

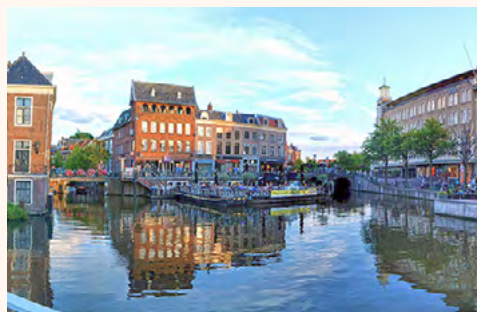


# IMAVF NewsMagazine

International Maharishi AyurVeda Foundation (IMAVF)

*Serving all Maharishi AyurVeda Health Professionals Worldwide*

WINTER 2018



*Dear Maharishi AyurVeda Professional,*

Happy New Year!

Here is your first 2018 issue of our IMAVF NewsMagazine. Inside you'll find fascinating news and advanced knowledge about the many branches of Maharishi AyurVeda:

- Discover details on the new Maharishi Marma Therapy Program...
- Gain more insights from Dr Keith Wallace on the link between the microbiome, mood and mental health...
- Find out how aromatherapy has proven a safe and effective therapy for children with ADHD...
- Learn about the upcoming International Ayurveda Congresses scheduled for 2018 in Holland, Slovenia and Brazil.

You'll also find details on upcoming courses in Maharishi Aromatherapy, Maharishi Marma Therapy, and special opportunities to become certified as a Teacher for the 16 lesson Maharishi Yoga Asana course.

Thank you for your dedication to bringing the blessings of consciousness-based health care to the whole world!

Best regards,

Rainer Picha  
IMAVF Chairman of the Board

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"What an amazingly rich conference!"  
Click for video comments on the  
2nd International Ayurveda Congress

# International Ayurveda Congresses

## SAVE THE DATES!

**12-15/16 March 2018**

### **3<sup>rd</sup> International Ayurveda Congress,**

Rio de Janeiro, Brazil

The Brazilian Government has stepped forward to host the 3rd International Ayurveda Congress in Rio de Janeiro on 12 - 15/16 March 2018 simultaneously with the *First International Congress on Integrative Practices and Public Health*. This is an important step in the integration of Traditional and Complementary Medicines, such as Ayurveda, into the national health system and we applaud the Brazilian government for its progressive thinking. It is a major leap forward in progressing Maharishi Mahesh Yogi's vision of Integrative Medicine, bringing together all systems of healthcare to improve individual wellbeing and create a disease-free society.

The government of Brazil will provide a venue for 4,300 delegates, and the Health Minister of Brazil, the Joint Secretary of the Minister of AYUSH of India, and the Health Minister of Curacao are planning to attend.

There is no Congress fee but delegates will need to pay for their accommodation and meals.

**Details:** <http://congrepics.saude.gov.br/inscricaoEN.html#!/>



**1-2 September 2018**

### **4<sup>th</sup> International Ayurveda Congress**

Leiden, The Netherlands

#### **Traditional Herbal Remedies from India and Europe Exploring a 340 Year Relationship between Netherlands and India**

This conference examines the role of traditional herbal remedies available in India and Europe in the context of current world health needs.

**Details:** [www.internationalayurvedacongress.com/leiden-2018/](http://www.internationalayurvedacongress.com/leiden-2018/)



**21-23 September, 2018**

### **5<sup>th</sup> International Ayurveda Congress**

Ljubljana, Slovenia

*Held as part of the 11th European Congress of Integrative Medicine*

This congress will illuminate the time-tested knowledge of Ayurveda with up-to-date insights from modern science. Breakthrough research about the consciousness-based approach to cardiovascular disorders and specific Ayurveda treatments for autoimmune disorders will be presented. Vaidyas and health professionals engaged in Ayurvedic research will also present their findings.

The 5th Ayurveda Congress will join with other sections of the 11th European Congress for Integrative Medicine, the "umbrella" event, in raising the public awareness of the need for a holistic approach to health care.

**Details:** [www.ecim2018-slovenia.org](http://www.ecim2018-slovenia.org)





## 2017 Nobel Prize awarded to Chronobiology Researchers

Groundbreaking studies verify and validate key Ayurvedic principles



This year's Nobel Prize for Medicine or Physiology is shared among American scientists Jeffrey C Hall, Michael Rosbash and Michael W Young for their work on "molecular mechanisms controlling circadian rhythms." Their research explores the biomechanics of circadian rhythms – the biochemical oscillators that respond to daily solar cycles.

Traditional Ayurveda establishes the link between the time of day and human health. According to Ayurveda, Vata, Pitta and Kapha are predominantly active during different times of the day. For instance, Kapha dosha is predominant in early phase of the day. Most of the hormones are at the peak level in the morning and they decline with the time and are lowest at the evening time. Pitta Dosha, which controls digestion, metabolism and energy production is high between 10am and 2pm. Pitta ensures the availability of energy to perform various activities.

One key implication of the laureates' work is that misalignment with the circadian rhythm can cause health issues. Ancient Ayurvedic texts address such misalignments caused by

dissonance in a systematic manner and prescribe numerous preventive regimes. Dinacharya, an ayurvedic concept, maps the light and dark cycle of the day to human activities. Several Ayurvedic texts detail the list of activities that one can perform during different times in the day for robust health. Ayurveda in fact goes beyond the daily cycles, and elucidates the role of the changing seasons as well.

The research of these Nobel Prize-winning scientists provides additional support for one of the central tenets of Ayurveda: The concept that balanced health arises when the individual's activity is aligned with the daily phases of the sun's progress through the sky. Modern science is catching up with, and providing scientific verification to, the ancient wisdom of Ayurveda.

### More details:

[www.swarajyamag.com/science/this-years-nobel-prize-in-medicine-puts-fresh-focus-on-ayurveda](http://www.swarajyamag.com/science/this-years-nobel-prize-in-medicine-puts-fresh-focus-on-ayurveda)

## Maharishi Marma Therapy for Health Professionals,

### Seminar I

26 - 29 April 2018

On 17 Oct. 2017, Dhanvantari day, Prof Tony Nader, MD, PhD, MARR, the patron of the International Maharishi AyurVeda Foundation, officially inaugurated Maharishi Marma Therapy of the Maharishi College of Perfect Health International and congratulated the Health Ministry of the Global Country and Dr Schrott for introducing this new procedure "to relieve pain and suffering, and create balance in the physiology."

In the late 1980's Maharishi Mahesh Yogi introduced Marma Therapy as part of Maharishi AyurVeda. After being discontinued for a few years, in 2007 Maharishi created a department of AyurVedic Massage Therapy (Kalari and Marma Therapy) in the Maharishi College of Perfect Health, with Vaidya S.M. Siju as department head.

The whole-body Maharishi Marma massage that has been offered for a few years in Maharishi Ayurveda Health Centres is a practical application of this knowledge.

In addition to this special massage, Maharishi Marma Therapy treatment is now being introduced. This subtle but powerful therapy is based on the knowledge contained in the ancient Ayurvedic texts and on oral Marma traditions, all in light of the profound principles of Maharishi Vedic Science. It uses the Sukshma Marma® Concept developed by Dr Ernst Schrott through many years of study, research, and clinical experience.

The course and its structure have now been expanded and placed within the framework of Maharishi Vedic Science and especially Maharishi AyurVeda.



Dr Ernst Schrott is a trained medical doctor specialized in Maharishi AyurVeda, naturopathy, and homeopathy, and one of the most renowned Ayurveda specialists in Germany and Europe.

He is Vice-President of the German Society of Ayurveda, Head of the German Academy of Ayurveda, and has taught many courses and written numerous articles and bestselling books on Maharishi AyurVeda and the Transcendental Meditation programme.

This seminar introduces the origin and range of Maharishi Marma Therapy, and gives practical training to locate, experience, and palpate the Marmas. Participants will also learn treatment protocols for common disorders.

This course is open to all health professionals who are qualified in their country to diagnose disease and prescribe medication.

The seminar will be conducted by Dr Ernst Schrott, the new co-director of the Department of Ayurvedic Massage Therapy (Kalari and Marma Therapy) of the Maharishi College of Perfect Health International.

**Seminar fee:** 460 € (including meals)

**Housing:** (St. Odilienberg): 135 € (single room) and 90 € (double room) for three nights

**Seminar location:** MERU Vlodrop & MERU St. Odilienberg

**Seminar leader:** Dr Ernst Schrott

The seminar starts on Thursday 26 April 2018 at 8:15 p.m. and ends on Sunday 29 April at 3 p.m.

Eligibility for attending this seminar: All Maharishi AyurVeda trained health professionals with basic knowledge of Maharishi Nadi Vigyan.

The lectures and workshops will be mainly in St. Odilienberg.

**To apply please [click here](#)**

Affiliates of the International Maharishi AyurVeda Foundation (IMAVF) will receive a 10 % reduction on the seminar fee. There are also special reductions for participants from certain countries.

**Maharishi Marma Therapy Seminars** for Maharishi

Pancha Karma technicians (2-3 weekends plus four days training) and seminars for meditating lay people (two weekends) for prevention, self-treatment and family care will be announced soon.

The training of health professionals is comprised of three weekend seminars.

**Seminar I:** Introduction to Maharishi Marma Therapy;  
Treatment of head, arm and hand Marmas  
**26 -29 April 2018**

**Seminar II:** Therapy of the Marmas of the chest, abdomen,  
urogenital organs, and associated functional  
disorders and diseases  
**8 – 10 June 2018** (Vlodrop)

**Seminar III:** Therapy of spinal disorders, disorders of lower  
extremities, Srotas, Nadis, and joint disorders  
**20 -22 July 2018** (St.Odilienberg)

## Maharishi Marma Therapy

*“In Marma consciousness  
manifests into matter.”*

*Maharishi Mahesh Yogi,  
Maharishi Nagar, 1986*

The Marmas are areas at the junction between different structures of the body, and between their subtle and gross expressions. They function as a kind of switchboard to direct the flow of energy, Prana.

**Maharishi Marma Therapy** is consciousness-based medicine that enlivens the inner intelligence located in the Marmas, and creates immediate balancing, rejuvenating and healing effects. It can be applied for self-treatment and for treatment of others.

### Maharishi Marma Therapy- Definition and Effects



Works on the Level of  
Consciousness of Both  
Practitioner and Patient

- Is pure consciousness based medicine
- has specific and immediate balancing and healing effects,
- for self-treatment and
- for treatment of others.

### What are Marmas?

Marmas are very sensitive and very receptive sensors within and for our internal environment, our physiology, and also sensors for the environment.

They are a field of concentrated consciousness which governs the whole physiology, mind and body.

Marma seems to be that interface between consciousness and the material values of our physiology including different tissues in our anatomy, the joints, muscles and nerves; and the interface that connects the body with the environment.

With Maharishi Marma Therapy the inner intelligence creates, rebalances, and normalises the physiology.

Very special Marma oils are used for different Marmas and different purposes so these special aroma oils support the treatment by enlivening the intelligence of that Marma.

### What is the Sukshma Marma® Concept?

“Sukshma” means very subtle, very loving careful kind of touch on the Marma.

### Maharishi Marma Therapy- Sūkṣma Marma® Concept



- Maharishi Marma Therapy is a very subtle and delicate treatment
- Maharishi Marma Therapy enlivens the inner intelligence located in the marmas
- Has immediate and extraordinary rebalancing, rejuvenating and healing effects

### What are the Nadis?

In Ayurveda we see a complex network of Nadis that connect the whole physiology and governs everything. Traditional Chinese doctors call this network the Meridians.



72.000  
Nadis =  
72.000  
sound channels

The primordial sound of creation, the Veda, is vibrating in the Marmas.

**Nadi** is related to the word “nada” which means “sound,” so we translated nadi as a channel for sound. So what sound is there in the channel?

The Marmas are areas in the physiology where the Vedic sounds, the frequencies of self-interacting consciousness, are most lively.



*“Marma is the ‘seat’ of cetana nibhanda –  
Marma is the connection between body and consciousness.”*

*Caraka Samhita*

### Maharishi Marma Therapy

1. Enlivens the flow of Ojas that is created by perfect digestion, or when you transcend, or have a positive experience.  
Ojas is more concentrated in a healthy Marma.
2. Increases Agni, the digestive power that is also the power of transformation.
3. Enlivens Prana so Pranic energy can flow to the Nadis that are associated with the specific Marma point.

The **Maharishi Marma Therapy** technician is trained to not lose energy as happens in other systems. In a treatment we do not want to lose our energy as energy we enliven energy in a client.

In Maharishi Marma Therapy we create energy in both the one who gives the treatment and the one who receives the treatment.

The specialty of **Maharishi Marma Therapy** is the natural, gentle, innocent creation of stillness in the Marma – a moment of transcendence.

The goal of this approach is for every Marma to be in constant connection with the inner self, the Atma.

As the practitioner enlivens the Marma of the patient, the inner intelligence starts to reorganize and reintegrate patient's mind and body. At the same time the practitioner experiences deep silence and rest.

### Classical Marmas according to Sushruta



### Advertisement



## AUTHENTIC AYURVEDIC PANCHAKARMA TREATMENT

DEEP REST – PURIFICATION – REJUVENATION – REVITALISATION – PREVENTION AND CURE

### TREATABLE DISORDERS :

Stress · Burnout · Diabetes · Asthma and Chronic Bronchitis · Migraine  
Hypertension and Cardiovascular Disorders · Digestive Disorders  
Joint and Spinal Disorders · Allergies · Skin Diseases

Western medical doctors with extensive experience in Ayurveda · Very experienced Vaidya from India · Five star hotel rooms for your comfort · Professionally trained massage specialists · Delicious authentic Ayurveda meals · Established since 1992 as state-approved private clinic · Sightseeing tours and boat rides on Rhine and Mosel  
Group practice of Transcendental Meditation/TM Sidhis



Dr. Karin Pirc  
Awarded: BEST AYURVEDIC PHYSICIAN 2006

10-day  
Panchakarma  
treatment:  
awarded by the  
Federation of  
German  
Health Spas

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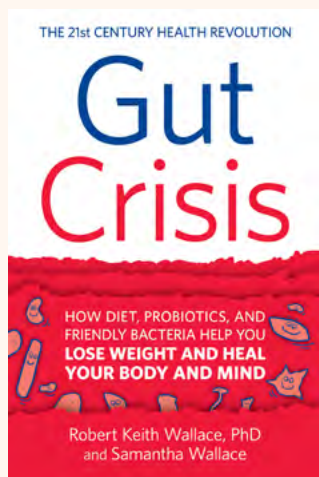


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## Microbiome Research in Light of Ayurveda

Part two of two parts

*“Your gut is in constant communication with your brain, and directly affects your mood and mental state.”*



### R. Keith Wallace, PhD

**Founding President of Maharishi International University**

**Author of *The Gut Crisis: How Diet, Probiotics, and Friendly Bacteria Help You Lose Weight and Heal Your Body and Mind* with Samantha Wallace**

### What is the relationship between the gut and the brain?

We know from many different studies that the brain affects the gut through nerves, hormones, and chemical messengers. During a “fight or flight” stress response, the digestive system is effectively shut down. The stress hormone cortisol causes increased intestinal permeability or a leaky gut. Chronic stress results in a more permanent disrupted state of the gut called dysbiosis. When the gut wall is leaky and inflamed, this can result in a more general state of inflammation throughout the body, which we know can lead to a wide range of other problems.

### But does it work the other way?

Do the gut bacteria influence mental health, particularly stress, depression and anxiety?

Yes. Our gut bacteria have a huge influence on the brain and mental health. Until recently nobody even imagined that was possible!

The gut bacteria have many different ways of communicating with the brain. They can even affect the blood-brain barrier. Research now shows that there is bi-directional communication that goes on between the gut and brain. In some of the animal models used to study it, the results are extremely clear.

You can raise mice that are germ-free, which means they do not have a microbiome. These animals show an abnormal stress response. If you introduce one single bacteria into their gut, you can reverse this whole situation. Just a single bacteria can suddenly normalize their stress response.

Many different animal studies make it clear that mental health can be affected through the introduction of specific bacteria. And now research on humans is demonstrating that probiotics can improve mental states such as anxiety and depression.

### What channels of communication exist that connect the gut and brain?

This is an enormous area of research. One of the main channels is a large and important nerve called the vagus nerve. We also know that the gut bacteria produce chemical messengers that get into the bloodstream and influence many parts of the body. In addition, the gut has its own nervous system, with over 500 million neurons.

The gut nervous system makes 90% of the serotonin in our body. The gut bacteria are also able to produce neurotransmitters, including some that are able to get into the brain.

We live in a society where people take a pill to change how they feel. But Ayurveda and other traditional systems of medicine have understood for thousands of years that the cause of many mental problems begin in the gut.

This is what modern science is finally understanding: a disrupted gut, whether due to stress or diet, can result in alterations in the brain, which then affect behavior and mood.

It is much more complicated than we imagined, and the microbiome plays a major role.

I believe this research is going to change the way people think about Ayurveda. It will give us a much more profound understanding of why food is medicine. By making simple changes in our diet and lifestyle, we will be able to markedly improve our physical and mental health. Maharishi Ayurveda and Transcendental Meditation are highly effective tools to create a healthier and happy world.

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“It really is a new age of understanding. I think it is going to change the way people appreciate Ayurveda and give us a much more profound understanding of why food is so important.”

**To purchase a copy of Dr Wallace’s book, *The Gut Crisis*, [click here](#)**

## Aroma Therapy to the Rescue:

### A natural treatment for ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is a widespread health problem that is one of the most frequently diagnosed disorders in young children and teenagers. Millions of children in the world are reported to be treated for ADHD, beginning as young as age 6. Over 6,4 million young people were diagnosed in 2011/2012 just in the United States, and the number grows every year.



#### The usual “chemical response” is not a way out

The common treatment are drugs such as Ritalin, or certain amphetamines such as the drug Dexedrine. The effectiveness of these drugs is questionable and up to 30% of children with ADHD either do not respond to, or do not tolerate, treatment with such stimulants. Side effects are common (addiction, nervousness, agitation, anxiety and irritability, dizziness, etc.) and the risks for adverse behavioral and psychological effects can be very high.

#### Aromatherapy – a pleasant and profound alternative

Our natural allies, the essential oils, can be used as a very effective alternative and non-harmful treatment for ADHD.

#### Transdermal absorption

The skin is an important route for the application of essential oils because their active constituents are able to cross the skin barrier and reach the dermis from where they can enter the blood stream.

Massage is a common way to apply essential oils, which may be diluted with a carrier oil, or in some cases may be applied directly.

#### Inhalation and Olfaction

The small molecules of essential oils can penetrate our body easily through inhalation into the respiratory tract. From there, they are transported into the blood stream, and then pass the bloodbrain barrier without being broken down by the liver. Certain essential oils directly influence the production of endorphins and noradrenalin. This can play a vital role in social interaction, emotional responses, learning and memory.



#### Changing brain waves with essential oils

Researcher Dr. Terry S. Friedmann M. D., A.B.H.M. conducted research that showed a beneficial effect of certain essential oils on children diagnosed with ADHD. The results revealed that the essential oils of Vetiver and Cedarwood increased Beta waves by up to 32%, improved the brain activity and reduced the symptoms of ADHD.

“Every single day I was getting messages from teachers saying that he (11 years old son) wouldn’t stay on task. He wouldn’t stay focused. After starting him on aromatherapy using essential oils, she said his grades improved considerably. Now, the student is in advanced classes and described as a “calm child.” Tina Sweet

#### Some essential oils for treating ADHD

##### Rosemary

Rosemary has been linked to cognition and memory for many hundreds of years. In Shakespeare’s “Hamlet”, Ophelia says to Hamlet “There’s Rosemary, that’s for remembrance.” Researchers at Northumbria University (2016) found that subjects’ memory was significantly improved simply by being in a rosemary



scented room. Therefore, Rosemary could be a good candidate for stimulating focus and supporting intellectual work for any child or adult with symptoms of ADHD.



"I have been using a Rosemary blend in a nasal inhaler for the past 4 months to help improve my short term memory. I can honestly say it has helped to improve my ability to concentrate, focus on the task at hand and remember tasks that need doing in the future." *Robin Buerk*



### Peppermint

Like Rosemary oil, Peppermint oil also has shown to improve memory and cognitive function. In a study published by the *International Journal of Neuroscience* in 2008, Peppermint oil was found to enhance memory, increase alertness, and enhance performance on a range of physical exercise tasks.

Another study published in the *Avicenna Journal of Phytomedicine* in 2014 found that Peppermint essential oil had a significant positive effect on exercise performance.

### Ylang Ylang

Ylang Ylang is known for its hypotensive and skin healing benefits, and according to the *International Journal of Neuroscience* in 2008, increases calmness.

"Ylang Ylang has changed the whole atmosphere of my classroom from chaos to comfort. It generates calm, productive activity where there was once indifference and disrespect." *Sharon Stewart*



### Lavender

Lavender, like Ylang Ylang, is a good oil to use for its calming effects. As well as aiding relaxation, studies show it can also help our cognitive abilities.

In a University of Miami study published in the *International Journal of Neuroscience* in 1999, researchers found that subjects exposed to the aroma of Lavender oil had lower anxiety levels, and were less depressed – but also performed faster and more accurately on mathematical tests.

### Cilantro (Coriander leaf)

Researchers at the University of Medicine and Pharmacy in Romania published a study in the *Physiology and Behaviour Journal* 2014 suggesting that multiple exposures to Cilantro oil can be useful as a means to counteract anxiety, depression and oxidative stress.

## Nature knows best

Particularly in the case of children and teenagers, whose brains are still developing, Nature's medicine is a safer and more respectful choice which can help the young generation to deal with ADHD.

Aromatherapy can help reduce symptoms without causing any negative side effects. Through the richness of the aromatic molecules concentrated in these healing "liquid jewels", aromatherapy can help to bring healing in many different forms.

## Conclusion

It is clear: Aromatherapy and meditation could help alleviate the symptoms of ADHD in a much safer, more peaceful and more harmonious way than the chemical drugs that are currently being prescribed to young children and adolescents.

Essential oils can help bring our children back to that realm inside ourselves which is the birthright of every human being on Earth: a happy and creative existence where life's challenges are shouldered with ease and optimism and where the joy of inner and outer growth can express itself endlessly.

# Upcoming Courses



## **Maharishi Aroma Therapy Foundation Course For Governors, Sidhas and Meditators 7 May to 14 May 2018, MERU, Holland**

A thorough introduction to Maharishi Aroma Therapy, providing a firm foundation of knowledge about essential oils and their therapeutic use.

In this course, you will discover the aromatic plants, how essential oils are extracted, and how their unique chemical composition gives them very specific therapeutic properties.

You will also learn the different pathways by which an essential oil enters and influences the body, the safety precautions for using them and many more interesting topics.

You will learn from the perspective of Maharishi AyurVeda the fundamentals of Self-Pulse Reading, the effects of specific essential oils on the doshas, and how to select and apply essential oils for balancing the doshas. You will also view videos from Vaidya Vyas in which he gives very simple yet informative descriptions of the essential oils and how to use them therapeutically.

By the end of the course you will be able to select and apply specific essential oils to balance your own doshas to improve your own health and happiness, and use your new knowledge for the benefit of the health and happiness of family members and friends.

Participants who wish to become an MAT Consultant can continue with the Maharishi Aroma Therapy *Consultant Course to be held from 14 to 25 May.*

### **Course Location:**

MERU Vlodrop daytime and MERU St. Odilienberg evenings

### **More Details:**

[www.merucourses.com/event/maharishi-aroma-therapy](http://www.merucourses.com/event/maharishi-aroma-therapy)

**IAMVF affiliates receive a 10% discount on the course fee.**



## **14 May to 25 May 2018, MERU, Holland**

*Gaining deeper knowledge and experience in selecting and applying essential oils.*

**This course is for those who have completed the MAT Foundation Course 7-14 May and want to become an MAT Consultant.**

In this course you will learn how to conduct a Maharishi Aroma Therapy Consultation and how to prescribe the appropriate essential oils and methods of application for balancing the doshas and addressing health conditions. You will receive more elaborate knowledge about essential oil therapies for a great number of imbalances. There will be an emphasis on therapy with essential oils and its connection with Maharishi AyurVeda.

To support this knowledge, you will go deeply into the Maharishi AyurVeda explanations of the doshas, subdoshas, dhatus, and gunas with regard to the actions and applications of the essential oils. You will learn how to use essential oils for each bodily system (e.g. cardiovascular, circulatory, digestive, endocrine, muscular, etc.) and how the essential oils work with regard to their chemical components and Ayurvedic qualities. You will also be introduced to the new line of essential oils as well as the therapeutic use of hydrolates.

In this way, we will cover the whole range of Maharishi Aroma Therapy from the gross physical to the most subtle energetic and spiritual levels.

At the end of this course, participants will receive an MAT Consultant Certificate and will be able to give consultations to their clients.

### **More Details:**

[www.merucourses.com/event/maharishi-aroma-therapy-consultant-training-course-2/](http://www.merucourses.com/event/maharishi-aroma-therapy-consultant-training-course-2/)

**IAMVF affiliates receive a 10% discount on the course fee.**



# Upcoming Courses



## **Maharishi Marma Therapy for Health Professionals Seminar I** **26 to 29 April, 2018, MERU, Holland**

This seminar introduces the origin and range of Maharishi Marma Therapy, and gives practical training to locate, experience, and palpate the Marmas. Participants will also learn treatment protocols for common disorders. Open to all Maharishi AyurVeda trained health professionals with basic knowledge of Maharishi Nadi Vigyan. [See page 4 for a full description.](#)



## **Maharishi Yoga Asana Teacher Training Course for Governors and Sidhas** **16 April to 17 May, 2018: Online Webinars** **(10 two-hour webinars)**

**28 May to 12 June, 2018:** In-residence training at MERU  
Systematic training to teach the 16-lesson Maharishi Yoga Asana course:

- Learning to establish & maintain the state of Yoga
- Aligning individual physiology with cosmic physiology

The course consists of both online Webinar instruction over five weeks, plus 14 days of in-residence, intensive, practical training at MERU. Webinars will be live Monday and Thursday, beginning

16 April, but will also be available at any time, so participants can watch at their leisure. These webinars are required for the in-residence section.

Participants will get thorough training in teaching the 16-lesson course on Yoga Asanas, including:

- Benefits
- Contraindications
- Personalization
- Scientific research
- Teaching methodologies – observation, assisting and adjusting, instruction, teaching styles, practising, lesson planning, corrections, giving feedback in a group
- Yoga teacher ethics and values
- Guidelines for business startup
- Finance planning
- Marketing and promotion

**IAMVF affiliates receive a 10% discount on the course fee.**

**More Details:** [www.merucourses.com/event/maharishi-yoga-asana-teacher-training-course-including-webinars/](http://www.merucourses.com/event/maharishi-yoga-asana-teacher-training-course-including-webinars/)

Governors who complete this course will be able to teach the 16-lesson Maharishi Yoga Asana course with expertise and confidence in the Maharishi Invincibility Centres, and to the public. Sidhas will be trained as Maharishi Yoga Asana Teacher Assistants. After the course, they will be qualified to assist TM Teachers in teaching the 16-Lesson course on Maharishi Yoga Asana.

**NOTE:** This announcement does not represent a change of policy with reference to Governors offering the Maharishi College for Perfect Health short courses. All Governors may obtain permission and the materials to offer any of the four MCPH short courses (Prevention, Self-Pulse Reading, Maharishi Yoga Asanas, and Diet, Digestion, and Nutrition), and are indeed encouraged to do so in every TM Centre worldwide.

However, this special course at MERU will provide substantial added confidence when offering the Maharishi Yoga Asana course. In itself, it will be a fascinating course for every Governor to attend.



## Become an Affiliate of the International Maharishi AyurVeda Foundation Receive Valuable Benefits All Year Long:

**Whether you are a professional in Maharishi AyurVeda, Maharishi Marma Therapy, Maharishi Aroma Therapy, Maharishi Light Therapy with Gems, Maharishi Yoga Asana or Maharishi PanchaKarma, IMAVF was created to serve all your needs.**

As an IMAVF Affiliate you are fulfilling Maharishi's desire to bring all the professions of Maharishi AyurVeda together into one family.

IMAVF Affiliates are entitled to a wide range of benefits and cost reductions on courses, webinars and conferences:

### ■ KNOWLEDGE BENEFITS

- Free subscription to our regular NewsMagazine and regular news bulletins – keep up with all the inspiring news about Maharishi AyurVeda from around the world, and in all the disciplines.
- Access to Affiliate-Only downloads, recorded webinars and presentations.
- Access to our online Professional Forums in the departments of Maharishi AyurVeda. Post your questions, receive answers by the experts, share your experience and tips of your practice.
- **NEW!** "Ask the Vaidya" Service: Submit your questions about any aspect of Ayurveda to our senior Vaidyas in India and get a detailed reply within 3-4 days. FREE to all IMAVF Affiliates!

### ■ SAVINGS ON COURSES, WEBINARS & CONFERENCES

- 10% Discount on International Ayurveda Congresses in 2018 in Leiden, The Netherlands, and in Ljubljana, Slovenia"
- 10% reduction on course instruction fees on all health-related MERU courses.  
(This 10% discount is valid for course fees, not meals or lodging costs - not valid with other offers.)
- 50% reduction on advanced webinars.
- **NEW!** 10% reduction on MAV Online Training Programmes for Health Professionals offered by the Institute of Integrative Ayurveda Medical Education US

### ■ PROFESSIONAL SUPPORT & COMMUNITY

- You will be able to announce your local or regional Maharishi AyurVeda health related events in our online events calendar.
- You will receive a Affiliate certificate plaque to display in your practice and an Affiliate ID card for your future course discounts.
- Share your news and research results with the extended community of Maharishi AyurVeda professionals worldwide.

**Enrollment in the IMAVF Affiliate programme gives you all these benefits for only 80 Euro per year.**

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(40 Euro for professionals from underdeveloped countries, MERU staff and Mother Divine.)

If you are not a Maharishi AyurVeda professional, you may join the IMAVF as a Supporter for only 80 Euro (40 Euro from underdeveloped countries.) **[Click here to enroll.](#)**



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## Send Us Your News – and Your Ideas!

- Which topics or issues would you like us to report on?
- What results, news, discoveries or successes would you like to share?
- Share your news with other MAV professionals.
- We are eager to hear your suggestions for new articles or columns.

*Just email your news and ideas to:* [editor@imavf.org](mailto:editor@imavf.org)



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