plants. Our primary goal is to promote a high level of professionalism and education in the study and practice of therapeutic herbalism.

The California Association of Ayurvedic Medicine (CAAM) is a not-for-profit 501(c)6 organization whose mission is to support, regulate and promote the education, research, practice and profession of Ayurveda, spread grass roots awareness, and help achieve legalization through state legislation in California.

Council of Vedic Astrology (CVA) was founded in 1993. Founded in collaboration with the Indian Council of Astrological Sciences (ICAS) we are currently the largest international organization of practicing Vedic astrologers worldwide with members from several countries. The CVA is an educational, membership organization. We were the first Vedic astrology organization to develop and implement certification standards in the West.

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

Yoga Alliance (YA) is the largest nonprofit association representing the yoga community. Our mission is to spread the power of yoga one person at a time. As an organization we keep several core values at heart: service, transparency, learning and community.
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Apsara Skin Care was founded by Sheetal, who is a scientist in human genetics. Vegan, cruelty-free, no harsh chemicals, driven by natural ingredients, and heavily inspired by Ayurveda. Perfect way to describe Apsara. Go natural. It is good karma! 3 Apsara products were recently seen in the British VOGUE. apsaraskincare.com

Ayurvedaposters.com is dedicated to the visual representation and illustration of concepts in Ayurvedic, Tantric, and yogic Philosophy, and practice. Our products include: posters, charts, cards, prints, illustrations, original art, and power point presentations. Check out our website: Ayurvedaposters.com

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IIEI Karta Purkh Singh Khalsa is a health educator who teaches at all levels of education, from general public presentations, to professional training programs. He specializes in making Ayurveda accessible to the Western student. His classes are always dynamic and entertaining, as well as educational. He has ongoing Professional Herbalists classes at Jivaka in CA, Kerala Ayurveda in Seattle, and Tempe, AZ. He also teaches Ayurveda at Bastyr University and Online through PCC.

Komal Herbals, Inc. was established to promote healthy living through integration of Ayurveda and modern science. We are passionate about making Ayurveda easily available through high quality, effective formulations and satisfying recipes. We are committed to excellence in service and customer satisfaction. komalherbals.com

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