



IMAVF NewsMagazine

International Maharishi AyurVeda Foundation (IMAVF)

Serving all Maharishi AyurVeda Health Professionals Worldwide

SPRING 2019

Dear Colleagues,



As IMAVF moves into our third year, we want to acknowledge all those practitioners who have answered Maharishi's desire to join together all the branches of Maharishi AyurVeda under the umbrella of the IMAVF.

The strength and public recognition of Maharishi AyurVeda and the profound knowledge and practice of consciousness-based Ayurveda has grown dramatically in these past few years, thanks in large part to your efforts.

We are now recognised as worldwide leaders in Ayurveda by the World Health Organisation and by the government of India's Ministry of Health -- AYUSH.

In this capacity, the IMAVF is playing an important role in establishing international guidelines for the teaching and practice of Ayurveda.

The consciousness-based principles of Maharishi AyurVeda are entering the mainstream of Ayurveda worldwide via presentations by our team of dedicated experts, researchers and educators from MERU, MUM, and all the branches of Maharishi AyurVeda.

After the successes of International Ayurveda Congresses in the UK, Holland, Brazil, Slovenia and Austria, in October 2020 we will organise the Sixth International Ayurveda Congress, this time in Kathmandu, Nepal.

Your participation in the many International Congresses and in our ongoing series of live and online training programmes in all the modalities of Maharishi AyurVeda has been essential for the growth of IMAVF and we hope also for your personal and professional growth.

Please take this opportunity to join the IMAVF Affiliate programme and invite your colleagues to join.

Wishing you the best,

Warmly,
Dr med Rainer Picha
IMAVF Chairman of the Board



INTERNATIONAL AYURVEDA CONGRESS 2020 – KATHMANDU



Save the date!

The 6th International Ayurveda Congress to be held in Kathmandu, Nepal 1-3 Oct 2020

The International Maharishi AyurVeda Foundation, in conjunction with its international co-sponsors, will hold the sixth in a series of International Ayurveda Congresses in Nepal for the first time.

Participants and program schedule are being developed, and international leaders in Ayurveda are expected to attend and make presentations. Mark your calendars – this promises to be an exciting event in one of the most scenic locations in the world.

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World Health Organisation invited IMAVF to help formulate international guidelines for Ayurveda

IMAVF contributes to WHO Benchmarks for Practice in Ayurveda and Practice in Panchakarma



World Health Organization

"... along with the increasing use of Ayurveda treatment worldwide, there is an urgent need for the standard requirement in its service to ensure the best practice. Both health authorities and general public have to be well informed before making decisions so as to guarantee its sound application."

Dr Geetha Krishnan G, Traditional, Complementary and Integrative Medicine Unit, WHO, Geneva

This January Dr med Walter Mölk and Dr Girish Momaya, IMAVF Directors of the Board, were asked by the Traditional, Complementary and Integrative Medicine Unit of the World Health Organization, Geneva, Switzerland for their input on the WHO draft "Benchmarks for Practice in Ayurveda for International Peer review. Dr Mölk coordinated with other leaders of Maharishi AyurVeda to provide detailed input into the WHO's new guidelines for both Ayurveda practice in general, and Panchakarma practice.

**Government of India
Ministry of AYUSH**

**Master Healers of AYUSH
series I**

**The online sale of
AYUSH Calendar - 2019
is back!**

Thank you for the tremendous support to the sale of AYUSH Calendar - 2019 online.

AYUSH calendars brought out by the Ministry of AYUSH ran out of stock on Amazon Shopping faster than expected. Sorry we had to disappoint some patrons who wanted to place orders online during the weekend.

We are happy to announce that the stock has since been replenished. You can place your order for both Hindi and English versions of AYUSH Calendar

Thanks for your support.

<https://goo.gl/niZtwC>
amazon

AYUSH Calendar honors Maharishi & Trigunaji Collector's Item now available

India's Ministry of Health's AYUSH Systems of Healthcare -- Ayurveda, Yoga & Naturopathy, Unani, Siddha & Homoeopathy -- form the foundation of India's Medical Heritage.

The Ministry of AYUSH has published the "AYUSH Calendar 2019", as an homage to the leading pathfinders of AYUSH from the modern era, including Maharishi Mahesh Yogi and Shri Brihaspati Dev Triguna. Other luminaries include Hakim Mohammed Ajmal Khan, Vaidya Shastri Shankar Daji Pade, Vaidya Bhaskara Vishwanath Gokhale, Vaidyabhushanam K Raghavan Thirumulpad, Rajvaidya, Dr Babu Rajendra Lal Dutta, Swami Kuvalayananda, Hakim Mohammed Abdul Aziz Lakhnawi, Vaidya Yadavji Trikamji Acharya, Dr Dinshaw Mehta, and Thiru TV Sambasivam Pillai.

The carefully crafted calendar pages seek to visually capture the life, work and message of each Master Healer.

You can now buy your copy online from Amazon.

English Calendar: <https://goo.gl/5Xu5qv>

Maharishi AyurVeda well-represented at the 8th World Ayurveda Congress In Ahmedabad, India in December 2018



More than 4000 delegates, academicians, researchers, and professionals in the field of Ayurveda from 32 countries across the globe, attended this major international congress to plan the future development and promotion of Ayurveda globally.

The event was organised by World Ayurveda Foundation under active support from the Ministry of AYUSH, Government of India and the Government of Gujarat.

Three representatives of Maharishi AyurVeda spoke at the Congress:

Dr Girish Momaya was keynote speaker at the International Delegates Assembly. He gave three presentations at the Congress:

- Country Report, the Netherlands (keynote address)
- Vedic Mind – Evolution of Consciousness and Realization of Total Human Potential – A Scientifically Verified Approach
- Mind – Body – Social Wellbeing

Mr Lothar Pirc was the keynote speaker in the session “Country Report for International Delegates” where he spoke about the developments of Maharishi AyurVeda in Germany and the many activities at his clinic in Bad Ems. He also gave presentations on “The Experience of Treating more than 25,000 Patients” and on “Enlightenment-the Goal of Yoga and Ayurveda: From Philosophy to Science”.

Dr Gary Kaplan was the keynote speaker at the International Delegates Assembly and spoke about: “Ayurveda, Ideal Health, and the Transcendental Meditation Technique.”

These presentations generated great interest in the consciousness-based orientation of Maharishi AyurVeda among the many attendees.

IMAVF Directors Address Vedic Science and Modern Science Congress In Nepal , 1-3 March 2019



Three members of the IMAVF Board of Directors represented Maharishi AyurVeda in front of an audience of 500 people: Dr Girish Momaya, Mr Lothar Pirc and Prof Subhash Ranade. Over 1,500 attended the Congress inauguration hosted by the President of Nepal, the Right Honourable Bidhya Devi Bhandari.

On the third day our IMAVF Directors conducted a workshop for the faculty of several Ayurveda colleges and universities in Nepal, health officials and Vaidyas. There was great interest in integrating Maharishi AyurVeda into the higher education programs and our directors gave follow-up presentations at several Nepalese colleges and universities.

RESOURCES: New Tools to Inspire & Educate

NEW Maharishi AyurVeda DVD Series now available “Introduction to Maharishi AyurVeda” 8 lectures, 6+ hours



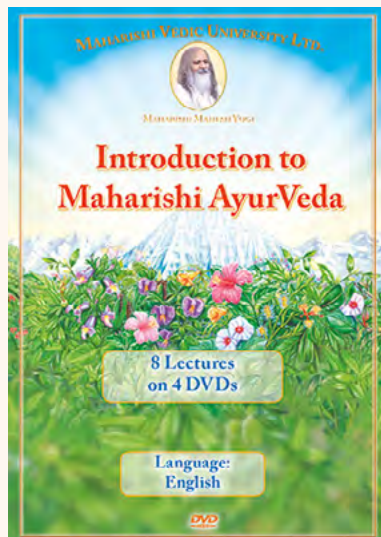
Dr Karin Pirc, MD, PhD in Psychology, Medical Director of Maharishi AyurVeda Health Center, Bad Ems, Germany



right: Dr Keith Wallace, PhD, Chairman and Professor, Department of Physiology and Health, Maharishi University of Management, USA

This new lecture series was prepared to clearly present the basics of Maharishi AyurVeda to a general audience, including those who have not yet learned the Transcendental Meditation Technique.

Dr Karin Pirc and Dr Keith Wallace are lively and engaging speakers skilled at introducing Maharishi AyurVeda to the public. This DVD series will ideally be presented in a course setting.



The themes of this set of 8 DVD lectures cover the full range of basic knowledge of Maharishi AyurVeda. The lively interviews and discussions by Dr Keith Wallace with Dr Karin Pirc present a clear and accessible introduction to Ayurveda, the science of life.

Each lecture presents insights from authentic Ayurveda, supported by scientific findings of modern physiology and medicine, with highly practical recommendations for day to day living. Viewers will be introduced to a broadened view of the different levels of life – from the all pervading silent realm of consciousness to the more expressed values of outer material life. They will gain a deeper understanding of the natural laws that govern their lives and will learn many helpful hints for improving their own – and those of their children and other family members.

Introduction to Maharishi AyurVeda

LIST OF LECTURES

- 1: **Basic Principles of Maharishi AyurVeda** (53 minutes)
- 2: **Diet and Nutrition–Part 1** (49 minutes)
- 3: **Diet and Nutrition–Part 2** (52 minutes)
- 4: **Living in Accord with the Rhythms of Nature** (50 minutes)
- 5: **Rasayana–the Rejuvenation of Mind and Body** (59 minutes)
- 6: **The Three Doshas in Daily Life** (56 minutes)
- 7: **Treatment Modalities of Maharishi AyurVeda** (62 minutes)
- 8: **An Introduction to Maharishi AyurVeda Panchakarma Treatment** (52 minutes, version for PK clinics: 59 minutes)

To get a taste of the lectures please click here for sample video clips:

<https://vimeo.com/317995062/2535f0c60d>

All TM Centres, Governors and MAV Health Centres are encouraged to acquire this informative and inspiring lecture series to easily introduce Ayurveda to both meditators and non-meditators in their area. Use this series to enliven knowledge in your centers and generate income at the same time. Details at: <https://coursematerials.globalcountry.org/product/ayurvedaintro>

Upgraded Vedic Models ready for shipment

Third Edition perfect for use in clinics & centres

The new, upgraded Models of Vedic Physiology of the third edition have just arrived with us at MERU in the Netherlands. You (and your clients and patients) will be able to enjoy the benefits of this powerful technology of Maharishi AyurVeda.

Under Maharishi's inspiration and guidance, an electronic display of Dr Tony Nader's discovery of Veda in the Human Physiology has been developed by Dr Rainer Picha, Chairman of IMAVF and the Global Health Minister. This technically sophisticated display provides both deep understanding and direct experience of how the Vedic sounds express themselves in the human physiology. The display explains Maharaja's discovery with the help of a human figure and glowing lights that illustrate where the Vedic sounds are expressed.

The 35 minute presentation includes an easy-to-understand explanation of how the 10 Mandals of RikVed express themselves in different areas of the human body.

With all the new improvements, this version is a great leap ahead regarding visual appearance and technical quality. Here are some of the new features:

- The anti-glare front panel prevents light coming from windows or lamps in the room to disrupt the visual effects of the model.
- The intensity of the blinking lights has been adjusted to be pleasant and not too bright.
- All buttons and sockets are labeled now for ease of installation.
- The soundtrack is stored on a tiny USB stick which is much easier to insert and replace than the memory cards used in the past.
- The back panel of the model is now held in place by an elegant looking silver frame which can be opened in a few seconds to access the electronic parts if service is needed.
- All cables within the model can now be disconnected without the need of a soldering iron making the exchange of PCBs possible for everybody if ever required.



The price for this version of the Vedic Model is higher than for the previous ones, which are all sold by now, but you definitely get a much higher value too.

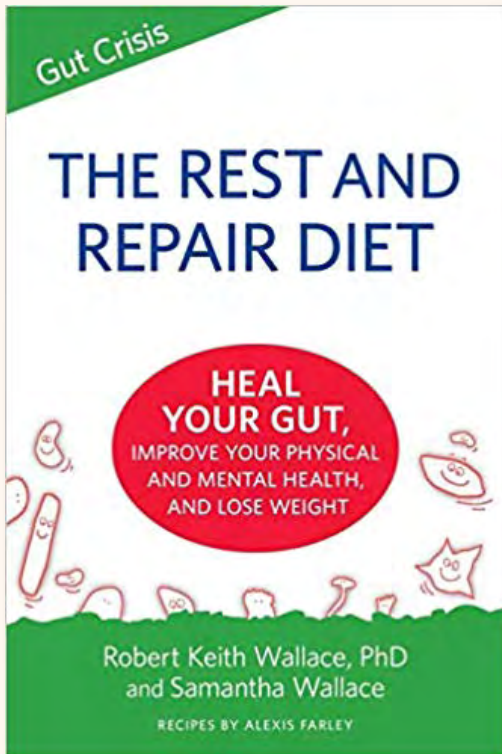
More details about the Model of Vedic Physiology can be found on the website www.vedicmodel.com. To find out more or to order a Vedic Model, please write an email to HealthMinistryOffice@Maharishi.net.

We invite all of you to take the opportunity to bring the amazing effects of this precious gift of Maharishi into your private home or TM- or Health Centre.

NEW Book on Ayurveda & Digestive Health

The Rest And Repair Diet

Heal Your Gut, Improve Your Physical and Mental Health, and Lose Weight.



Dr Robert Keith Wallace and his wife Samantha Jones Wallace expertly guide readers in learning how to use their body's natural ability to heal itself and restore their own microbiome. The *Rest and Repair Diet* is designed to detox and allow the gut to repair itself, with weight loss as a side benefit.

With the discovery of the microbiome and the role that gut bacteria play in both health and disease, we are now better able to comprehend Ayurveda. The Rest and Repair Diet includes practical and effective Ayurvedic recommendations to help improve the state of our gut and microbiome.

Ayurveda has always held that food is medicine, and digestion is the key to health. Hippocrates said, "All disease begins in the gut." Until recently, conventional doctors considered this a strange concept, but today many agree with Hippocrates. We are, however, in the middle of a "Diet War" (Paleo, Vegan, Mediterranean, etc.) that makes it hard to figure out which diet is best for each individual physiology.

Agni and Ama

Ayurveda has a time-tested method to assess the strength of our digestion and help determine exactly what foods improve our individual mental and physical health. Agni and ama are two important concepts in Ayurveda. The discovery of the microbiome helps to define another aspect of agni in the large intestine, which correlates with the ability of the gut bacteria to break down foods that are hard to digest.

If our agni is weak, ama accumulates and clogs our system, eventually resulting in health problems. Symptoms of excess ama include fatigue, a feeling of heaviness, congestion, constipation, and mental confusion or "brain fog." Ama becomes particularly harmful when it leaves the digestive system and becomes localized in specific tissues, leading to tissue disruption, chronic inflammation, and disease. Ama visha describes a reactive form of ama, which may be correlated with free radicals and other toxic metabolites on a cellular level.

Ayurvedic Detox Solutions

How does Ayurveda correct problems caused by ama? There are two basic approaches: ama pachana and agni deepana. Ama pachana refers to a wide variety of detoxification procedures which digest or eliminate any ama that has accumulated in our system. The first week of the Rest And Repair Diet uses some simple techniques. When our ama is reduced, it is then possible to rekindle our digestive fire or agni. The second, third, and fourth weeks of the diet are designed to give the digestive system a chance to rest and repair itself in order to strengthen agni.

Spring Detox

In the winter, both Kapha and ama build up in the physiology. Spring is a period of awakening and renewal, the ideal time to re-balance Kapha and reduce ama in order to prevent toxins and excess mucus from creating congestion and allergies. It's also the perfect time to detox our physiology, reboot our microbiome, increase the digestive fire or agni, repair our gut, and eliminate excess weight!

RESOURCES: New Tools to Inspire & Educate

Rest And Repair Diet Plans

This diet offers three options: a Basic Plan, and two types of Variety Plans, one with simple recipes and another with more elaborate recipes. The Basic Plan is a strict Ayurvedic detoxification diet with cooked fruits for breakfast, and kitchari and cooked vegetables for lunch and dinner. The Variety Plans are more liberal, with varied recipes.

The Doshas

In The Rest And Repair Diet we include a complete description of each dosha and how to keep it in balance. According to Ayurveda, everyone is born with a unique combination of Vata, Pitta, and Kapha – our Prakriti or nature. The state of our health at any one time is our personal Vikriti. By knowing both our Prakriti and Vikriti, an Ayurvedic physician can personalize the diet, lifestyle, and herbal supplements to prevent disease and create the best possible state of health.

A recent study published in Frontiers in Microbiology ([hyperlink](#)

to study: Chauhan NS et al. Western Indian Rural Gut Microbial Diversity in Extreme Prakriti Endo-Phenotypes Reveals Signature Microbes. Front. Microbiol. 2018; 9:118.) showed that predominantly Vata, Pitta, or Kapha people have a different composition of bacteria in their microbiome. This finding is a huge breakthrough in the scientific understanding of Ayurveda.

We are at remarkable crossroad today—the integration of the ancient knowledge of Ayurveda with the latest findings of modern science to create a new system of natural health. The Rest And Repair Diet provides us with an important first step in healing our gut.

You can purchase the book in Europe at:

www.amazon.de/Rest-Repair-Diet

Maharishi Aroma Therapy Foundation and Consultant Training Courses

Learn the science and art of Maharishi Aroma Therapy, founded on the consciousness-based principles of Maharishi AyurVeda.



Maharishi Aroma Therapy Foundation Course in Rendlesham, England 10–17 May 2019

Maharishi Peace Palace Rendlesham

Apply at <https://peacepalace.org.uk>



Maharishi Aroma Therapy Foundation Course at MERU, Holland 17–24 June 2019

Maharishi Aroma Therapy Consultant Training Course at MERU, Holland 24 June–5 July 2019

Maharishi Peace Palace MERU, Holland

Apply at www.MERUcourses.com

IMAVF Affiliates: Share your success:

See your story published in our newsletter! – Email your news to: editor@imavf.org

General Education Seminars for Meditators, Sidhas & Governors

Principles and Practices of Maharishi AyurVeda Including Maharishi AyurVeda Marma Therapy

Consciousness-Based Medicine for Perfect Health and Enlightenment

29 – 31 March 2019 MERU, Vlodrop, Netherlands

This unique weekend seminar will give you a new and deeper understanding into the theory and practice of Maharishi AyurVeda, including

- **Maharishi Marma Therapy**
- **Self-Pulse Reading**
- **Maharishi Aroma Therapy**
- **Maharishi Yoga Asanas**
- **Maharishi Light Therapy with Gems**
- **Total Knowledge of Health incl. Model of Vedic Physiology**

Maharishi AyurVeda is the preventative, consciousness-based system of medicine that Maharishi developed to restore Ayurveda to its full potential. This unique upcoming seminar on Maharishi AyurVeda will present practical approaches for ideal health with an emphasis on the fascinating field of Maharishi AyurVeda Marma Therapy.

During this weekend, you'll receive profound insights in this field of medicine, focusing on self-pulse reading and specific routines (spring detox!) and remedies you can perform at home to improve your health.



The highlight of the seminar will be learning the use of Marma points to restore minor imbalances of yourself and your family with Dr Ernst Schrott, one of the most renowned Ayurveda practitioners in Germany and Europe.

This weekend is suitable for Meditators, Sidhas, and Governors of all levels, both beginners and those already knowledgeable about Maharishi AyurVeda.

This is the first time MERU is offering a course on Maharishi Marma Therapy for all Meditators, Sidhas, and Governors, and we expect it to be very popular. Please book early to avoid missing out.

During the weekend you will enjoy a satisfying combination of theory, interactive discussion, and experience. This weekend is a rare opportunity you won't want to miss!



Faculty: Dr Walter Moelk and Dr Ernst Schrott
Course Fee: 190 Euros; (some countries have a special discount – please enquire)
Housing Fee: Private room: 90 Euros; Shared room: 60 Euros per person (2 nights)

APPLY HERE: www.merucourses.com

IMAVF is here to serve you – and to help you spread the news of your successes. Maybe you have news, a success story, a testimonial from one of your clients, or even a practical tip about running your practice that you would like to share with your colleagues.

Send your news to editor@imavf.org with “news” in the subject line. Thank you!

Vaidya Webinar Series with Vaidya Manohar continues to uplift and educate

Maharishi AyurVeda-trained health professionals deepen their knowledge & expand their skills

This popular advanced webinar series continues to give Maharishi AyurVeda-trained health professionals specific knowledge and training in treating common chronic disorders using consciousness-based medicine.

During each webinar, Vaidya Manohar will give a 30 minute presentation on how to apply proven solutions from Maharishi AyurVeda, and will take questions for half an hour.

The *Vaidya Webinar Series* continues in 2019 with a series of 5 seminars for Maharishi AyurVeda-trained doctors and consultants. See detailed schedule below.

Webinar Schedule for 2019

Each hour-long Webinar includes ½ hour for questions.
Each webinar starts at 20:00 CEST/ CET

On Wednesdays	Theme
April 17	Skin Disease Part 1
May 29	Skin Disease Part 2
July 10	Head Ache
September 11	Constipation
November 13	Reproductive Disorders

Each Webinar will provide condition-specific training in treating common diseases in the light of consciousness-based medicine.

This advanced series is to provide practical training and guidance for direct application of the modalities of Maharishi AyurVeda in your own medical practice.



The *Vaidya Webinar Series* will be conducted by Vaidya Manohar Palakurthi and is open to Maharishi AyurVeda-trained doctors and consultants.

Vaidya Manohar Palakurthi is a leading Maharishi AyurVeda expert, who worked directly with Maharishi for three decades. Vaidya Manohar has taught numerous Maharishi

AyurVeda courses, including Maharishi Nadi Vigyan, all over the world, and currently teaches at Maharishi University of Management, USA. He is a consultant for Maharishi AyurVeda course development for physicians in the USA, Japan, and Europe, and for the development of Maharishi AyurVeda herbal products.

Vaidya Palakurthi was trained by, and worked with, world experts such as Vaidya Balraj Maharishi, the world's leading expert in Dravya Guna, Rajvaidya Brihaspati Dev Triguna, the world's leading expert in Nadi Vigyan, and Vaidya V.M. Dwivedi, former Vice chancellor of Jamnagar Ayurveda University, the world's leading expert in Ayurvedic mineral and metal preparations.

For more information and how to register for this webinar series [click here](#).

IMAVF Affiliates pay only €10 per webinar or may purchase a subscription of 5 webinars for only € 40.

Cost for non-IMAVF Affiliates is €20 per webinar.

If you are not yet an IMAVF Affiliate please [click here](#) to read about the many benefits and how to enroll.

IMAVF Affiliates:

Share your success:

See your story published in our newsletter!

Email your news to: editor@imavf.org

Professional Development: MUM Online Degree Programs

New MUM Online Bachelor's Program in Ayurveda Wellness and Integrative Health successfully launched



For the first time MUM in Fairfield Iowa USA is offering undergraduate degree programmes online, including the BA in Ayurveda Wellness and Integrative Health which enrolled 60 students in the first month.

“We’re pleased to get such a strong response to these two new programmes,” said Vanessa Haskins, department administrator for MUM Online. “Online education is the future, and we only expect these programmes to grow.”

The programme in Ayurveda Wellness is similar to the online master’s programme in Maharishi AyurVeda and Integrative Medicine, which itself has over 100 students enrolled. Students learn principles of Maharishi AyurVeda (SM), a traditional, prevention-oriented system of medicine that addresses the body, mind, and environment of the individual in order to provide a holistic health solution.

Students who complete the BA in Ayurveda Wellness have the opportunity to become a certified Maharishi AyurVeda Wellness Consultant.

“Interest in holistic health and integrative medicine has exploded in recent years, and this program taps into the increasing desire that people have to go beyond the disease-treatment approach of modern medicine,” Ms. Haskins said.

In addition to online instruction, students will come to campus twice during the programme for two-week intensive clinical training sessions. The natural therapeutic techniques offered in the Ayurveda Wellness programme include optimal diet and routine for different individuals, beneficial herbal supplements for specific imbalances, traditional purification therapies, and principles of biological rhythms and their effects on health.

In addition to enrolling students in these new online BA programmes, MUM Online also, for the first time, enrolled new

students for spring semester in the MS in Maharishi AyurVeda and Integrative Medicine. Until now new students had only been allowed to enroll in the fall. The programme enrolled 41 new students for spring semester, adding to the 82 that were already enrolled.

“It’s fulfilling to see this success with our online programmes,” said Craig Pearson, vice-president of academic affairs. “It’s been part of the university’s mission from the beginning to extend our Consciousness-Based educational programmes worldwide.”

An additional BA programme, the BA in Liberal Arts is primarily intended for students who have earned 60 or more college credits elsewhere and who want to finish their degree. It’s an interdisciplinary programme, offering courses in the social sciences, humanities, and natural sciences. Students with fewer than 60 credits are also welcome to enroll, but may need to take some courses on campus to complete their degree.

“This programme is very appealing to those who have earned various college credits but never finished a degree,” Ms. Haskins said. “If they have earned 90 or more credits, they can actually finish their degree in just two semesters.”

She said this programme dovetails nicely with the BA in Ayurveda Wellness, since students studying liberal arts will be able to take advantage of the wellness courses to improve their health and well-being while earning credits to finish up their degree.

Find out more about the BA in Ayurveda Wellness and Integrative Health programme here:

www.mum.edu/online-ba-in-ayurveda-wellness

Enjoy On-Going Knowledge & On-Going Support



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. Maharishi charged Dr Rainer Picha with creating an organisation that would both strengthen and unite the different disciplines of Maharishi AyurVeda. With the collaboration and support of MERU and of Dr Walter Mölk, Lothar Pirc, Dr Girish Momaya, Dr Kingsley Brooks, and Prof Dr Subhash Ranade, IMAVF has grown into an internationally recognised authority on Ayurveda.

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 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 department 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: October 2020 in Kathmandu, Nepal.
- 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.
- 10% reduction on MAV Online Training Programmes for Health Professionals offered by the Institute of Integrative Ayurveda Medical Education US
- **NEW 2019 Series!** Vaidya Webinar Series. 50% Discount

■ PROFESSIONAL SUPPORT & COMMUNITY

- You will be able to announce your local or regional Maharishi AyurVeda health related events in our online events calendar.
- 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.

[Click here to enroll.](#)

(40 Euro for professionals from developing 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 developing countries.) **[Click here to enroll.](#)**

IMAVF Newsletter Editorial

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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



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