



Shekhar V. Annambhotla

B.A.M.S., M.D.-Ayurveda (India), C.M.T., R.Y.T., B.C.I.M.
Ayurvedic Practitioner, Registered Yoga Teacher, Pranik Healer
Board Certified in Integrative Medicine (The American Association of
Integrative Medicine)

Integrative Therapeutic Bodywork and Massage Therapist

Ayurveda Wellness Center – Ojas LLC

567 Thomas Street, Coopersburg, PA 18036, USA

Phones: 484.347.6110 (Mobile)

e-mail: doctorshekhar@gmail.com

website: www.ojas.us

www.aapna.org

www.i3monline.com



Summary:

Ayurveda & Panchakarma Specialist, Integrative Massage Therapist, Therapeutic Yoga Instructor, Pranik Healer, Classically Trained in India, practicing and teaching Ayurveda Worldwide since 1988

Founding Director & President

Association of Ayurvedic Professionals of North America (AAPNA), PA, USA

International Institute of Integrative Medicine (I3M), Tangutur, Andhra Pradesh, India

Board Certified in

Integrative Medicine (American Association of Integrative Medicine), MO, USA

Former Board of Director & Election Committee Chair & Membership, Standards Committee Member

National Ayurvedic Medical Association (NAMA), CA, USA (August 2005-April 2010)

Faculty Member:

Mount Madonna College of Ayurveda, CA

Canyon Ranch, Lenox, MA

Seva Dharma Institute of Ayurveda, Miami, FL

American School of Traditional Ayurveda, PA & Gurukul Program, USA & India

Academic Adviser:

Seva Dharma Institute of Ayurveda, Miami, FL, USA

Adviser:

Yogsadhana, LLC, MA, USA

Integrative Advisory Board:

International Wellness Professionals Association, FL, USA

International Ayurveda Adviser:

Ramoni Research Foundation, India

External Moderator:

Australasian Institute of Ayurvedic Studies, Auckland, New Zealand

Editorial Board:

Light on Ayurveda Journal, MA, USA;

The Journal of Research and Education In Indian Medicine (JREIM), India

Registration:

Registered Yoga Teacher – 500 Level, Yoga Alliance, VA, USA



Professional Member:

Association of Ayurvedic Professionals of North America (AAPNA), PA, USA
National Ayurvedic Medical Association (NAMA), CA, USA
American Massage Therapists Association (AMTA), IL, USA
American Association of Integrative Medicine, MO, USA
American Alternative Medical Association (AAMA) TX, USA
American Association of Drugless Practitioners (AADP) TX, USA
American Holistic Health Association (AHHA), CA, USA

Independent Executive:

Gochi, Zrii, Nutrilife

PROFESSIONAL SUMMARY

7/2002 - Present Ojas, LLC (Ojas Ayurveda Yoga Wellness Center), Coopersburg, PA, USA
Founder & Director

5/2003 - Present Association of Ayurvedic Professionals of North America (AAPNA), USA
Founding Director, Faculty Member

6/2008 - Present International Institute of Integrative Medicine (I3M), Tangutur,
Prakasam District, Andhra Pradesh, India
Founder & Medical director

10/2007- Present Light on Ayurveda Journal
Editorial Board, MA, USA

5/2007 – Present American School of Traditional Ayurveda (ASTA), PA, USA
Founder & Director, Allentown, PA, USA

1/2005 – Present Kripalu School of Ayurveda, Lenox, MA, USA
Faculty Member

1/2007 – Present Mount Madonna Institute: College of Ayurveda, Watsonville, CA, USA
Faculty Member

8/2005 – 4/2010 National Ayurvedic Medical Association (NAMA), CA, USA
Board of Director

4/2007 – 7/2008 Dosha Botanicals, Riverdale, NJ, USA
Co-director & Principal Formula Developer of the
Three day cleanse for Optimum Health, a complete cleansing kit

8/2007 – 7/2008 AyurVideo Productions, LLC, Riverdale, NJ, USA
Co-director

8/2007 – 4/2009 Sai Ayurvedic School of Miami, FL, USA
Faculty Member

7/2003 – 5/2006 Ayurvedic Academy, Seattle, WA. USA
Adjunct Faculty Member



EXPERIENCE

- 23 years teaching, consulting, and research in the field of Ayurvedic Medicine
- 5 years study B.A.M.S. degree (Bachelor of Ayurvedic Medicine & Surgery), Nagarjuna University, India
- 3 years post graduation training (M.D., Ayurved), Gujarat Ayurved University, India

EDUCATION

M. D. (Ayurved), 1991

Gujarat Ayurved University, Jamnagar, Gujarat, India

Specialization: Kayachikitsa (Internal Medicine)

Dissertation: Clinical study of Devadaru Compound (herbal food supplement) in Tamak Swasa (Bronchial Asthma)

B.A.M.S. (Bachelor of Ayurvedic Medicine & Surgery), 1988

Nagarjuna University, Andhra Pradesh, India

COMPLEMENTARY TRAINING

- 3/2007 Panchakarma Therapist Training – Greens Ayur Hospital, Azhiyoor, Kozhikode Dist., Kerala State, India
- 12/2006 Integrative bodywork and massage training Phase I (100 hours) Lehigh Valley Healing Arts Academy, Emmaus, PA
- 10/2006 Integrative bodywork and massage training Phase II (100 hours) Lehigh Valley Healing Arts Academy, Emmaus, PA, USA
- 8/2006 *Phoenix Rising Yoga Therapy* – Stress to Bliss training Allentown, PA, USA
- 3/2004 *Registered Yoga Teacher (RYT – 500)* Yoga Alliance, 122 W. Lancaster Ave. Suite 204, Reading, PA 19607, USA
- 6/2003 *Art of Living Course I* Art of Living Foundation, founded by Sri Sri Ravi Shankar
- 8/2001 *Yoga Instructors' Certificate Course (YICC)* Swami Vivekananda Yoga Anusandhana Samsthana, Indian Institute of Yoga, Bangalore, India
- 3/2001 *Advanced Pranic Healing & Pranic Psychotherapy* Course, All India Pranic Healing Foundations Trust, Chennai, India
- 12/1994 *Advanced Training Course Maharishi's Vedic Science and Approach to Health* Maharishi Vedic University, Vlodrop, The Netherlands



CERTIFICATIONS

- Board Certified in Integrative Medicine (BCIM) from The American Association of Integrative Medicine (AAIM), Identification # 1245, MO, USA
- Registered Yoga Teacher – 500 hours, Registration # 13423, Yoga Alliance, Clinton, MD, USA
- Kripalu Yoga Teachers Association (KYTA), Registration # 5757, Lenox, MA, USA
- AADP (American Association of Drugless Practitioners), Certificate # 66032409, USA
- AAMA (American Alternative Medical Association), Certificate # 37572409, USA, 2004
- The Andhra Board of Ayurveda, Certificate # 19898, India, 1988
- The Gujarat Board of Ayurvedic and Unani Systems of Medicine, Certificate # G.B. I-10993, India, 1991

PROFESSIONAL MEMBERSHIPS

- **AAIM** (American Association of Integrative Medicine), # 1245, MO, USA 2010
- **AMTA** (American Massage Therapy Association) # 196173, IL, USA 2006
- **NAMA** (National Ayurvedic Medical Association), CA, USA, 2002
- **AAPNA** (Association of Ayurvedic Professionals of North America), PA, USA, 2003
- **AHHA** (American Holistic Health Association), CA, USA, 2003

ACADEMIC APPOINTMENTS & CLINICAL PRACTICE

Ojas, LLC (www.ojas.us), Macungie, Pennsylvania **7/2002 – Present**
Director

Founded Ojas, LLC to share the wisdom of Ayurvedic healing in North America. Activities include educating clients through classes, workshops and one-on-one personal consultations in various aspects of Ayurveda, such as Ayurvedic diet, nutrition and cooking, Ayurvedic dietary supplementation, pulse technique, breathing exercises, meditation, yoga exercises, and gentle home detoxification procedures.

Kripalu Healing Arts, Lenox, MA **4/2004 –3/2006**
Panchakarma Advisor & Consultant

Oversee the Panchakarma program, including client intake evaluations and follow-up consultations, determining and planning each client's Panchakarma requirements, educational lectures for clients, cooking demonstrations, menu planning for individual clients' needs, on-site client support 24 hours/day.

Kripalu School of Ayurveda, Lenox, MA **1/2005 – Present**
Faculty Member

Courses taught to date include: Ayurvedic Anatomy & Physiology, Ayurvedic Disease Etiology & Pathology, Digestion & Nutrition, and Ayurvedic Herbology.



Maharishi Vedic University, Vlodrop, Netherlands

11/1994 – 12/2000

International Ayurveda Consultant

Traveled extensively worldwide to teach classes, deliver lectures and offer consultations on Ayurveda and Yoga for health professionals and for the general public. Gave several newspaper, radio and television interviews.

NKJ Ayurveda Medical College, Bidar, Karnataka, India

1/1992 – 9/1994

Lecturer

Taught History of Ayurvedic Medicine, Ayurvedic Pharmacology & Herbology to B.A.M.S. students

Private Practice, Bidar, Karnataka, India

1/1992 – 9/1994

Ayurvedic Physician

Offered Ayurvedic wellness consultations, Panchakarma, and Rejuvenation programs.

PUBLICATIONS

- “*Panchakarma Diet and Regimen*,” Shekhar Annambhotla. Light on Ayurveda Journal of Health: Vol. III, Issue 1, Fall 2004
- “*Insights on Guggulu*,” Dr. Shekhar Annambhotla. National Ayurvedic Medical Association (NAMA) Vol. 1, Issue No. 4, Fall 2003
- *An experimental and clinical evaluation of anti-asthmatic potentialities of Devadaru compound (DC)*. Sekhar AV, Gandhi DN, Rao NM, Rawal UD. Ayurvedic Medical College, Bidar-585 403. Indian J Physiol Pharmacol. 2003 Jan; 47(1):101-7

BOOK REVIEWS

- Hari Sharma and Christopher Clark: *Contemporary Ayurveda: Medicine and Research in Maharishi Ayur-Veda*. (Reviewed in November 2003). Churchill Livingstone publication.
- Todd Caldecott / *Ayurveda: The Divine Secrets of Life*. (Reviewed in June 2003). Elsevier Publication.

MEDIA INTERVIEWS

- ◆ “Ayurvedic Expert Connects Minds, Body, Spirit” *The News Press Cape Life South, Florida*, Sunday, September 23, 2007
- ◆ “Ayurveda for Natural Weight Loss” *The Daily Observer*, Kingston, Jamaica, March 30, 2005
- ◆ “Live healthy with Ayurveda”, *The Daily Observer*, Kingston, Jamaica, March 23, 2005
- ◆ “Finding a healthy balance”, *The Express-Times*, Pennsylvania, USA, October 9, 2003
- ◆ “Finger on the pulse”, *Evening Gazette*, United Kingdom, November 26, 1999
- ◆ “Fingers on the pulse”, *The Journal*, United Kingdom, November 25, 1999
- ◆ Television interview, *BBC Breakfast Television*, Great Britain, November 16, 1999
- ◆ “Mieux s'alimenter pour mieux se porter”, *France Antilles-Le Quotidien D'information De La Guadeloupe*, Guadeloupe, August 1, 1996



- ◆ “Treating illness the Maharishi way”, *Newsday*, Trinidad, July 15, 1996
- ◆ “Ministers must learn yogic flying”, *Sunday Punch*, Trinidad, July 14, 1996
- ◆ “Helping the body heal itself”, *Independent*, Trinidad, July 12, 1996
- ◆ “Finding a balance: Indian healers comes west on lecture tour”, *Express*, Trinidad, July 8, 1996
- ◆ “Perfect health is possible”, *Trinidad Guardian*, Trinidad, July 4, 1996
- ◆ “Indiai doktorunk”, *Kurir*, Hungary, April 26, 1995



COURSES, LECTURES, PRESENTATIONS & CONSULTATIONS:

2010:

- Jan 1-7, 2010 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jan 10, 2010 Ayurvedic Detoxification and Vegetarian Cooking Workshop, Twin Ponds Integrative Health Center, LLC, Breiningsville, PA, USA
- Jan 12-14, 2010 Ayurvedic Wellness Consultations, Campbell, CA, USA
- Jan 15-17, 2010 Ayurvedic Management of Respiratory Diseases – Mount Madonna College of Ayurveda, Watsonville, CA, USA
- Jan 18-21, 2010 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jan 25-28, 2010 Free Integrative Medical Camp for Poor at International Institute of Integrative Medicine, Tangutur, Andhra Pradesh, India
- Jan 29, 2010 Free Integrative Medical Service to Physically Handicapped Kids at Asha Jyothi, USA Center at Hanuman Junction, Vijayawada, Andhra Pradesh, India
- Feb 1 -13, 2010 Ayurvedic Intensive Panchakarma Theapies for USA students and doctors at Ayu Greens, Mahe, Calicut District, Kerala, India
- Feb 20,21, 2010 BAMS graduates (1982-88) batch reunion at International Institute of Integrative Medicine (IIIM), Tangutur, Andhra Pradesh, India
- Mar 5-14, 2010 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Mar 15, 2010 Introduction to Ayurveda for 4th year Medical Students at Hershey Medical School, Hershey, Pennsylvania, USA
- Mar 16 – 25, 2010 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Mar 26-28, 2010 Introduction and workshop on Panchakarma at Seva Dharma Institute of Ayurveda, Miami, FL, USA
- Mar 29-Apr 16, 2010 Ayurvedic Wellness Consultations, Coopersburg, PA
- Apr 19, 2010 Ayurveda and Dental Care – Academic Conference Call, AAPNA (Association of Ayurvedic Professionals of North America), USA
- Apr 20-27, 2010 Ayurvedic Wellness Consultations, Coopersburg, PA
- Apr 28 – May 1, 2010 **Yoga & Vibrant Health, Canyon Ranch, MA, USA**
- April 28, 2010 - Lecture: Ayurveda Nutrition, Canyon Ranch, Lenox, MA, USA
 - April 28, 2010 - Lecture: Ayurveda and Optimal Weight, Canyon Ranch, Lenox, MA, USA
 - April 29, 2010 - Lecture: Ayurveda and Direction, Canyon Ranch, Lenox, MA, USA
 - April 29, 2010 - Hand-on cooking class: Eating for Vibrant Health: Ayurvedic Cooking, Lenox, MA, USA
 - April 30, 2010 - Eating with the Seasons: Ayurvedic Cooking, Canyon Ranch, MA, USA
 - April 30, 2010 - Ayurveda for Radiant Skin, Canyon Ranch, MA, USA
 - May 1, 2010 - Ayurveda: Bringing It Home, Canyon Ranch, MA, USA
- May 3- 5, 2010 Ayurvedic Wellness Consultations, Coopersburg, PA, USA



May 7-9, 2010 Clinical Internship Training at Mount Madonna Institute's College of Ayurveda, Watsonville, CA, USA

May 10-11, 2010 Ayurvedic Wellness consultations with Dr. Denise Tarasuk, Campbell, CA, USA

May 13- 15, 2010 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

May 16, 2010 Visit to Sommerset and Monroe Township, New Jersey, USA

May 17 – June 5, '10 Ayurveda Wellness Consultations, Coopersburg, PA, USA

Jun 6, 2010 Ayurvedic Cooking Class – Twin Ponds Integrative Health Center, PA, USA

Jun 7 -11, 2010 Ayurveda Wellness Consultations, Coopersburg, PA, USA

Jun 12 – 15, 2010 Visit to Pittsburg, PA, USA

Jun 16 – 24, 2010 Ayurveda Wellness Consultations, Coopersburg, PA, USA

Jun 25-27, 2010 Ayurveda & Ashtanga Yoga 4th Retreat – Camp Thompson, Garderns, PA, USA

Jun 28- Jul 2, 2010 Ayurvedic Panchakarma Therapy, Ojas, LLC, Ayurveda Wellness Center, Coopersburg, PA, USA

July 3 - 4, 2010 Visit to New York, NY, USA

July 5 – 9, 2010 Ayurvedic Panchakarma Therapy & Ayurvedic Wellness Consultations, Ojas, LLC, Ayurveda Wellness Center, Coopersburg, PA, USA

July 10 – 11, 2010 Ayurvedic Wellness Consultations, Ojas, LLC, Ayurveda Wellness Center, Coopersburg, PA, USA

July 12 – 18, 2010 Ayurvedic Panchakarma Therapy & Ayurvedic Wellness Consultations, Ojas, LLC, Ayurveda Wellness Center, Coopersburg, PA, USA

2009:

Jan 1 – 8, 2009 Ayurvedic Wellness Consultations, Ojas, LLC. Ayurveda Wellness Center, Coopersburg, PA, USA

Jan 9-11, 2009 Ayurvedic Management of Respiratory Diseases – Mount Madonna College of Ayurveda, CA, USA

Jan 12 – 16, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Jan 17-18, 2009 Ayurvedic Wellness Consultations, Riverdale, NJ, USA

Jan 19 – 22, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Jan 23-25, 2009 Ayurvedic Masters Program – Mount Madonna College of Ayurveda, CA, USA

Jan 26, 2009 Ayurvedic Wellness Consultations at Dr. Denise Tarasuk office, Campbell, CA, USA

Jan 27 – Mar 6, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Mar 7 - 8, 2009 Ayurvedic Ceritification Program, Sai Ayurvedic College, Miami, FL, USA

Mar 9 – 15, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

March 16, 2009 AAPNA Academic Conference Lecture - Ayurvedic Management of Heart Diseases, Coopersburg, PA, USA

Mar 17 – 19, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Mar 20-27, 2009 Ayurvedic Intensive Panchakarma Program, Coopersburg, PA, USA

Mar 28, 29, 2009 New York Life Expo, New York, NY

Mar 30 – Apr 3, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA



- Apr 4, 2009 Ayurvedic Presentation for Physicians, Doupin Medical Society, Harrisburg, PA, USA
- Apr 5 – 10, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Apr 11, 12, 2009 Ayurvedic Certification Program, Sai Ayurvedic College, Miami, FL
- Apr 13 – 16, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Apr 17 -19, 2009 Ayurvedic Clinical Internship, Mount Madonna College of Ayurveda, CA, USA
- Apr 21-30, 2009 Ayurvedic Intensive Panchakarma Program, Coopersburg, PA, USA
- May 1, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- May 2, 3, 2009 Ayurvedic Pulse Diagnosis, Sai Ayurvedic College, Miami, FL, USA
- May 4 – 14, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- May 15-17, 2009 Ayurvedic Clinical Internship, Mount Madonna College of Ayurveda, CA, USA
- May 18, 19, 2009 Ayurvedic Wellness Consultations at Dr. Denise Tarasuk office, Campbell, CA, USA
- May 20 – 28, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- May 29 - 31, 2009 Ayurvedic Immersion Retreat, Twin Ponds Integrative Health Center, Breiningsville, PA, USA
- Jun 1 – 12, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jun 13, 14, 2009 Ayurvedic Workshop, Consultations, Miami, FL, USA
- Jun 15 – 26, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jun 27, 28, 2009 Ayurveda & Ashtanga Yoga 3rd Retreat, Camp Thompson, Gardners, PA, USA
- Jun 29 – Jul 3, 2009 Ayurvedic Intensive Panchakarma, Coopersburg, PA, USA
- Jul 4 – 17, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jul 18, 2009 Ayurvedic Wellness Consultations, Riverdale, NJ, USA
- Jul 19 – 31, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Aug 1, 2, 2009 Ayurvedic Pulse Technique, Twin Ponds integrative Health Center, Brieningsville, PA, USA
- Aug 3 – 19, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Aug 20-23, 2009 NAMA Annual Board Retreat, Sea Scape, Aptos, CA, USA
- Aug 24, 25, 2009 Ayurvedic Wellness Consultation, Campbell, CA, USA
- Aug 26 – 29, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Aug 30, 2009 Ayurveda and Yoga Lecture, Bikram Yoga Center, Philadelphia, PA, USA
- Sep 1 – 22, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Sep 23-26, 2009 Ayurvedic Panchakarma Therapy, Ojas, LLC, Ayurveda Wellness Center, Coopersburg, PA, USA
- Sep 27 – Oct 11, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Oct 12 – 21, 2009 Ayurvedic Intensive 10 day Panchakarma Program at Ojas, LLC, Ayurveda Wellness Center, Coopersburg, PA, USA
- Oct 22 – 29, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Oct 30 - Nov 1, 2009 Coordinated National Ayurveda Convention organized by Association of Ayurvedic Professionals of North America, Inc. (AAPNA), Twin Ponds Integrative Health Center, Brieningsville, PA, USA
- Nov 2 – Dec 14, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA



Dec 15-19, 2009 Ayurvedic Panchakarma Therapy, Ojas, LLC, Ayurveda Wellness Center, Coopersburg, PA 18036, USA

Dec 20 – 31, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

2008

Jan 1 – 10, 2008 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Jan 11-13, 2008 Ayurvedic Management of Respiratory Diseases, Mount Madonna Institute, College of Ayurveda, Watsonville, CA, USA

Jan 14 – 18, 2008 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Jan 19, 2008 AAPNA Academic Conference Call Presentation- How to Practice Ayurveda in North America, Coopersburg, PA, USA

Jan 20 – Mar 14, '08 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Mar 15, 2008 Ayurvedic Cooking Class, Twin Ponds Integrative Health Center, Breiningsville, PA, USA

Mar 16 – 27, 2008 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Mar 28-30, 2008 Ayurveda Consultations, Riverdale, NJ, USA

Mar 31 – Apr 2, '08 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Apr 3, 2008 Ayurveda Healing with Dr. Shekhar & Lina Lopez, 13120 NW 7 Ter., Near Dolphin Mall, Miami, FL, USA

Apr 4, 2008 Ayurvedic Wellness Consultations with Dr. Shekhar & Lina Lopez, Near Dolphin Mall, Miami, FL, USA

Apr 5, 6, 2008 Ayurvedic Pathology and Pulse diagnosis, Sai Ayurvedic School of Miami, FL, USA

Apr 7-9, 2008 Ayurvedic Wellness Consultations, Purusha Center LLC, Cape Coral, FL, USA

Apr 10, 2008 Ayurvedic Healing for Yoga Teachers, Florida Yoga Institute, 9480 Corkscrew Palms Circle, Suite 6, Estero FL, USA

Apr 12, 13, 2008 Teaching - Roga Nidana (Disease Pathology), Dinacharya Institute, New York, NY, USA

Apr 14 – 25, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA

Apr 26, 2008 Breakfast Seminar on Ayurvedic Healing, Twin Ponds Integrative Health Center, 628 Twin Ponds Road, Breinigsville, PA, USA

Apr 27 – May 15, '08 Ayurvedic Wellness Consultations, Allentown, PA, USA

May 16-18, 2008 Ayurveda Consultations with Dr. Shekhar, Essence of Self, 6 G Haycock Ave, Riverdale, NJ, USA

May 19 – 20, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA

May 21-26, 2008 **Ayurveda Wellness Consultations & Lecture Series on Ayurveda**

- Lecture: Introduction to Ayurveda, Lecture: Ayurveda for
- Lecture: Fundamentals of Ayurveda, Digestion & Nutrition; Cooking class, Hilo, Hawaii

May 27 – Jun 18, '08 Ayurvedic Wellness Consultations, Allentown, PA, USA

Jun 19-22, 2008 National Ayurvedic Medical Association – Board of Directors – Retreat, Chicago, IL, USA



Jun 23 – Jul 4, 2008	Ayurvedic Wellness Consultations, Allentown, PA, USA
Jul 5, 6, 2008	Kaya Chikitsta III, Sai Ayurvedic School of Miami, FL, USA
Jul 7 – 24, 2008	Ayurvedic Wellness Consultations, Allentown, PA, USA
Jul 25-27, 2008	Ayurveda Consultations, Essence of Self, Riverdale, NJ, USA
Jul 28 – Sep 4, 2008	Ayurvedic Wellness Consultations, Allentown, PA, USA
Sep 5-8, 2008	Ayurveda wellness program, Jacksonville, FL, USA
Sep 9 – 10, 2008	Ayurvedic Wellness Consultations, Allentown, PA, USA
Sep 11, 2008	Ayurveda Presentation – Wellspring Spiritual Center, PA, USA
Sep 12-15, 2008	Ayurvedic lectures – Fundamentals of Ayurveda, Diet, Digestion, Nutrition; Herbs and spices for optimum health Ayurvedic wellness consultations, Ayus Yoga Center, Louisville, KY, USA
Sep 16 – 18, 2008	Ayurvedic Wellness Consultations, Allentown, PA, USA
Sep 19-21, 2008	Ayurveda & Ashtanga Yoga 2 nd Retreat – Camp Thompson, Pine Grove Furnace State Park, 800 Pine Grove Road, Gardeners, PA, USA
Sep 22 – 25, 2008	Ayurvedic Wellness Consultations, Allentown, PA, USA
Sep 26-28, 2008	Ayurveda Consultations Essence of Self, Riverdale, NJ, USA
Sep 29 - 30, 2008	Ayurvedic Wellness Consultations, Allentown, PA, USA
Oct 1-3, 2008	Ayurvedic Wellness Consultations, Sai Ayurveda Wellness Center, Miami, FL, USA
Oct 4, 5, 2008	Ayurvedic Physiology, Sai Ayurvedic School of Miami, FL, USA
Oct 6 – 13, 2008	Ayurvedic Wellness Consultations, Allentown, PA, USA
Oct 14, 2008	Presentation on Ayurveda as Complementary and Integrative Medicine at Professional Development Program at Lehigh Carbon Community College (LCCC), Schnecksville, PA, USA
Oct 15, 2008	Ayurvedic Wellness Consultations, Allentown, PA, USA
Oct 16-19, 2008	NAMA 6 th annual Conference, National Ayurvedic Medical Association 6 th Annual Conference, Chicago, IL
Oct 20 – 22, 2008	Ayurvedic Wellness Consultations, Allentown, PA, USA
Oct 23 – 24, 2008	Ayurveda Theme Week – Canyon Ranch, Lenox, MA, USA <ul style="list-style-type: none"> • Lecture on Ayurveda & Nutrition • Lecture on Optimizing Weight • Lecture on Ayurveda & Digestion • Hands on Cooking
Oct 25 – 30, 2008	Ayurvedic Wellness Consultations, Allentown, PA, USA
Oct 31, 2008	Ayurvedic Wellness Consultations, Sai Ayurveda Wellness Center, Miami, FL, USA
Nov 1, 2, 2008	Ayurvedic certificate course, Sai Ayurvedic College, Miami, FL, USA
Nov 3, 2008	Ayurvedic Wellness Consultations, Sai Ayurveda Wellness Center, Miami, FL, USA
Nov 4 – Dec 4, 2008	Ayurvedic Wellness Consultations, Allentown, PA, USA
Dec 5-7, 2008	Advanced Ayurvedic Pathophysiology for MA degree students, Mount Madonna Institute's College of Ayurveda, Watsonville, CA, USA
Dec 8 – 11, 2008	Ayurvedic Wellness Consultations, Allentown, PA, USA



- Dec 12, 2008 Ayurvedic Wellness Consultations, Sai Ayurveda Wellness Center, Miami, FL, USA
- Dec 13, 14, 2008 Ayurvedic Certification Program, Sai Ayurvedic School of Miami, FL, USA
- Dec 15, 2008 AAPNA Academic Conference Lecture – Common Respiratory Disorders – Ayurvedic Management, Allentown, PA, USA
- Dec 16 – 31, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA

2007:

- Jan 1 – 5, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jan 6, 7, 2007 Ayurvedic Wellness Consultations, Melrose, MA, USA
- Jan 8, 2007 Introduction to Ayurveda for Day Spa Therapists, Ame Day Spa Salon, Wynn, PA, USA
- Jan 9 – 19, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jan 20-22, 2007 Ayurvedic Wellness Consultations, Riverdale, NJ, USA
- Jan 23 – 26, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jan 27, 28, 2007 Ayurvedic Wellness Consultation and Cooking Classes, Endicott, NY, USA
- Jan 29 – Feb 11, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Feb 12 -Mar 3, 2007 Ayurvedic Pancha Karma Training for Health Professionals in Kerala, India
- Mar 4 – 30, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Mar 31 – Apr 2, 2007 Ayurvedic Wellness Consultations, Riverdale, NJ, USA
- Apr 3 – 21, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Apr 22, 2007 Introduction of Ayurvedic Dietetics and Introduction to Ayurvedic Marma Therapy, Open Center, NY, USA
- Apr 23 – 25, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Apr 26-29, 2007 **Ayurveda: Bliss & Balance in the Berkshires, Canyon Ranch, Lenox, MA, USA**
- Apr 26, 2007 7:30 – 9:00 PM – Lecture Ayurveda & Weight Loss
- Apr 27, 2007 9:00 – 10:30 AM – Ayurveda & Skin Care
- Apr 27, 2007 3:00 – 4:30 PM – Hands on cooking in Demo Kitchen
- Apr 27, 2007 7:30 - 9:00 PM – Lecture Ayurveda & Nutrition
- Apr 28, 2007 3:00 – 4:30 PM – Hands on cooking in Demo Kitchen
- Apr 30 – Jun 28, '07 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jun 29-Jul 2, 2007 Ayurvedic Wellness Consultations, Riverdale, NJ, USA
- Jun 3 – Jul 5, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jul 6-8, 2007 Ayurveda for Health & Wellness Lecture, Cooking Class, Wellness Consultations at Portland, ME, USA
- Jul 9 – 10, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jul 11, 2007 Integrating Ayurveda for Optimum Health – Lecture at Air Products, Trexlertown, PA, USA
- Jul 12 – 21, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jul 22-24, 2007 National Ayurvedic Medical Association (NAMA) Board of Directors Retreat, Mount Madonna Institute, Watsonville, CA, USA



July 25 – Sep 6, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Sep 7-9, 2007 Ayurvedic lecture, Consultations, Cooking class at Princeton, NJ, USA
 Sep 10 – 15, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Sep 16, 2007 Ayurvedic cooking class at Twin Ponds Integrative Health Center, Brienigsville, PA, USA
 Sep 17 – 20, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Sep 21-23, 2007 Ayurvedic lecture, consultations and cooking class at Purusha Center, Cape Coral, FL, USA
 Sep 24 – 29, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Sep 28-30, 2007 Ayurvedic Wellness Consultations, Riverdale, NJ, USA
 Oct 1 – 10, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Oct 11-14, 2007 Ayurvedic Etiology & Pathology, Mount Madonna Institute, College of Ayurveda, Watsonville, CA, USA
 Oct 15 – 18, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Oct 19-21, 2007 National Ayurvedic Medical Association (NAMA) 5th Annual Conference, Panchakarma Therapy – A boon for Chronic Diseases, Albuquerque, NM, USA
 Oct 22 – 26, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Oct 27, 2007 Ayurveda Wellness Consultations, consultations, at Life of Balance Ayurveda and Yoga, Portland, ME, USA
 Oct 28 – Nov 1, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Nov 2-4, 2007 Ashtanga Yoga / Ayurveda – Lecture, Yoga, Consultations, Cooking class at Lansdale, PA, USA
 Nov 5 – 9, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Nov 10, 11, 2007 Ayurvedic Kayachikitsa – 2 day intensive training for Certified Ayurveda Practitioners, Sai Ayurveda School, Miami, FL, USA
 Nov 12 – Dec 2, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Dec 1-2, 2007 Ayurvedic Psychology - 2-day intensive training for Certified Ayurveda Practitioners, at Sai Ayurveda School, Miami, FL, USA
 Dec 3-5, 2007 Ayurvedic wellness consultations, Purusha Center, Cape Coral, FL, USA
 Dec 6 – 31, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA

2006:

Jan 1-5, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Jan 6-8, 2006 Foundation Course on Ayurveda course at Ongoing Move, Hilton Head Island, SC, USA
 Jan 9 – Feb 10, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Feb 11-17, 2006 Pancha karma program, Kripalu Healing Arts, Lenox, MA, USA
 Feb 23, 2006 Lecture on Ayurveda: Acceptance of Complementary and Alternative Medicine, Psychology students, Penn State University, Reading, PA, USA
 Feb 24, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Feb 25-Mar 2, 2006 Pancha karma program, Kripalu Healing Arts, Lenox, MA, USA
 Mar 3, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Mar 4-5, 2006 Foundation Course on Ayurveda at Star Seed Yoga Center, Montclair, NJ, USA



- Mar 6 – 30, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Mar 31-Apr 2, 2006 Introduction to Ayurveda Lecture & Ayurvedic Wellness Consultation, Essence of Self, Riverdale, NJ, USA
- Apr 3 – 7, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Apr 8-9, 2006 NAMA (National Ayurvedic Medical Association) Board Retreat, Mount Madonna, CA, USA
- Apr 10 – 21, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Apr 22, 2006 Ayurvedic Vegetarian Cooking Class, Open Heart Yoga Wellness Center, Trexlertown, PA, USA
- Apr 23 – 28, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Apr 29, 30, 2006 Sahaj Marg Meditation, National Gathering, Cleveland, OH, USA
- May 1 -19, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- May 20, 2006 Ayurvedic Lecture at YMCA/YWCA, Ridgewood, NJ, USA
- May 21 – 22, 2006 Ayurvedic Wellness Consultations, Riverdale, NJ, USA
- May 23 – 26, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- May 27-29, 2006 Ayurvedic Lecture and Ayurvedic Wellness Consultation, Bliss Yoga Shala, Jacksonville, FL, USA
- May 30 – Jun 5, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jun 6, 2006 Introduction to Ayurveda and Shirodhara Understanding, Ame Day Spa Salon, Wynn, PA, USA
- Jun 7 – 10, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jun 11, 2006 Ayurvedic Graduates Ceremony, Kripalu School of Ayurveda, Lenox, MA, USA
- Jun 12 – 16, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jun 17, 2008 Ayurvedic Vegetarian Cooking Class, Bethlehem, PA, USA
- Jun 18 – 23, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jun 24, 25, 2006 Ayurvedic Wellness Consultations, Oneonta, NY, USA
- Jun 26 – Jul 20, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jul 21-24, 2006 Ayurvedic Wellness Consultations & Cooking Class, Riverdale, NJ, USA
- Jul 25 – Aug 10, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Aug 11-13, 2006 Ayurvedic Wellness Consultations, Oneonta, NY, USA
- Aug 14 – 15, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Aug 16, 2006 Ayurvedic Lecture, Air Products, Trexlertown, PA, USA
- Aug 17 – Sep 14, '06 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Sep 15-17, 2006 Ayurvedic Wellness Consultations, Riverdale, NJ, USA
- Sep 18-21, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Sep 22-24, 2006 National Ayurvedic Medical Association, 4th annual conference, NY– presentation on Gastro intestinal disorders leading to Vata diseases.
- Sep 25 – Oct 9, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Oct 10, 2006 Ayurvedic Shirodhara Training for Spa Therapists, Skin ‘n Tonic, Paddlers Village, PA, USA
- Oct 11 – 19, 2006 Therapeutic and Integrative Massage Therapy Training at Lehigh Valley Healing Arts Academy, Emmaus, PA, USA



- Oct 20, 29006 Ayurveda and Weight Loss, presentation at Integrative Health Options (IHO), University of Medical Science (UMDNJ), Newark, NJ, USA
- Oct 21 – Nov 2, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Nov 3-5, 2006 Ayurvedic Wellness Consultation and Cooking Class, Endicott, NY, USA
- Nov 6 – 9, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Nov 10-12, 2006 Ayurvedic Wellness Consultations, Riverdale, NJ, USA
- Nov 13 – 15, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Nov 16-19, 2006 Ayurvedic Etiology and Pathology, Part I, Kripalu School of Ayurveda, Lenox, MA, USA
- Nov 20 – Dec 1, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Dec 3 - 13, '06 Therapeutic and Integrative Massage Training at Lehigh Valley Healing Arts Academy, Emmaus, PA, USA
- Dec 14-17, 2006 Ayurvedic Etiology and Pathology, Part II, Kripalu School of Ayurveda, Lenox, MA, USA
- Dec 18 – 31, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
- 2005:**
- Jan 1 – Feb 9, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Feb 10, 2005 Lecture: Introduction to Ayurveda for Psychology students, Penn State University, Reading, PA, USA
- Feb 11, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Feb 12-18, 2005 Pancha karma program, Kripalu Healing Arts, Lenox, MA, USA
- Feb 19 – Mar 17, '05 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Mar 12-16, 2005 Fundamentals of Ayurveda, Ayurvedic Nutrition and Yoga course at Shakti Yoga Center, Kingston, Jamaica, West Indies
- Mar 18,19, 2005 Ayurvedic Foundation Course, Diet, Digestion and Nutrition and Therapeutic Benefits of Yoga Asanas Course taught at Lehigh Valley Yoga Center, Allentown, PA, USA
- Mar 20 – 26, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Mar 27- Apr 1, 2005 Pancha karma program, Kripalu Healing Arts, Lenox, MA, USA
- Apr 2 – 22, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Apr 23, 24, 2005 Foundation Course on Ayurveda for Massage Therapists at Lehigh Valley Healing Arts Academy, Emmaus, PA, USA
- Apr 25 – 30, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
- May 1-6, 2005 Pancha karma program, Kripalu Healing Arts, Lenox, MA, USA
- May 7 – 26, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
- May 27-29, 2005 Ayurvedic Anatomy & Physiology course at Kripalu School of Ayurveda, Lenox, MA, USA
- May 30 – Jun 18, '05 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jun 19-24, 2005 Pancha Karma Program and Ayurvedic Wellness Consultations, Kripalu Healing Arts, Lenox, MA, USA
- Jun 25 – 28, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA



- Jun 29, 30, 2005 Ayurvedic Pulse Technique course taught at Ayurvedic Academy, Seattle, WA, USA
- July 1 – Aug 10, '05 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Aug 11-14, 2005 Ayurvedic Etiology & Pathology course at Kripalu School of Ayurveda, Lenox, MA, USA
- Sep 15 – 17, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Sep 18-23, 2005 Pancha karma program, Kripalu Healing Arts, Lenox, MA, USA
- Sep 24 – Oct 12, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Oct 13-15, 2005 Ayurvedic Digestion & Nutrition course at Kripalu School of Ayurveda, Lenox, MA, USA
- Oct 15-21, 2005 Pancha karma program, Kripalu Healing Arts, Lenox, MA, USA
- Oct 16 – Nov 12, '05 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Nov 13-18, 2005 Pancha karma program, Kripalu Healing Arts, Lenox, MA, USA
- Nov 19 – 25, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Nov 26- Dec 2, 2005 Pancha karma program, Kripalu Healing Arts, Lenox, MA, USA
- Dec 3 – 7, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Dec 8-11, 2005 Ayurvedic Herbology II course at Kripalu School of Ayurveda, Lenox, MA, USA
- Dec 12 – 31, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA

2004:

- Jan 1 – 2, 2004 Ayurvedic Wellness Consultations, Allentown, PA, USA
- January 3, 4, 2004 Ayurvedic Physiology (Dosha Dhatu Mala Vigyan), Ayurveda Academy of Canada, Jeevan, 347 Bay Street, Suite 101, Toronto, Ontario, Canada
- Jan 5 – Feb 9, 2004 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Feb 10-11, 2004 Pancha Karma program, Kripalu Healing Arts, Lenox, MA, USA
- Feb 12 – 17, 2004 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Feb 18, 2004 Lecture: Introduction to Ayurveda at University of Pennsylvania Health System, Department of Medicine, Division of General Internal Medicine, 4th year medical students as part of the Bio scientific Basis of Complementary and Alternative Medicine, Philadelphia, PA, USA
- Feb 19 – Apr 13, '04 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Apr 14-22, 2004 Pancha karma Program, Kripalu Healing Arts, Lenox, MA, USA
- Apr 23 – May 1, '04 Ayurvedic Wellness Consultations, Allentown, PA, USA
- May 2-6, 2004 Pancha karma Program, Kripalu Healing Arts, Lenox, MA, USA
- May 7 – 15, 2004 Ayurvedic Wellness Consultations, Allentown, PA, USA
- May 16-21, 2004 Pancha karma Program, Kripalu Healing Arts, Lenox, MA, USA
- May 22 – Sep 11, '04 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Sep 12-16, 2004 Pancha karma Program, Kripalu Healing Arts, Lenox, MA, USA
- Sep 17, 18, 2004 Presentation: Ayurvedic Management of Common Respiratory Disorders and Ayurvedic Detoxification & Purification Procedures – Panchakarma at Orlando, FL, USA: Integrated Medicine educational program: Integrating Ayurveda into clinical practice for health care professionals of The American Association of Physicians of Indian Origin.



Sep 19 – Oct 2, '04 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Oct 3-8, 2004 Pancha karma Program, Kripalu Healing Arts, Lenox, MA, USA
 Oct 9 – 30, 2004 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Oct 31-Nov 5, 2004 Pancha Karma Program, Kripalu Healing Arts, Lenox, MA, USA
 Nov 6 – 12, 2004 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Nov 13, 14, 2004 Ayurvedic Psychology (Manasa Shastra): Ayurvedic Academy, Seattle, WA, USA
 Nov 15 – Dec 31, '04 Ayurvedic Wellness Consultations, Allentown, PA, USA

2003:

Jan 1 – 10, 2003 Ayurvedic Wellness Consultations & Pancha Karma Therapies, Allentown, PA, USA
 Jan 11, 2003 Introduction to Ayurveda, Himalayan Yoga Meditation Center of New Jersey, Phillipsburg, NJ, USA
 Jan 12 – 24, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Jan 25, 2003 Ayurvedic Nutritional Herbs and Spices for Optimum Health, Lenox Community Center, Lenox, MA, USA
 Jan 26, 2003 Ayurvedic Wellness Consultations, Lenox, MA, USA
 Jan 27 – Jan 31, '03 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Feb 1, 2003 Introduction to Ayurveda, Wyomissing, PA, USA
 Feb 2, 2003 Ayurvedic Wellness Consultations, Wyomissing, PA, USA
 Feb 3 – 21, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Feb 22, 2003 Introduction to Ayurveda, Living Well Yoga, Fleetwood, PA, USA
 Feb 23 – 28, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Mar 1, 2003 Ayurvedic Wellness Consultation, Himalayan Yoga Meditation Center of New Jersey, Phillipsburg, NJ, USA
 Mar 2 – 21, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Mar 22 & 29, 2003 Ayurvedic Pulse Technique – Level I, Macungie, PA, USA
 Mar 30 – Apr 7, '03 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Apr 8 & 9, 2003 Ayurvedic Digestion and Dietetics, Canyon Ranch in the Berkshires Health Resort, Lenox, MA, USA
 May 10, 2003 Introduction to Ayurveda, Macungie, PA, USA
 May 11 – 20, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
 May 21, 2003 Health & Happiness through Ayurveda and Art of Living, Macungie Community Center, Macungie, PA, USA
 May 22 – Jun 13, '03 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Jun 14, 2003 Ayurveda for Women's Health, New Tripoli, PA, USA
 Jun 15 – 27, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Jun 28, 2003 Fundamentals of Ayurveda, Wyomissing, PA, USA
 Jun 29 – Jul 18, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Jul 19, 20, 2003 Advanced Ayurvedic Pulse Technique Course, Ayurvedic Academy, Seattle, WA, USA
 Jul 21 – 26, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA



Jul 27, 2003 Ayurvedic Cooking Workshop, New Tripoli, PA, USA
 Jul 28 – Aug 29, '03 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Aug 30, 2003 Ayurveda for Women's Health, 7 Senses Health Center, Fountain Hill, PA, USA
 Sep 1 – 6, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Sep 7, 2003 Ayurveda for Yoga Practitioners, Lehigh Valley Yoga Center, Allentown, PA, USA

 Sep 8 – 12, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Sep 13, 2003 Introduction to Ayurveda, Yoga and Health in Bethlehem, Bethlehem, PA, USA
 Sep 14, 2003 Ayurvedic Cooking Workshop, Orefield, PA, USA
 Sep 15 – 26, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Sep 27, 2003 Ayurvedic Nutritional Herbs and Spices for Optimum Health, Lehigh Valley Yoga Center, Allentown, PA, USA

 Sep 28 – Oct 17, '03 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Oct 18, 2003 Ayurveda for Women's Health, Wyomissing, PA, USA
 Oct 19 – 24, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Oct 25, 2003 Ayurveda for Women's Health, Bloomsburg, PA, USA
 Oct 25, 2003 Ayurvedic Nutritional Herbs and Spices, Bloomsburg, PA, USA
 Oct 26, 2003 Ayurvedic Cooking Workshop, New Tripoli, PA, USA
 Oct 27 – Dec 6, '03 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Dec 7, 2003 Ayurvedic Cooking Workshop, Open Heart Yoga and Wellness Center, Trexlertown, PA, USA

 Dec 8 – 12, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Dec 13, 14, 2003 Ayurvedic Pulse Technique – Level I, Lenox Community Center, Lenox, MA, USA

2002

Jan 1 – 26, 2002 Ayurveda Wellnesss Consultations, Allentown, PA, USA
 Jan 27, 2002 Introduction to Ayurveda for Health & Wellness, Hindu Temple, Allentown, PA, USA

 Jan 28 – Feb 18, '02 Ayurveda Wellnesss Consultations, Allentown, PA, USA
 Feb 19, 2002 Fundamentals of Ayurveda – Lecture, Fleetwood, PA, USA
 Feb 20 – Apr 6, '02 Ayurveda Wellnesss Consultations, Allentown, PA, USA
 Apr 7 – 8, 2002 Ayurvedic Fundamentals – Course – Fountain Hill, PA, USA
 Apr 9 – Jun 6, 2002 Ayurveda Wellnesss Consultations, Allentown, PA, USA
 Jun 7, 2002 Importance of Diet in Ayurveda, Allentown, PA, USA
 Jun 8 – Jul 21, 2002 Ayurvedic Wellness Consultations, PA, USA
 Jul 22, 2002 Health & Wellness Through Ayurveda, New Tripoli, PA, USA
 Jul 23 – Aug 28, '02 Ayurvedic Wellness Consultations, PA, USA
 Aug 29 – 31, 2002 Ayurvedic Diet, Digestion and Nutrition – Course, Fountain Hill, PA, USA
 Sep 1 – 26, 2002 Ayurveda Wellnesss Consultations, Allentown, PA, USA
 Sep 27, 2002 Health & Wellness Through Ayurveda, Fountain Hill, PA, USA
 Sep 28 – Nov 6, '02 Ayurveda Wellness Consultations, Allentown, PA, USA
 Nov 7, 2002 Introduction to Ayurveda, Phillipsburg, NJ, USA



Nov 8 – 9, 2002 Ayurvedic Wellness Consultations, Phillipsburg, NJ, USA
Nov 10 – Dec 31, '02 Ayurvedic Wellness Consultations, Allentown, PA, USA

2001

Jan 1 – Mar 23, 2001 India
Mar 24 -30, 2001 Advanced Pranic Healing & Pranic Psychotherapy Course, All India Pranic Healing Foundations Trust, Chennai, India
Mar 31 – Jul 31, '01 India
Aug 1 – 31, 2001 Yoga Instructor Certificate Course (YICC), Swami Vivekananda Yoga Research Center, Bangalore, India
Sep 1 - Dec 10, 2001 India
Dec 11 – 31, 2001 Macungie, PA, USA

2000

Jan 1 – 21, 2000 Veda Intensive Program and Pancha Karma, Rejuvenation Program, Valkenburg, Limburg, The Netherlands
Jan 22 – 25, 2000 Self Pulse Reading for Good Health course for in-resident guests at Lancaster Health Center, Lancaster, MA, USA
Feb 12, 2000 Maharishi Vedic Approach to Health Consultations, Lancaster, MA, USA
Feb 13, 2000 Ayurveda for Optimum Health – Lecture, Seymour, CT, USA
Feb 14, 2000 Introduction to Ayurvedic Pulse Technique – Lecture - Litchfield, CT, USA
Feb 14, 2000 Introduction to Ayurvedic Nutrition – Lecture - Fairfield, CT, USA
Feb 14 – Mar 4, '00 Maharishi Ayurvedic Consultations, Lancaster, MA, USA
Mar 5, 2000 Introduction to Maharishi Ayurveda, Walkabout, New York, USA
Mar 6 – 9, 2000 Maharishi Vedic Approach to Health Consultations, Lancaster, MA, USA
Mar 10, 2000 Lecture – Maharishi Approach to Health, Atlanta, Georgia, USA
Mar 11 – 13, 2000 Ayurveda Consultations, Atlanta, Georgia, USA
Mar 14 – 16, 2000 Ayurveda Consultations, Lancaster, MA, USA
Mar 17, 2000 Lecture – Maharishi Vedic Approach to Health, Boston, MA, USA
Mar 18 - 19, 2000 Ayurvedic Consultations, Boston, MA, USA
Mar 20 – 23, 2000 Ayurvedic Consultations, Lancaster, MA, USA
Mar 24, 2000 Lecture – Maharishi Ayurveda, London, England
Mar 25 - 27, 2000 Maharishi Ayurveda Consultations, Ledburn, Buckinghamshire, England
Mar 28, 2000 Lecture – Maharishi Vedic Approach to Health for Chronic Diseases – Skelmersdale, Buckinghamshire, England
Mar 29 -30, 2000 Maharishi Ayurveda Consultations, Skelmersdale, Buckinghamshire, England
Mar 31, 2000 Lecture – Maharishi Vedic Approach to Diet, Digestion and Nutrition, Ledburn, Buckinghamshire, England
Apr 1 – 2, 2000 Maharishi Ayurveda Consultations, Roydon Hall, Kent, England
Apr 3, 2000 Maharishi Ayurveda Consultations, Ledburn, Buckinghamshire, England
Apr 4, 2000 Prevention for Optimum Health – Lecture, Badingham, Suffolk, England
Apr 5, 2000 Maharishi Ayurvedic Consultations, Badingham, Suffolk, England



Apr 6 – 9, 2000	Ayurveda Consultations, Ledburn, Buckinghamshire, England
Apr 10, 2000	Ayurveda Consultations, Richmond, London
Apr 11, 2000	Lecture – Maharishi Vedic Approach to Chronic Disease and Rasayana Program, London, England
April 12 – 16, 2000	Maharishi Vedic Consultations, London, England
Apr 17, 2000	Maharishi Ayurveda Lecture, Dublin, Ireland
Apr 18 – 19, 2000	Ayurvedic Self Pulse Reading for Good Health, Dublin, Ireland
Apr 20 - 25, 2000	Maharishi Ayurvedic Consultations, Dublin, Ireland
Apr 26 – 27, 2000	Maharishi Ayurveda Consultations, Ledburn, Buckinghamshire, England
Apr 28, 2000	Lecture: Maharishi Ayurveda & Wellness, Boston, MA, USA
Apr 29 – 30, 2000	Maharishi Ayurveda Consultations, Boston, MA, USA
May 1 – 8, 2000	Maharishi Panchakarma Program, Lancaster, MA, USA
May 9, 2000	Lecture: Maharishi Vedic Approach to Health, Boone, NC, USA
May 10 – 12, 2000	Ayurveda Consultations, Boone, NC, USA
May 13, 2000	Lecture – Maharishi Approach to Diet, Digestion and Nutrition, Lexington, KY, USA
May 14 - 15, 2000	Maharishi Ayurveda Consultations, Lexington, KY, USA
May 16 – 18, 2000	Maharishi Ayurveda Consultations, Boone, NC, USA
May 19, 2000	Visit to Grandfather Mountain, NC, USA
May 20, 2000	Maharishi Ayurveda Lecture on Health, Ashville, NC, USA
May 21, 2000	Maharishi Ayurveda Consultations, Asheville, NC, USA
May 22, 2000	Visit to Chimny Rock, NC, USA
May 23 – 24, 2000	Consulations for Chronic Diseases, Boone, NC, USA
May 25 – 26, 2000	Maharishi Vedic Approach to Health Consultations, Lancaster, MA, USA
May 27 – 29, 2000	Maharishi Ayurveda Consultations, Boston, MA, USA
May 30 – Jun 8, 2000	Vedic Panchakarma Program for Chronic Diseases, Boone, NC, USA
Jun 9 – 11, 2000	Maharishi Vedic Training Program for Health Professionals, Boston, MA, USA
Jun 12 – 24, 2000	Panchakarma for Chronic Diseases, Boone, NC, USA
Jun 25, 2000	Maharishi Ayurveda Lecture, Atlanta, GA, USA
Jun 26 - 30, 2000	Maharishi Ayurveda Consultations, Atlanta, GA, USA
Jul 1 – 2, 2000	Maharishi Ayurveda Consultations, Avon Park, FL, USA
Jul 3 – 5, 2000	Maharishi Vedic Approach to Health Consultations, Boone, NC, USA
Jul 6 – 9, 2000	Maharishi Vedic Training Program for Health Professionals, Dallas, TX, USA
Jul 10 – 26, 2000	Maharishi Panchakarma Program, Boone, NC, USA
Jul 27, 2000	Lecture: Maharishi Vedic Approach to Health, Atlanta, GA, USA
Jul 28 - Aug 3, 2000	Ayurvedic Consultations, Atlanta, GA, USA
Aug 4 – 9, 2000	Ayurvedic Consulations, Lancaster, MA, USA
Aug 10 – 14, 2000	Maharishi Ayurvedic Consultations, New York City, NY, USA
Aug 15 – 17, 2000	Course on Diet, Digestion and Nutriton, Lancaster, MA, USA
Aug 18, 2000	Lecture: Maharishi Vedic Approach to Health, Raleigh, NC, USA
Aug 19 - 20, 2000	Maharishi Vedic Approach to Health Consultations, Raleigh, NC, USA
Aug 21 – 31, 2000	Maharishi Panchakarma and Rejuvenation Program, Boone, NC, USA
Sep 1 – 5, 2000	Maharishi Ayurveda Consultations, New York City, NY, USA



Sep 6 – 15, 2000	Maharishi Panchakarma and Rejuvenation Program, Lancaster, MA, USA
Sep 16, 2000	Lecture: Maharishi Vedic Approach to Health – Chronic Disease Program, Lancaster, MA, USA
Sep 17 – Oct 5, 2000	Maharishi Ayurveda Consultations, Lancaster, MA, USA
Oct 6 – 9, 2000	Maharishi Health Professionals Training Program, Avon Park, FL, USA
Oct 10 – 15, 2000	Maharishi Ayurveda Consultations, Lancaster, MA, USA
Oct 16 – 20, 2000	Maharishi Panchakaram Program, Avon Park, FL, USA
Oct 21 – Oct 31, 2000	Maharishi Veda Intensive Program for Chronic Diseases, Lancaster, MA, USA
Nov 1 – 15, '00	Maharishi Vedic Approach to Health Chronic Disease Program, Valkenburg, The Netherlands
Nov 16, 2000	Lecture: Maharishi Ayurveda, Lisban, Portugal
Nov 17 – 18, 2000	Maharishi Ayurveda Self Pulse Reading Course, Lisban, Portugal
Nov 19 – 25, 2000	Maharishi Ayurveda Consultations, Lisban, Portugal
Nov 26, 2000	Lecture: Maharishi Veda Intensive Program, Barcelona, Spain
Nov 27 – 29, 2000	Course on Diet, Digestion and Nutrition for Optimum Health, Barcelona, Spain
Nov 30 Dec 1, '00	Maharishi Ayurveda Consultations, Barcelona, Spain
Dec 2, 2000	Lecture: Maharishi Ayurveda for Optimum Health, Madrid, Spain
Dec 3 – 4, 2000	Maharishi Ayurveda Consultations, Madrid, Spain
Dec 5 – Dec 8, 00	Maharishi Veda Intensive Program Consultations, Valkenburg, The Netherlands
Dec 9 – Dec 31, '00	India

1999

Jan 1 – 12, 1999	Maharishi Panchakarma Program and Consultations, Vlodrop, The Netherlands
Jan 13 – 17, 1999	Maharishi Vedic Approach to Health Consultations, Valkenburg, The Netherlands
Jan 18 – May 22, '99	India
May 23 – Jun 12, '99	Maharishi Vedic Approach to Health Consultations, Valkenburg, The Netherlands
Jun 13, 1999	Visit to Leuven, Belgium
Jun 14 – 17, 1999	Maharishi Panchakarma & Rejuvenation Program, Valkenburg, The Netherlands
Jun 19, 1999	Lecture: Maharishi Ayurveda for Optimum Health, Montreal, Qubec, Canada
June 20 - 23, 1999	Maharishi Ayurveda Consultations, Montreal, Qubec, Canada
Jun 24 – 27, 1999	Course on Ayurvedic Pulse, Waterville, Qubec, Canada
Jun 28, 1999	Lecture: Maharishi Ayurveda for Natural Health, Ottawa, Ontario, Canada
Jun 29 - 1 Jul, 1999	Consultations – Maharishi Ayurveda, Ottawa, Ontario, Canada
Jul 2 – 3, 1999	Maharishi Ayurveda Consultations, Huntsville, Ontario, Canada
Jul 4, 1999	Lecture: Maharishi Ayurveda, Toronto, Ontario, Canada
Jul 5, 1999	Visit to Friend, London, Ontario, Canada
Jul 6 – 8, 1999	Course – Diet, Digestion and Nutrition, Toronto, Ontario, Canada
Jul 10, 1999	Lecture – Maharishi Vedic Approach to Health, Vancouver, British Columbia, Canada
July 11 – 13, 1999	Course on Self Pulse Reading, Vancouver, British Columbia, Canada
July 14 – 15, 1999	Maharishi Ayurveda Consultations, Vancouver, British Columbia, Canada
Jul 16 – 18, 1999	Maharishi Ayurveda Consultations, Edmonton, Alberta, Canada



Jul 19 – 20, 1999	Maharishi Ayurveda Consultations, Rock Creek, British Columbia, Canada
Jul 21 – 22, 1999	Maharishi Ayurveda Consultations, Kelnowa, British Columbia, Canada
Jul 23, 1999	Lecture: Maharishi Vedic Approach to Health, Victoria, British Columbia, Canada
Jul 24 - 25, 1999	Course on Ayurvedic Pulse Reading, Vicotria, British Columbia, Canada
Jul 26 – 30, 1999	Maharishi Ayurveda Consultations, Victoria, British Columbia, Canada
Jul 31 – Aug 1, 1999	Maharishi Ayurveda Consultations, Montreal, Quebec, Canada
Aug 2 – 3, 1999	Maharishi Ayurveda Consultations, Ottawa, Ontario, Canada
Aug 4 – 6, 1999	Maharishi Ayurveda Consultations, Moncton, New Bruswick, Canada
Aug 7 – 8, 1999	Course on Ayurvedic Pulse Reading, Montreal, Quebec, Canada
Aug 9 – 24, 1999	Maharishi Vedic Approach to Health – Panchakarma Program, Valkeburg, The Netherlands
Aug 25, 1999	Lecture: Maharishi Vedic Approach to Health, Skelmersdale, Lancashire, England
Aug 26 – 27, 1999	Course on Diet, Digestion and Nutrition, Skelmersdale, Lancashire, England
Aug 28 – 30, 1999	Maharishi Vedic Apporoach to Health Consultations, Skelmersdale, Lancashire, England
Aug 30 – 31, 1999	Maharishi Ayurveda Consultations, Badingham, Suffolk, England
Sep 1, 1999	Lecture: Maharishi Vedic Approach to Health, London, England
Sep 2 - 4, 1999	Maharishi Vedic Approach to Health Consultations, London, England
Sep 5 – 6, 1999	Course on Ayurvedic Pulse Rading, Mentmore, Buckinghamshire, England
Sep 7, 1999	Lecture: Ayurveda and Natural Health, London, England
Sep 8 - 10, 1999	Course on Prevention for Optimum Health, London, England
Sep 11 – 15, 1999	Maharishi Vedic Approach to Health Consultations, London, England
Sep 16 – 24, 1999	Maharishi Vedic Apporach to Health Panchakarma and Rasayana Program, Valkenburg, The Netherlands
Sep 25, 1999	Lecture: Maharishi Perfect Health, Bad Ems, Rheinland Pflaz, Germany
Sep 26 – 28, 1999	Course on Self Pulse Reading, Bad Ems, Rheinland Pflaz, Germany
Sep 2 - Oct 3, 1999	Maharishi Ayurveda Consultations, Bad Ems, Rheinland Pflaz, Germany
Oct 4 – 9, 1999	Maharsihi Vedic Panchakarma Program, Valkenburg, Limburg, The Netherlands
Oct 10, 1999	Lecture: Maharishi Vedic Approach to Health, Schledehausen, Nidersachsen, Germany
Oct 11 – 14, 1999	Course on Diet, Digestion and Nutrition, Schledehausen, Nidersachsen, Germany
Oct 15 - 27, 1999	Maharishi Vedic Panchakarma Program and Consultations, Schledehausen, Nidersachsen, Germany
Oct 28, 1999	Maharishi Ayurveda Consultations, Munster, Nordrhein Westfalen, Germany
Oct 29 – Nov 2, '99	Maharishi Panchakarma Program and Consultations, Schledehausen, Nidersachsen, Germany
Nov 3, 1999	Lecture: Maharishi Vedic Apporach to Health, Hannover, Nidersachsen, Germany
Nov 4 – 5, 1999	Maharishi Ayurveda Consultations, Schledehausen, Nidersachsen, Germany
Nov 6 – 7, 1999	Maharishi Vedic Approach to Health Consultations, Valkenburg, Limburg, The Netherlands
Nov 8, 1999	Lecture: Maharsihi Ayurveda for Optimum Health, Glasgow, Scotland



- Nov 9 – 10, 1999 Maharishi Ayurveda Consultations, Glasgow, Scotland
 Nov 11 – 12, 1999 Course on Self Pulse Reading, Skelmersdale, Lancashire, England
 Nov 13, 1999 Lecture: Maharishi Vedic Approach to Health, Skelmersdale, Lancashire, England
 Nov 14 – 15, 1999 Maharishi Ayurveda Consultations, Skelmersdale, Lancashire, England
 Nov 16, 1999 Lecture: Maharishi Vedic Approach to Health, London, England
 Nov 17, 1999 Lecture: Maharishi Approach to Health for Health Professionals, Durham Medical Center, Durham, England
 Nov 18 - 19, 1999 Maharishi Ayurveda Consultations, Durham, England
 Nov 20 – 22, 1999 Maharishi Ayurveda Consultations, Badingham, Suffolk, England
 Nov 23 – 24, 1999 Maharishi Ayurveda Consultations, Ledburn, Buckinghamshire, England
 Nov 25 – 30, 1999 Course on Self Pulse Reading for Good Health, London, England
 Dec 1 – 2, 1999 Maharishi Ayurveda Consultations, Skelmersdale, Lancashire, England
 Dec 3, 1999 Lecture: Maharishi Ayurveda, Ledburn, Buckinghamshire, England
 Dec 4 – 5, 1999 Maharishi Ayurveda Consultations, Rydon Hall, Kent, England
 Dec 6, 1999 Maharishi Ayurveda Consultations, Richmond, London, England
 Dec 7 – 8, 1999 Maharishi Ayurveda Consultations, Durham, England
 Dec 9, 1999 Lecture: Maharishi Vedic Approach to Health, London, England
 Dec 10 – 31, 1999 Maharishi Panchakarma Program, Valkenburg, Limburg, The Netherlands

1998

- Jan 1 – 11, 1998 Course on Self Pulse Reading and consultations, Bonn, Germany
 Jan 12 – Feb 11, '98 Maharishi Panchakarma therapies and consultations, Valkenburg, The Netherlands
 Feb 12 – 16, 1998 Course on Diet, Digestion and Nutrition, and Maharishi Ayurveda Consultations, Hamburg, Germany
 Feb 17 – 26, 1998 Maharishi Vedic Approach to Health Chronic Diseases Program, Valkenburg, The Netherlands
 Feb 27 – Mar 8, 1998 Maharishi Ayurvedic Consultations and Self Pulse Reading Course, Nurnburg, Germany
 Mar 9 – 12, 1998 Maharishi Vedic Health Consultations, Valkenburg, The Netherlands
 Mar 13 – May 6, '98 Maharishi Panchakarma Programs, Vlodrop, The Netherlands
 May 7 – 8, 1998 Maharishi Ayurveda Consultations, Rennes, France
 May 9 -10, 1998 Maharishi Ayurveda Consultations, Nantes, France
 May 11 – Sep 1, 1998 Maharishi Panchakarma Programs, Vlodrop, The Netherlands
 Sep 2 – 7, 1998 Maharishi Ayurveda Consultations, Toronto, Ontario, Canada
 Sep 8, 1998 Visit to Niagara Falls, Ontario, Canada
 Sep 9 – 10, 1998 Course on Diet, Digestion and Nutrition, Toronto, Ontario, Canada
 Sep 11, 1998 Lecture: Maharishi Vedic Approach to Health, Ottawa, Ontario, Canada
 Sep 12 - 17, 1998 Maharishi Ayurveda Consultations, Ottawa, Ontario, Canada
 Sep 18, 1998 Lecture: Maharishi Ayur-Veda, Edmonton, Alberta, Canada
 Sep 19 - 20, 1998 Maharishi Ayurveda Consultations, Edmonton, Alberta, Canada
 Sep 21, 1998 Lecture and consultations on Maharishi Ayurveda, Nelson, British Columbia, Canada



Sep 22, 1998	Maharishi Ayurveda Consultations, Nelson, British Columbia, Canada
Sep 23, 1998	Maharishi Ayurveda Consultations, Christina Lake, British Columbia, Canada
Sep 24, 1998	Maharishi Ayurveda Consultations, Rock Creek, British Columbia, Canada
Sep 25, 1998	Maharishi Ayurveda Consultations, Kelowna, British Columbia, Canada
Sep 26, 1998	Lecture: Maharishi Vedic Approach to Health, Vancouver, British Columbia, Canada
Sep 27 -Oct 2, '98	Course on Self Pulse Reading for Good Health, Vancouver, British Columbia, Canada
Oct 3, 1998	Lecture: Maharishi Vedic Approach to Health, Victoria, British Columbia, Canada
Oct 4 - 6, 1998	Maharishi Ayurveda Consultations, Victoria, British Columbia, Canada
Oct 7, 1998	Lecture: Maharishi Vedic Approach to Health, Compton, Quebec, Canada
Oct 8 - 15, 1998	Maharishi Ayurveda Consultations, Compton, Quebec, Canada
Oct 16, 1998	Lecture: Maharishi Ayurveda Consultations, Moncton, New Brunswick, Canada
Oct 17 - 18, 1998	Maharishi Ayurveda Consultations, Moncton, New Brunswick, Canada
Oct 19, 1998	Maharishi Ayurveda Consultations, Saint Louis, New Brunswick, Canada
Oct 20 - 22, 1998	Maharishi Ayurveda Consultations, Moncton, New Brunswick, Canada
Oct 23, 1998	Lecture: Maharishi Vedic Approach to Health, Ottawa, Ontario, Canada
Oct 24 - Nov 3, '98	Maharishi Ayurvedic Course on Prevention and Maharishi Ayurveda Consultations, Ottawa, Ontario, Canada
Nov 4 - 9, 1998	Maharishi Ayurveda Consultations, Vancouver, British Columbia, Canada
Nov 10 -16, 1998	Maharishi Vedic Consultations and Course on Diet, Digestion and Nutrition, Victoria, British Columbia, Canada
Nov 17 - 18, 1998	Maharishi Vedic Approach to Health, Valkenburg, The Netherlands
Nov 19, 1998	Lecture: Maharishi Ayurveda, Rome, Italy
Nov 20 - 22, 1998	Maharishi Ayurveda Consultations, Rome, Italy
Nov 23 - 26, 1998	Maharishi Ayurveda Consultations, Cerivia, Italy
Nov 27 - 28, 1998	Maharishi Ayurveda Consultations, Verona, Italy
Nov 29, 1998	Maharishi Ayurveda Consultations, Carono, Italy
Nov 30 - Dec 6, '98	Course on Self Pulse Reading for Good Health, Balluno, Italy
Dec 7, 1998	Lecture: Maharishi Vedic Approach to Health, Brunate, Italy
Dec 8 - 10, 1998	Maharishi Ayurveda Consultations, Brunate, Italy
Dec 11 - 12, 1998	Maharishi Ayurveda Consultations, Torino, Italy
Dec 13 - 14, 1998	Maharishi Ayurveda Consultations, Brunate, Italy
Dec 15, 1998	Maharishi Ayurveda Consultations, Milano, Italy
Dec 16, 1998	Maharishi Ayurveda Consultations, Brunate, Italy
Dec 17 - 22, 1998	Course on Self Pulse Reading for Good Health, San Pelligrino, Italy
Dec 23 - 31, 1998	Maharishi Vedic Approach to Health Panchakarma Program, Valkenburg, The Netherlands
1997	
Jan 1 - 21, 1997	Maharishi Ayurveda Consultations, Palo Alto, California, USA
Jan 22 - Feb 22, '97	Maharishi Ayurvedic Courses, Consultations, Palo Alto, California, USA
Feb 23 - 28, 1997	Maharishi Panchakarma Program, Vlodrop, The Netherlands



Mar 1 – Jul 22, 1997 India
 Jul 23 – Aug 14, '97 Maharishi Vedic Approach to Health Consultations, Workshops, Training Programs, Vlodrop, The Netherlands
 Aug 15, 1997 Lecture: Maharishi Ayurveda for Perfect Health, Berlin, Germany
 Aug 16 - 23, 1997 Maharishi Ayurveda Consultations, Berlin, Germany
 Aug 24 – Oct 18, '97 Maharishi Vedic Approach to Health Consultations, Panchakarma Programs, Vlodrop, The Netherlands
 Oct 19 – 21, 1997 Maharishi Ayurveda Consultations, Stuttgart, Germany
 Oct 22 – 23, 1997 Maharishi Ayurveda Consultations, Vlodrop, Germany
 Oct 24 – 28, 1997 Course on Maharishi Yoga Asanans and Maharishi Consultations, Seelisburg, Switzerland
 Oct 29 – 30, 1997 Maharishi Ayurveda Consultations, Vlodrop, The Netherlands
 Oct 31, 1997 Lecture: Maharishi Ayurveda for Good Health, Rome, Italy
 Nov 1 - 5, 1997 Maharishi Ayurveda Consultations, Rome, Italy
 Nov 6 – 10, 1997 Maharishi Self Pulse Reading for Good Health and Consultations, Napoli, Italy
 Nov 11 – 16, 1997 Maharishi Ayurveda Consultations, Cervia, Italy
 Nov 17, 1997 Maharishi Ayurveda Lecture, Verona, Italy
 Nov 18 - 23, 1997 Maharishi Ayurveda Consultations, Verona, Italy
 Nov 24, 1997 Maharishi Ayurveda Consultations, Bologna, Italy
 Nov 25 – 26, 1997 Maharishi Ayurveda Consultations, Verona, Italy
 Nov 27 – 30, 1997 Maharishi Ayurveda Consultations, San Pellegrino, Italy
 Dec 1, 1997 Maharishi Ayurveda Consultations, Milani, Italy
 Dec 2, 1997 Lecture: Maharishi Vedic Approach to Health, San Pellegrino, Italy
 Dec 3 - 7, 1997 Maharishi Ayurveda Consultations, San Pellegrino, Italy
 Dec 8, 1997 Maharishi Ayurveda Consultations, Bergamo, Italy
 Dec 9, 1997 Maharishi Ayurveda Consultations, Brunate, Italy
 Dec 10, 1997 Maharishi Ayurveda Consultations, Genova, Italy
 Dec 11 – 18, 1997 Maharishi Ayurveda Consultations, Brunate, Italy
 Dec 19 – 31, 1997 Maharishi Vedic Approach to Health Consultations, Valkenburg, The Netherlands

1996

Jan 1 – Feb 8, 1996 Maharishi Vedic Approach to Health Consultations, Panchakarma Program, Valkenburg, The Netherlands
 Feb 9, 1996 Lecture: Maharishi Ayurveda, Berlin, Germany
 Feb 10 - 18, 1996 Course on Maharishi Diet, Digestion and Nutrition, and Maharishi Ayurveda Consultations, Berlin, Germany
 Feb 19 – 29, 1996 Maharishi Ayurveda Consultations, Valkenburg, The Netherlands
 Mar 1, 1996 Lecture, Maharishi Vedic Approach to Health, Saarbrucken, Germany
 Mar 2 - 11, 1996 Maharishi Vedic Approach to Health, Saarbrucken, Germany
 Mar 12 - Apr 23, '96 Maharishi Vedic Approach to Health, Vlodrop, The Netherlands
 Apr 24 – May 5, '96 Maharishi Self Pulse Reading Course, Regensburg, Germany
 May 6 – 8, 1996 Maharishi Ayurveda Consultations, Munchen, Germany
 May 9, 1996 Lecture: Maharishi Ayurveda, Berlin, Germany



May 10 - 25, 1996	Maharishi Ayurveda Consultations, Self Pulse Reading Course, Berlin, Germany
May 26 – 28, 1996	Maharishi Ayurveda Consultations, Munchen, Germany
May 29 – Jun 11, '96	Maharishi Ayurveda Consultations and Courses, Vlodrop, The Netherlands
Jun 12, 1996	Lecture: Maharishi Ayurvedic Approach to Health, Dusseldorf, Germany
Jun 13 – 27, 1996	Maharishi Panchakarma Program, Vlodrop, The Netherlands
Jun 28, 1996	Lecture: Maharishi Ayurveda, Trinidad, West Indies
Jun 29 – 30, 1996	Maharishi Self Pulse Reading Course, Trinidad, West Indies
Jul 1 – 5, 1996	Maharishi Ayurveda Consultations, Trinidad, West Indies
Jul 6 – 8, 1996	Maharishi Diet, Digestion and Nutrition Course, Trinidad, West Indies
Jul 9 - 23, 1996	Maharishi Ayurveda Consultations, Trinidad, West Indies
Jul 24, 1996	Lecture: Maharishi Vedic Approach to Health, Guadeloupe, Carribbean Islands
Jul 25 – 28, 1996	Maharishi Ayurveda Consultations, Guadeloupe, Carribbean Islands
Jul 29 – 31, 1996	Maharishi Self Pulse Reading Course, Guadeloupe, Carribbean Islands
Aug 1 - 8, 1996	Maharishi Ayurveda Consultations, Guadeloupe, Carribbean Islands
Aug 9 – Sep 11, 1996	Maharishi Ayurveda Consultations, Vlodrop, The Netherlands
Sep 12, 1996	Lecture: Maharishi Ayurveda, Ashbery Park, New Jersey, USA
Sep 13 - 16, 1996	Maharishi Ayurveda Consultations, Ashbery Park, New Jersey, USA
Sep 17, 1996	Lecture: Maharishi Ayurveda, Brook Field, CT, USA
Sep 18, 1996	Maharishi Ayurveda Consultations, Brook Field, CT, USA
Sep 19 – 22, 1996	Maharishi Ayurveda Consultations, Ashbery Park, New Jersey, USA
Sep 23, 1996	Lecture: Maharishi Ayurveda, Bellevue, Washington, USA
Sep 24 - Oct 3, 1996	Maharishi Ayurveda Consultations, Bellevue, Washington, USA
Oct 4, 1996	Lecture: Maharishi Vedic Approach to Health, Boise, Idaho, USA
Oct 5 - 9, 1996	Maharishi Ayurveda Consultations, Boise, Idaho, USA
Oct 10 – 17, 1996	Maharishi Ayurveda Consultations, Chicago, Illinois, USA
Oct 18 – 24, 1996	Maharishi Panchakarma Program and Consultations, Fairfield, Iowa, USA
Oct 25 – 27, 1996	Maharishi Vedic Approach to Health, Indianapolis, Indiana, USA
Oct 28 – 31, 1996	Maharishi Ayurveda Consultations, Chicago, Illinois, USA
Nov 1 – 3, 1996	Maharishi Ayurveda Consultations, Omaha, Nebraska, USA
Nov 4 – 5, 1996	Maharishi Ayurveda Consultations, Chicago, Illinois, USA
Nov 6, 1996	Lecture: Maharishi Ayurveda, Detroit, Michigan, USA
Nov 7 - 10, 1996	Maharishi Ayurveda Consultations, Detroit, Michigan, USA
Nov 11 – 13, 1996	Maharishi Ayurveda Consultations, Chicago, Illinois, USA
Nov 14 – 17, 1996	Maharishi Ayurveda Consultations, Seattle, Washington, USA
Nov 18, 1996	Maharishi Ayurveda Consultations, Pacific Palisides, California, USA
Nov 19 - 27, 1996	Maharishi Ayurveda Consultations, Pacific Palisides, California, USA
Nov 28 – 30, 1996	Maharishi Ayurveda Consultations, Cobb Mountains, California, USA
Dec 1 – 7, 1996	Maharishi Ayurveda Consultations, Palo Alto, California, USA
Dec 8, 1996	Maharishi Ayurveda Consultations, San Jose, California, USA
Dec 9 – 12, 1996	Maharishi Ayurveda Consultations, Sacramento, California, USA
Dec 13 – 22, 1996	Maharishi Ayurveda Consultations, Palo Alto, California, USA
Dec 23, 1996	Maharishi Ayurveda Consultations, San Francisco, California, USA
Dec 24, 1996	Maharishi Ayurveda Consultations, Berkley, California, USA



Dec 25, 1996 Visit to Yosemite, California, USA
 Dec 26 -27, 1996 Maharishi Ayurveda Consultations, Palo Alto, California, USA
 Dec 28 – 31, 1996 Maharishi Ayurveda Consultations, San Diego, California, USA

1995

Feb 6 - 10, 1995 Course - Ayurvedic Pulse Technique for health professionals in Vienna, Austria.
 Feb 11-16, 1995 Ayurvedic consultations with Dr. Lothar Krenner, Vienna, Austria
 Feb 17-21, 1995 Ayurvedic Consultations with Dr. Walter Molk, Vienna, Austria
 Feb 22, 1995 Lecture on Maharishi Vedic Approach to Health – including Ayurveda for Medical Students, Szeged Medical School, Szeged, Hungary
 Feb 23 – 27, 1995 Ayurvedic Consultations and lectures for public, Szeged, Hungary
 Feb 28, 1995 Ayurvedic Nutrition lecture at Pécs, Hungary
 Feb 29, 1995 Ayurveda for Optimum Health Lecture, Pécs, Hungary
 Mar 1, 2, 1995 Ayurvedic Wellness Consultations at Pécs, Hungary
 Mar 3, 1995 Ayurvedic Lecture at Kecskemét Townhall, Kecskemét, Hungary
 Mar 4-7, 1995 Ayurvedic Pulse Technique course, Kecskemét, Hungary
 Mar 8, 1995 Lecture on Ayurveda and Marhishi Vedic Health, Budapest, Hungary
 Mar 9, 10, 1995 Ayurvedic Consultations, Budapest, Hungary
 Mar 11 & 12, 1995 Ayurvedic Pulse Technique course, Budapest, Hungary
 Mar 13 – 15, 1995 Ayurvedic Wellness Consultations with Dr. Walter Molk, Vienna, Austria
 Mar 16 – 20, 1995 Ayurvedic Diet, Digestion and Nutrition for general public, Vienna, Austria
 Mar 21-26, 1995 Ayurvedic Wellness Consultations with Dr. Lothar Krenner, Vienna, Austria
 Mar 27 – 29, 1995 Yoga Asana Training, Kecskemét, Hungary
 Mar 30, 1995 Lecture: Ayurveda and Perfect Health, Kecskemét, Hungary
 Mar 31 – Apr 5, 1995 Course – Ayurvedic Diet, Digestion and Nutriton, Meditation Group, Kecskemét, Hungary
 Apr 6, 1995 Lecture – Ayurvedic Home Remedies for optimum health, Pécs, Hungary
 Apr 7 – 13, 1995 Ayurvedic Wellness Consultations, Pécs, Hungary
 Apr 14 – 16, 1995 Course – Self Pulse Reading for Optimum Health for Health Professionals, Pécs, Hungary
 Apr 17, 1995 Lecture – Maharishi Vedic Approach to Health – Town Hall, Miskolc, Hungary
 Apr 18 -24, 1995 Ayurvedic Wellness Consultations – Maharishi Ayur-Veda Consultations, Miskolc, Hungary
 Apr 25, 1995 Lecture – Ancient Vedic Knowledge of India – Szeged, Hungary
 Apr 26, 1995 Meeting Budapest Mayor with Press Reporters, Budapest, Hungary
 April 27-28, 1995 Course – Self Pulse Reading for General Public, Szeged, Hungary
 Apr 29 – 30, 1995 Maharishi Vedic Approach to Health Consultations, Szeged, Hungary
 May 1, 1995 Lecture – Natural Approach to Health and Wellness for Meditators and Siddhas, Budapest, Hungary
 May 2 – 5, 1995 Ayurvedic Wellness Consultations, Budapest, Hungary
 May 6 – 9, 1995 Course – Self Pulse Reading for Optimum Health and Wellness, Budapest, Hungary
 May 10 Lecture – Maharishi Vedic Approach to Health for Chronic Diseases for Health Professionals, Szeged, Hungary



May 11 – 13, 1995	Ayurvedic Wellness Consultations, Szeged, Hungary
May 14 - 16, 1995	Course – Diet, Digestion and Nutrition, Szeged, Hungary
May 17, 1995	Lecture – Healing Through Natural Way – An Maharishi Approach to Health – Nyíregyháza, Hungary
May 18 – 20, 1995	Ayurvedic Wellness Consultations, Nyíregyháza, Hungary
May 21 – 23, 1995	Course – Self Pulse Reading for Health and Wellness – Nyiregyhaza, Hungary
May 24, 1995	Lecture – Maharishi Ayur-Veda – An Ancient Healing Arts – Hajdúszoboszló, Hungary
May 25 – 30, 1995	Ayurvedic Wellness Consultations, Hajdúszoboszló, Hungary
Jun 1-2, 1995	Course – Ayurvedic Diet, Digestion and Nutrition for Perfect Health – Hajdúszoboszló, Hungary
Jun 3, 1995	Lecture – Maharishi Vedic Approach to Health, Szeged, Hungary
Jun 4 – 8, 1995	Course on Ayurvedic Diet, Digestion and Nutrition, Szeged, Hungary
Jun 9 – 11, 1995	Ayurvedic Wellness Consultations, Szeged, Hungary
Jun 12, 1995	Lecture – Maharishi Approach to Health, Vienna, Austria
Jun 13, 1995	Ayurvedic Wellness Consultations, Vienna, Austria
Jun 14, 1995	Lecture – Maharishi Vedic Approach to Health, Baja, Hungary
Jun 15, 1995	Ayurvedic Wellness Consultations, Baja, Hungary
Jun 16 -17, 1995	Ayurvedic Wellness Consultations, Budapest, Hungary
Jun 18-20, 1995	Course – Diet, Digestion and Nutrition in Ayurveda, Budapest, Hungary
Jun 21, 1995	Lecture – Maharishi Ayurvedic Approach to Health, Pécs, Hungary
Jun 22-23, 1995	Ayurvedic Wellness Consultations, Pécs, Hungary
Jun 24-25, 1995	Course – Self Pulse Reading for Good Health, Pécs, Hungary
Jun 26, 1995	Lecture – Maharishi Ayur-Veda, Miskolc, Hungary
Jun 27-28, 1995	Ayurvedic Wellness Consultations, Miskolc, Hungary
Jun 29 -30, 1995	Course – Self Pulse Reading for Good Health, Kecskemét, Hungary
Jul 1, 1995	Lecture – Importance of Maharishi Ayur-Veda – An Holistic Approach to Health, Budapest, Hungary
Jul 2-4, 1995	Ayurvedic Wellness Consultations, Budapest, Hungary
Jul 5 – 20, 1995	Tangutur, Andhra Pradesh, India
Jul 21, 1995	Press Meet regarding development of Ayurveda in Abroad at Hyderabad, Andhra Pradesh, India
Jul 22 – Aug 8, 1995	Maharishi Nagar, New Delhi, India
Aug 9 – Sep 6, 1995	Maharishi Vedic Approach to Health – Chronic Disease program Training with Ashta Vaidyas from Divakaran Moos, Nambi, Valkenburg, The Netherlands
Sep 7-8, 1995	Maharishi Vedic Approach to Health – Chronic Disease Program Consultations with Dr. J.R. Raju, Arona, Italy
Sep 9-10, 1995	Maharishi Vedic Approach to Health – Chronic Disease Program Consultations with Dr. J.R. Raju, Verona, Italy
Sep 11-12, 1995	Maharishi Vedic Approach to Health – Chronic Disease Program Consultations with Dr. J.R. Raju, Milano, Italy



Sep 13, 1995	Maharishi Vedic Approach to Health – Chronic Disease Program Consultations with Dr. J.R. Raju, San Pelligrino, Italy
Sep 14-15, 1995	Maharishi Vedic Approach to Health – Chronic Disease Program Consultations with Dr. J.R. Raju, Brescia, Italy
Sep 16- Oct 26, 1995	Maharishi Vedic Approach to Health – Chronic Disease Program Consultations and Panchakarma Program with Ashta Vaidyas, Valkenburg, The Netherlands
Oct 27, 1995	Lecture – Maharishi Vedic Approach to Health – Kiel, Germany
Oct 28-31, 1995	Chronic Disease Program Consultations, Kiel, Germany
Nov 1, 1995	Lecture – Maharishi Chronic Disease Program – Lubeck, Germany
Nov 2-3, 1995	Chronic Disease Program Consultations, Lubeck, Germany
Nov 4-5, 1995	Course – Self Pulse Reading for Good Health, Lubeck, Germany
Nov 6, 1995	Lecture – Maharishi Chronic Disease Program for Health Professionals, Berlin, Germany
Nov 7-10, 1995	Course – Self Pulse Reading for Good Health, Berlin, Germany
Nov 11-15, 1995	Maharishi Vedic Approach to Health Consultations, Berlin, Germany
Nov 16, 1995	Lecture – Maharishi Ayur-Veda, Potsdam, Germany
Nov 17-18, 1995	Ayurvedic Consultations, Potsdam, Germany
Nov 19, 1995	Lecture – Chronic Diseases and Management – Hildesheim, Germany
Nov 20, 1995	Ayurvedic Wellness Consultations, Hildesheim, Germany
Nov 21, 1995	Lecture – Maharishi Ayur-Veda, Braunschweig, Germany
Nov 22-24, 1995	Course – Self Pulse Reading for Good Health, Braunschweig, Germany
Nov 25, 1995	Ayurvedic Wellness Consultations, Braunschweig, Germany
Nov 26, 1995	Lecture – Maharishi Vedic Approach to Health, Oberstenfeld, Near Stuttgart, Germany
Nov 27-28, 1995	Consultations on Maharishi Vedic Approach to Health, Oberstenfeld, Near Stuttgart, Germany
Nov 29-30, 1995	Course – Self Pulse Reading for Good Health, Oberstenfeld, Near Stuttgart, Germany
Dec 1, 1995	Lecture – Ayurvedic Approach to Health and Wellness, Tubingen, Germany
Dec 2-3, 1995	Consultations on Maharishi Vedic Approach to Chronic Diseases, Tubingen, Germany
Dec 4-5, 1995	Course – Diet, Digestion, Nutrition for Optimum Health, Tubingen, Germany
Dec 6, 1995	Ayurvedic Wellness Consultations, Heilbornn, Germany
Dec 7, 1995	Lecture – Maharishi Vedic Approach to Health, Regensburg, Germany
Dec 8-10, 1995	Consultations on Maharishi Approach to Chronic Diseases, Regensburg, Germany
Dec 11, 1995	Lecture – Maharishi Ayur-Veda, Darmstadt, Germany
Dec 16, 1995	Lecture: Maharishi Vedic Health, Saarbrucken, Germany
Dec 17 – 18, 1995	Course on Self Pulse Reading, Saarbrucken, Germany
Dec 19, 1995	Maharishi Ayurveda Consultations, Saarbrucken, Germany
Dec 20	Lecture: Maharishi Vedic Approach to Health and Wellness, Frankenthal, Germany
Dec 21 - 22, 1995	Maharishi Ayurveda Consultations, Frankenthal, Germany
Dec 23 – 25, 1995	Ayurveda Consultations, Seebach (Black forest), Germany



Dec 26, 1995 Lecture: Maharishi Vedic Approach to Health, Seebach, Germany
Dec 27 – 31, 1995 Ayurveda Consultations, Seebach (Black forest), Germany

1994

Nov 1, '94-5 Feb, '95 Advanced Training in Maharishi Vedic Sciences, including Transcendental Meditation, Siddhi Programs, Advanced Techniques of Meditation with His Holiness Maharishi Mahesh Yogi, Vlodrop, The Netherlands
Aug 5, '94-Oct 31, '94 Intensive Training in Maharishi Ayur-Veda and Vedic Approach to Health, Maharishi Nagar, New Delhi, India

1991

March 5, 1991 Banaras Hindu University, Institute of Medical Sciences, Varanasi, India, Paper Presented for Platinum Jubilee National Seminar on Recent Advances in Kayachikitsa, "Efficacy of Ayurvedic Medicine in Bronchial Asthma".
May 2, 1991 Podar Ayurvedic Medical Institutions, Bombay, India, Paper Presented for Golden Jubilee 1941-1991: "Clinical Study of Devadaru Compound in Tamak Swasa".

TRAVEL FROM 1994-2000 (THROUGH MAHARISHI VEDIC UNIVERSITY)

AUSTRIA

2/1995 – 3/1995

Taught Ayurveda courses, delivered lectures for general public, offered consultations at Vienna.

CANADA

9/1998 – 11/1998; 6/1999 – 8/1999

Offered Ayurvedic wellness consultations, lectures, workshops for general public, courses on Ayurvedic pulse technique; diet, digestion and nutrition; and Yoga Asanas at Toronto, Ottawa, Waterville, Huntsville (Ontario), Edmonton, Nelson, Christina Lake, Rock Creek, Kelowna, Vancouver, Victoria, (British Columbia) Compton, Waterville, Montreal (Quebec), Moncton, Saint Louis (New Brunswick)

ENGLAND

8/ 1999 – 1/2000; 3/2000 – April 2000

Offered Ayurvedic consultations, lectures, courses, workshops, and seminars for general public at Skelmersdale, Badingham, London, Mentmore, Durham, Ledburn, Buckinghamshire, Rydon Hall, and Richmond. Interviewed on BBC's breakfast television, several newspaper interviews.

FRANCE

5/1998

Offered Ayurvedic wellness consultations, lectures at Rennes, Nantes.

GERMANY

10/1995 – 6/1996; 10/1997; 1/1998; 10/1999 – 11/1999

Offered Ayurvedic consultations, lectures, seminars, workshops, courses on Ayurvedic pulse technique, Diet, digestion and nutrition, Ayurvedic prevention course, Yoga Asanas at Kiel, Lubeck, Berlin, Potsdam, Hildesheim, Braunschweig, Oberstenfeld, Heilbornn, Tubingen, Regensburg, Darmstadt,



Saarbrücken, Bonn, Bad Ems, Frankenthal, Seebach, München, Düsseldorf, Stuttgart, Schledehausen, Münster, and Hannover.

GUADELOUPE

8/1996

Offered Ayurvedic consultations and lectures. Meeting with Mayor of Guadeloupe. Taught Ayurvedic Pulse Diagnosis course.

HUNGARY

4/1995 – 6/1995

Offered Ayurveda consultations, courses, workshops, seminars, and lectures, at Budapest, Debrecen, Miskolc, Szeged, Pécs, Győr, Nyiregyháza, Kecskemét, Szolnok, and Hajduszoboszló. Meetings with Budapest and Kecskemét Mayors, appeared on television, newspaper interviews.

IRELAND

4/2000

Offered Ayurvedic consultations and lectures at Dublin.

ITALY

9/1995; 10/1997 – 12/1997; 11/1998 – 12/1998

Offered Ayurvedic wellness consultations, workshops, courses, seminars, lectures for general public and health professionals at Arona, Verona, Milano, San Pellegrino, Brescia, Bologna, Napoli, Rome, Cerivia, Carono, Balluno, Brunate Torino, and Genova.

JAMAICA

3/2005

Offered Ayurvedic educational courses, lectures and wellness consultations at Kingston, courses on fundamentals of ayurveda, diet, digestion and nutrition; Vegetarian Cooking Class and Ayurvedic Yoga course. News paper interviews.

PORTUGAL

11/2000

Offered Ayurvedic consultations and lectures at Lisbon.

SCOTLAND

11/1999

Offered Ayurvedic consultations and lecture at Glasgow.

SPAIN

12/2000

Offered Ayurvedic consultations and lectures at Madrid, and Barcelona.

SWITZERLAND

10/1997

Offered Ayurvedic consultations and Yoga Asana course.

THE NETHERLANDS

11/1994 – 1/1995; 8/1995 – 9/1995; 5/1996 – 6/1996

Completed advanced studies in Maharishi Vedic Medicine with Tony Nader, M.D., Ph.D., International President of Maharishi Ayur-Veda Universities. Offered courses on Ayurveda and Yoga, consultations, workshops, lectures, Panchakarma, consultations, Ayurveda training program for health professionals at Vlodrop, and Valkenburg.



TRINIDAD

6/1996 – 7/1996

Offered Ayurvedic wellness consultations, lectures for general public, diet, digestion and nutrition course, Ayurvedic pulse technique course, interviewed several newspaper interviews at Trinidad.

U.S.A.

9/1996 – 2/1997; 1/2000 – 3/2000; 4/2000 – 10/2000; 12/2001 to present

Offered consultations, lectures, workshops, seminars, courses on Ayurveda for general public, and health professionals at: