

Ayurveda, the World's Oldest Holistic Health Science

Ayurveda, the knowledge or Science of Life, has been practiced in India since the 10th Century B.C, according to a 2001 World Health Organization report. Ayurveda is the oldest recorded healing science in existence and includes yoga philosophy and the attunement of body, mind and consciousness. It is a complete medical system, comprising prevention and treatment.

Ayurveda relies on ancient assessment techniques such as pulse reading to help co-create your individualized health management program. Ayurveda seeks to restore health by restoring balance to your individual qualities and elements in the whole psychobiology.

Ayurveda is now becoming recognized worldwide as the world's oldest holistic health science, so relevant today as humans strive for good health in an environment of pollutants in the air, water and food chain. Unresolved stress is recognized as a pathogen. Each person is considered a unique representation of the Divine, so an individualized medical program is tailored to your needs.

Jaisri M. Lambert, Ayurveda Consultant

Jaisri Lambert has been practicing and teaching natural therapies since 1983 after her own debilitating migraine headaches kindled her interest in alternative therapies. Her exploration led her first to Polarity Therapy, in which she became certified in 1985.

In 1989 she met renowned Ayurvedic physician and author Vaidya Vasant D. Lad, B.A.M.S., MA.Sc. in Victoria, B.C., an event that deeply influenced her life. "Healing is love plus intelligence", Dr. Lad taught, validating Jaisri's experience that spiritual life and physical life are one.

During her twelve-year apprenticeship in classical Ayurveda with Vaidya Vasant Lad she learned many hidden secrets of 'Marma' (trigger point) science. Through studying the ancient roots of anatomy and physiology according to Ayurveda, she has developed a body-based counseling science rooted in the ancient Marma therapies of Ayurveda.

During her nearly twenty 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.

Now in her early 60s, Jaisri feels her success is due to the comprehensiveness and effectiveness of Ayurvedic medicine throughout history, and to the public's sincere search, like her own, for holistic health through natural methods.

Jaisri has authored many articles and training manuals in Ayurveda and Turiya Therapy, and travels internationally to introduce the theory and practice of this ancient wisdom to delighted students of all levels. Her website is a treasure-trove of free downloads such as articles, handy tips and useful links. Her gift of teaching Ayurveda at all levels is unique, bringing this sacred, practical knowledge to students internationally.

Jaisri is fluently bilingual in French and English.

What Others Have Said

"Jaisri's work is at the highest caliber, and she ranks amongst the most dedicated, well educated, talented, and compassionate practitioners I have ever met."

V.S., Medical Doctor

"I am astounded by your in-depth knowledge and application of the medical and allopathic perspectives and how it relates to seeing through 'Ayurvedic Eyes'. Your engaging dialogue and

complete passion for the Vedic sciences draws the student in like a moth to the flame."

M.P., Yoga Therapist & Ayurvedic Health Educator

Turiya Therapy developed by Jaisri Lambert

Vaidya Vasant D. Lad bestowed the name '**Turiya Therapy**', to denote the

transformation of our psycho-emotional causes of disease into spiritual wisdom. Turiya Therapy is based on the innovative work of Jaisri M. Lambert R.P.P., and influenced by Polarity Therapy of Dr. Randolph Stone, D.O., D.C., N.D. Jaisri created Turiya Therapy under the guidance of Vaidya Vasant D. Lad to address the psycho-emotional root causes of disease through still-point Marma (classical trigger point) science.

For fall and winter 2009/2010 class information, please click on www.ayurveda-seminars.com, or call 604-290-8201, for learning opportunities in Ayurveda.