



# IMAVF NewsMagazine

International Maharishi AyurVeda Foundation (IMAVF)

Serving all Maharishi AyurVeda Health Professionals Worldwide

SPRING 2020



## INTERNATIONAL AYURVEDA CONGRESS 2020 – KATHMANDU

*Roadmap for Globalisation of Ayurveda*



*Dear Colleagues,*

Welcome to the 14th edition of our NewsMagazine! We are pleased to report progress in many areas of Ayurveda around the world. The first luxury Ayurvedic Spa has launched in Russia ... a new MAV Health Centre is now open in Milan, Italy ... and UMLAC's innovative

Integrative Medicine programme is progressing rapidly.

In this issue you'll learn about the ground-breaking Maharishi Vastu® research that demonstrates a clear link between correct Vastu and creativity.

One important development is the World Health Organization's appointment of Franz Rutz to its Advisory Board on Ayurveda, Unani & Panchakarma. This continues the trend of growing acceptance of Maharishi AyurVeda by the international health community.

Thanks to the persevering work of all the practitioners of Maharishi AyurVeda in the different disciplines, Maharishi Marma Therapy, Maharishi Aroma Therapy, Maharishi Light Therapy with Gems, Maharishi Yoga Asana and Maharishi Panchakarma are gaining greater success around the world.

IMAVF is here to serve you -- please invite your colleagues to join IMAVF -- and if you are not yet an IMAVF affiliate yourself, please [click here to enroll \(or renew!\)](#)

With best wishes,

Dr med Rainer Picha  
IMAVF Chairman of the Board

**SAVE THE DATE**

**1-4 Oct 2020**

**The 6th International Ayurveda Congress** in Kathmandu, Nepal

The International Maharishi AyurVeda Foundation, in conjunction with its international co-sponsors, will hold the sixth in a series of International Ayurveda Congresses. This time it will be held in Kathmandu, Nepal.

International leaders in Ayurveda are expected to attend and make presentations; participants and programme schedule are still being finalised. Mark your calendars – this promises to be an exciting event in one of the most scenic locations in the world.

**IMAVF Affiliates will receive a 10% discount on the Congress fee.**

For updates please check: [internationalayurvedacongress.com](http://internationalayurvedacongress.com)

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**Make plans now to attend the next International Ayurveda Congress to be held in Kathmandu, Nepal in October of this year. [internationalayurvedacongress.com/nepal-2020/](http://internationalayurvedacongress.com/nepal-2020/)**



## Maharishi AyurVeda Health and Prevention Centre launched in Milan, Italy

Italy's newest *Maharishi AyurVeda Health And Prevention Centre* opened on November 24, 2019 in Milan. The Centre will offer Maharishi AyurVeda therapies to the public along with knowledge courses for both health professionals and laypeople alike. During this first month several introductory lectures on Maharishi Vedic Approaches to Health were held and 30 people were instructed in the Transcendental Meditation programme.

The Centre is housed in the Brahmansthan of Milan inside the Palazzo dell'Orso, an ancient noble palace that was recently renovated. This North Vastu oriented location will provide an optimal environment for holistic healing.

"Based on our experience as medical doctors we are facing an increasing demand from the public for a more profound understanding of the functioning of human physiology" explained Prof Dr Bruno Renzi, Co-Director of the Centre.

"The deep connection between human physiology and Consciousness, as discovered by Dr Tony Nader under the guidance of Maharishi Mahesh Yogi will be practically applied in the modalities of Maharishi AyurVeda that will be offered at the Centre" added Dr med Lorenza Garghetti, Centre Co-Director.

Raja Mariano Facipieri and Patrizia Facipieri together with Maharishi Vastu Architect Alberto Castaño Gonzalez and Margherita Ruelle also participated in the inaugural ceremony.



Prof Bruno Renzi, Dr med Lorenza Garghetti, Governors, Sidhas and meditators



Duomo Square, Milan Italy



MAV Health Centre in Palazzo dell'Orso <https://amsep.it>



Prof Dr Bruno Renzi and Dr med Lorenza Garghetti, Co-Directors of the Maharishi AyurVeda Health and Prevention Centre, Milan, Italy

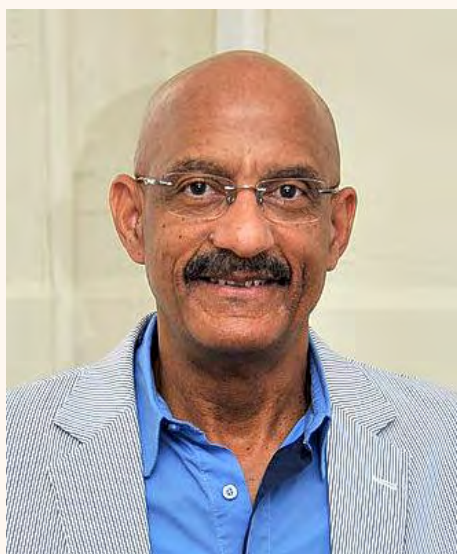


## Universidad Maharishi de Latino América y el Caribe A Unique Integrative Medicine MD Programme

By Carl Camelia LL.M.

The new bilingual *Universidad Maharishi de Latino América y el Caribe* / Maharishi University for Latin America and the Caribbean (UMLAC) was inspired by Raja Luis, Chief Administrator for Latin America & the Caribbean, supported by the Directors for Latin America & the Caribbean of the Global Country of World Peace.

The University's goal is to offer Consciousness-Based Education for this region, according to its unique cultural, social, and economic circumstances.



**Carl Camelia** is the principal founder and President of the Maharishi University for Latin America and the Caribbean, with broad experience in the academic world, including research, lecturing, administration and in particular the development of international programmes.



UMLAC's headquarters in the Curaçao World Trade Center

### Goal and Mission of UMLAC

*To promote for all the people of the Caribbean and Latin America Consciousness-Based universities, with the goal of awakening in every student the full potential of creativity, intelligence, and happiness for an increasingly problem-free, progressive and fulfilling life that brings all good to oneself, one's surroundings, and to society as a whole.*

### Full Range of Integrative Medicine Programmes

UMLAC offers comprehensive Integrative Medicine Programmes at different levels, including degree programmes (Bachelor's, Master's and PhD programmes) as well as non-degree programmes, self-development and professional development certificate programmes.

The result of this integrative approach is that the student is trained from day one to think and act in a holistic manner, providing the best possible solution to the patient, using the training gained in both allopathic medicine and science-based natural medicine such as Ayurveda.

Graduates educated according to the UMLAC integrative approach have a much more profound understanding and application of human health. Because all the coursework normally covered at a medical school are included, programme graduates will be prepared to take the United States Medical License Exam (USMLE), and upon successful completion they are eligible to be licensed as MDs in the USA.

The programmes offered by UMLAC are all officially recognized by the Minister of Education of the Government of Curaçao, after a process of rigorous evaluation.

### Unique Integrative Medical Care

One unique course of study developed by UMLAC is the Integrative Medicine Programme, Pre-Med and Medical Doctor Programme, which may be the first of its kind in the world. It integrates modern medicine with best practices of science-based natural medicine, in particular Ayurveda. UMLAC-graduate medical doctors will be able to provide a type of integrative medical care based on a one-of-a-kind holistic curriculum.

# Global Good News & Inspiration

UMLAC's web site shows its achievements so far in the world-wide implementation of the Integrative approach to prepare medical doctors, including the integration of allopathic and Ayurvedic Medicine.

Collaboration agreements have been signed with several universities in different countries, including USA, Spain, India, Paraguay, Bolivia, Colombia, Cuba and Curaçao.

The need for regulation of Traditional, Complimentary & Integrative Medicine is growing throughout the region. UMLAC is

demonstrating to several regional governments and universities how the so-called Natural Medicine can be integrated in the allopathic approach to medicine without any harm by applying in a systematic way Maharishi's Ayurvedic Medicine to the universal health care of the country.

**For more information, please visit the UMLAC website at [www.umlac.org](http://www.umlac.org) or contact Carl Camelia at +599 9 510 4058.**



Willemstad, Curaçao, Netherlands Antilles, is the home of Maharishi University for Latin America and the Caribbean (UMLAC)

## 1<sup>st</sup> Maharishi AyurVeda Health Spa opened in a 5-Star Hotel in Russia

November 2019, Kislovodsk, Russia



### Some of the more popular treatments:

**Abhyanga** - synchronised light whole-body massage with herbalised oils, performed by two technicians.

**Vishesh** - synchronised deep whole-body massage with herbalised oils, performed by two technicians.

**Udvaartana** - synchronised toning whole-body massage with herbalised oils, performed by two technicians using special paste made with flour, herbs and oils.

**Pizzichili** - truly royal treatment, during which a stream of warm oil is poured all over the body with simultaneous light whole-body massage performed by two technicians. This is an effective combination of massage and heat treatment. <https://plazaspa.net/en/>



## Maharishi AyurVeda contributes to World Health Organization project: Creation of International Benchmarks in Ayurveda, Unani & Panchakarma



### Advisory meeting of WHO Experts 26-29 November, 2019 in Jamnagar, India International Benchmarks for Practice Documents in Ayurveda, Unani and Panchakarma

**A member of the international Maharishi AyurVeda Community, Franz Rutz from Switzerland was appointed to the prestigious Advisory Meeting of World Health Organisation (WHO) Experts on the International Benchmarks for Practice Documents in Ayurveda, Unani and Panchakarma this past November in Jamnagar, India.**

Around forty Ayurveda experts from 20 countries were invited and hosted by the Indian government to revise and expand the document on the benchmarks in Ayurveda training that has been in existence since 2010.

Franz Rutz has been a member of the board of the Swiss Regulatory Body for Alternative Medicine for ten years. He has played a key role in establishing Switzerland as the only country to have formally regulated and established Ayurveda training, with degrees awarded with nationally approved diplomas.

Franz Rutz's international activities as a strong advocate for Ayurveda came to the attention of both the Indian embassy in Berne and the World Health Organization in Geneva. At the Advisory Meeting, Mr Rutz helped revise three planned documents over four intensive working days at the institute of the Gujarat Ayurveda University in Jamnagar. Approximately 300 pages of text were reviewed sentence by sentence in three working groups.

***"The hospitality of the Indian hosts and representatives of the WHO was exceptionally warm" reported Mr Rutz. "Right from the start, a feeling of family connection was clearly noticeable among everyone."***

Work continues on polishing and finalizing these core WHO benchmarks. "In a few more months the final official WHO documents will be published as recommendations for practice in Ayurveda, Unani and Panchakarma" explained Mr Rutz.

***"This will mark a major milestone in the recognition of Ayurveda and the establishment of international standards. We are pleased that Maharishi AyurVeda has been able to contribute to this important step of progress."***

#### Franz Rutz

- President of the Swiss Ayurveda Umbrella Organization
- Teacher of Transcendental Meditation and its Advanced Techniques
- Naturopathic Practitioner with national diploma in Ayurveda Medicine
- School Consultant
- Former Member of the Cantonal Parliament SZ
- 10 years Board Member of the Swiss Regulatory Body for Alternative Medicine



## MIU faculty educate doctors at University of Iowa Hospitals

Doctors at the *University of Iowa Carver College of Medicine and UI Hospitals and Clinics* are learning about integrative medicine in a series of seminars (called grand rounds) organised by Maharishi International University Professors Robert Schneider, MD, and Abe Bornstein, MD.



Robert Schneider, MD



Abe Bornstein, MD

*"This is a real breakthrough because it's a year-long series," Dr Schneider said. "In the past I've given individual presentations, but in this case medical faculty, staff, and students are being introduced to a broad range of integrative and preventive medicine topics. We were invited to organise and chair this monthly series of events because of our long track record at MIU in this field."*

In the first monthly seminar in September, Dr Schneider, dean of MIU's College of Integrative Medicine in Fairfield Iowa, USA, presented an overview of the clinical evidence for the effectiveness of various areas of integrative medicine, as well as guidelines that have been released by major medical bodies, such as the scientific statement on meditation in cardiovascular health published by the American Heart Association.

In the October seminar, Dr Schneider and Dr Bornstein reviewed advances in mind-body medicine, including the Transcendental Meditation® technique, in prevention of heart disease. Experts from University of Iowa are also contributing, and the November topic was presented by a UI professor on "Exercise is Medicine."

Over the next several months, the series will cover nutritional psychiatry, non-drug treatment for chronic pain, brain health

and the prevention of dementia, and other topics in lifestyle health.

*"In most of the main areas of medicine there are now practice guidelines for incorporating integrative and mind/body therapies," Dr Schneider said. "A number of these have recommendations that include the Transcendental Meditation technique. My colleagues and I have been researching, teaching, and practicing this emerging field of medicine for 35 years. Now we're being asked to share what we've learned."*

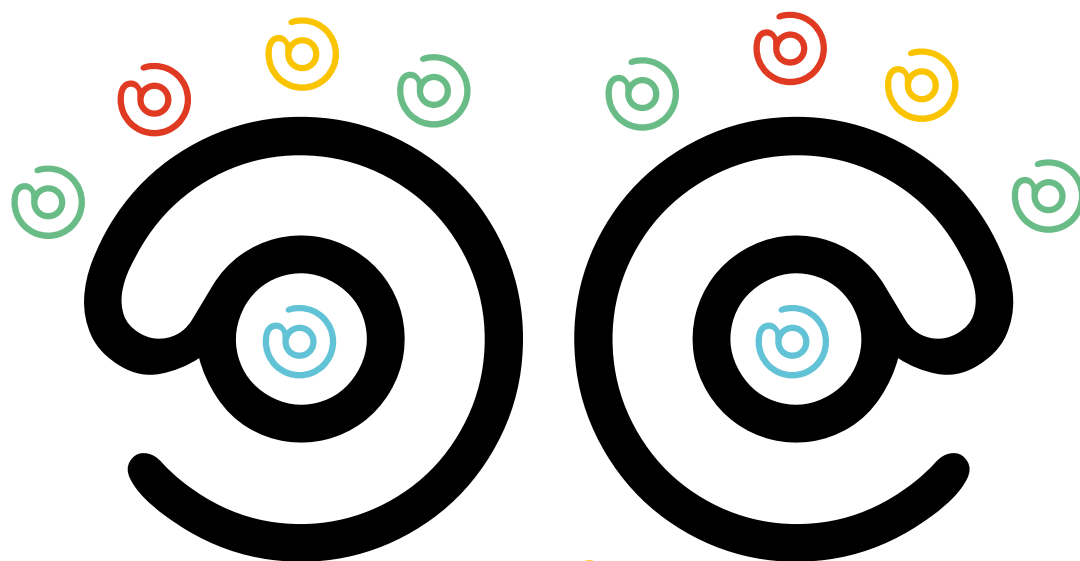
The series is sponsored by the Division of Cardiology in the Department of Internal Medicine at the *University of Iowa Carver College of Medicine and UI Hospitals and Clinics*.

### *Your news is our news!*

- Share your news to inspire our readers.
- All of us in the many disciplines of Maharishi AyurVeda, as well as integrative health experts around the world are eager to hear of your successes.
- If you have published a study, opened a clinic, taught a course (or even better are planning to teach a course) let us know!

We publish the IMAVF Newsletter three times a year; please send in your news to [editor@lmavf.org](mailto:editor@lmavf.org).

SOFTWARE  
FOR WORLD PEACE



AYUR@NET

ONLINE SOFTWARE FOR  
Maharishi Ayurveda Clinics

**LET'S ACT AS ONE**

**A CALL TO JOINT ACTION FOR MULTIPLE BENEFITS!**

**INDIVIDUAL LEVEL**

Daily work is fast, easy and practical,  
what enables closer contact with the patient

**LEVEL OF THE CLINIC**

Better efficiency with distributed workload  
and transparent availability of the data

**GLOBAL LEVEL**

Shared knowledge through  
the network of the experts

**FINAL GOAL**

To prove efficiency of the Maharishi Ayurveda  
by processing the data and presenting the results

Email: [ayuratnet@gmail.com](mailto:ayuratnet@gmail.com)

Facebook: <https://www.facebook.com/groups/ayur.net>

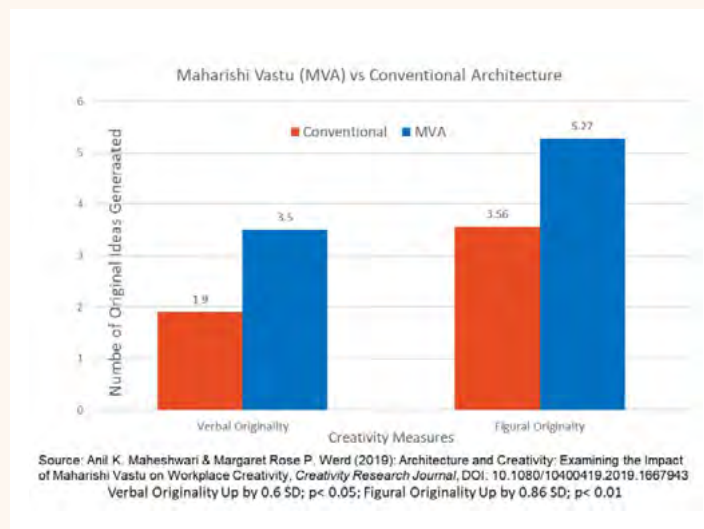
Review the details on the Facebook group page and contact us over email



## New study demonstrates Maharishi Vastu® benefits: Creativity increases in employees in Maharishi Vastu workplace

A ground-breaking study published in the September 2019 issue of the scholarly *Creativity Research Journal* found that creativity increased in employees who worked in a building designed according to Maharishi Vastu architecture.

Employees of NIKA, an architecture and engineering firm in the greater Washington D.C. area in the United States, moved into a Maharishi Vastu office building and scored higher on the standardized Torrance Tests of Creative Thinking (TTCT) compared to their score four months earlier in their previous location.



In particular, employees generated 50-80% more original ideas. The study found that there was less than a 1% possibility that the result was due to chance.

"This research experimentally demonstrated that moving from a conventional architecture building into a Vastu building led to large measurable improvements in employee creativity, in particular in the originality of the ideas generated and their open-ended and detailed elaboration." Professor Anil Maheshwari of Maharishi International University (MIU), the first author of this study.

### Greater originality and depth of creativity

The Torrance Test of Creative Thinking (TTCT) includes three assessments of verbal creativity and five of figural creativity. The researchers hypothesised that Maharishi Vastu architecture would show improvement on all eight assessments. The results of the verbal tests found a statistically significant ( $p < 0.05$ ) increase (84%) in originality (i.e. unique unconventional ideas generated) but not in fluency and flexibility.



2000 Tower Oaks is a Maharishi Vastu building developed by The Tower Companies in 2008 and was recognized as the largest application of Vedic design in the world. NIKA, the architecture and engineering firm that participated in the study, moved into the building as a new office tenant in 2017.

*Photographer Ron Blunt*



# Scientific Research Study

On the figural tests, which requires subjects to expand on a series of incomplete figures, the results showed a large statistically significant ( $p < 0.01$ ) increase in tests of originality (48%), elaboration (61%), and resistance to closure (40%) (that is, a focus on pursuing new directions to complete a task). Tests of figural fluency and abstract title (ability to name an abstract original concept) did not show an effect.

## Architecture in harmony with nature Maharishi Vastu: Essential Features

- Use of natural materials & solar energy
- Unobstructed view of sunrise
- Alignment with the cardinal directions
- Silent central core area: The "brahmasthan"
- Specific placement & proportions of rooms
- Appropriate slope & shape of the land
- Away from major sources of electromagnetic radiation

NIKA, the architecture and engineering firm that participated in the study, was delighted with the results. "Creativity, especially the sort of figurative creativity measured by TTCT, is

an important trait for an architect. The company was pleased to have this objective support for the feeling of greater creativity experienced by their employees," said Mrs. Margaret Rose Werd, the co-author of this study.

*"It may seem unfamiliar to a Western, scientific perspective, but the fact is that our physiology is intimately tied to the material and rhythms and forces of the earth and sun. Traditional systems of architecture, which have arisen in many places around the world over a long span of time, take these things into account. And now we're intent on seeing whether the supposed benefits can be scientifically verified."*

Professor Anil Maheshwari, MIU

*"It appears that Maharishi Vastu architecture can help to solve major challenges that face our cities. I recommend it to developers who aspire to create buildings that promote creativity and the flourishing of life and business."*

Jon Lipman, AIA,

Director of Maharishi Vastu services for North America

*"Not many real estate developers deliver that kind of return on rent!" concluded Jeffrey Abramson, partner at The Tower Companies.*

### Read the full study here:

[Architecture and Creativity: Examining the Impact of Maharishi Vastu on Workplace Creativity](#) CREATIVITY RESEARCH JOURNAL



*Because the individual life is cosmic, everything about individual life should be in full harmony with Cosmic Life. Maharishi Vedic™ architecture gives dimensions, formulas, and orientations to the buildings that will provide cosmic harmony and support to the individual for his peace, prosperity, and good health – daily life in accord with Natural Law, daily life in the evolutionary direction. –*

Maharishi Mahesh Yogi

*".....Maharishi has first enlivened the technology of consciousness, Yoga..... and then he brought out the health aspect, Ayurveda, he brought out Ghandharva Ved, the sounds of nature. And then the architecture that belongs to Ayurved, Sthapatya Ved, is also Ved, but it is like right hand and left hand. Ayurved is just taking care of the balance of the body and Sthapatya Ved is taking care of the balance of the individual with the environment. Both these things are very important. And if you see how people are living in chaotic conditions, then Maharishi says if you put them into proper order and coherence and harmony with the environment*

*and with each other, the relationship, then you have eliminated at least half of the problems in society which means social problems. So it is a very important aspect of our living. Everybody lives in a box, when you leave it you go and go into another box. So these boxes which are an artificial interface in our lives are very, very important. Architecture is a very important aspect if you want to live in harmony with Natural Law."*

Eike Hartmann,

Director Institute of Vedic Architecture and City Planning

## New study on Transcendental Meditation finds improvement in major risk factor for heart failure

A recently published randomised controlled study funded by the *National Institute of Health* in the USA found that the Transcendental Meditation technique helps to prevent abnormal enlargement of the heart, called left ventricular hypertrophy, which can lead to chronic heart failure and death.

*"This is a form of heart disease where non-drug treatments are relatively understudied,"* said Professor Robert Schneider, MD, FACC, and Dean of the College of Integrative Medicine at Maharishi International University, Fairfield, Iowa, first Author of the study.

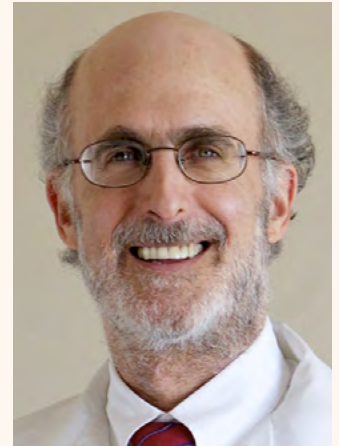
*"Since the physiology of stress contributes to cardiac enlargement, we hypothesised that managing one's mind-body connection with Transcendental Meditation might prevent the disease process."*

This randomised controlled trial, published in *Ethnicity & Disease*, included 85 African Americans with high blood pressure who were randomly assigned to Transcendental Meditation or to a health education control group, in addition to usual medical care.

After six months of practice, repeat testing with echocardiography found that the control group progressed on cardiac

enlargement while the Transcendental Meditation group showed prevention of enlargement.

*"These results suggest that an effective technique for stress reduction may prevent the progression of left ventricular hypertrophy and thereby help to prevent premature heart disease and cardiac mortality,"* said Dr Schneider.



Robert Schneider, MD

The research was conducted in conjunction with Martin Luther King Hospital and Charles R. Drew University of Medicine and Science in Los Angeles. It formed a portion of the PhD thesis of MIU Professor Komal Marwaha, MD, PhD. Other MIU coauthors included Maxwell Rainforth, John Salerno, Carolyn Gaylord-King, Sanford Nidich, and the late Charles Alexander.

[Click here](#) to view Study Abstract.

## Pilot study on Transcendental Meditation, Yoga Asanas and heart disease

A pilot study on the effects of Yoga Asanas and Transcendental Meditation on patients with coronary heart disease is near completion at the Institute of Physiology of the Medical University of Graz, in collaboration with the Cardiac Rehabilitation Centre in St. Radekund. A controlled, randomised pilot study has been done to investigate the effect of Yoga Asanas\* and Transcendental Meditation on 3 groups of 10 patients, each of whom had undergone coronary bypass surgery or had suffered acute myocardial infarction. One group each was allocated to TM, another to Yoga Asanas and a third group acted as the control.

Numerous measurements were taken before and after 4 weeks of cardiac rehabilitation, including hair analysis on stress hormones, EEG recordings, EMG recordings, and heart rate variability as well as blood samples to analyse epigenetic changes, and stool tests to observe any change in the gut microbiome.

The results are being analysed and the data will be published soon in a peer reviewed medical journal.

\* Not the practice of Maharishi Yoga Asanas







RESTORE YOUR HEALTH WITH

## Maharishi Vedic Sound Technology\*

Healing sessions in the comfort of your own home

**By exposing the physiology to specific frequencies of Vedic Sound it is able to fully enliven its repair mechanisms.**

Maharishi Vedic Sound Technology treatments are available for a wide range of health disorders including:

Musculoskeletal disorders such as arthritis and back problems

Gastrointestinal, cardiovascular, endocrine disorders

Mental problems, such as anxiety, depression and insomnia etc

**View the complete list of disorders or book your healing session at: [www.VedicSound.org](http://www.VedicSound.org)**



**Specific Vedic Sounds match the vibrational quality of a particular area of the physiology to enliven its repair mechanism and help restore the original orderly pattern.**

The Maharishi Vedic Sound Technology program is not intended as a replacement for any medical care that might be necessary. Individuals who inquire about the program are advised to follow the recommendations of his or her physician. In case of improvement of the condition, patients are further advised to consult with their doctors before reducing, changing or discontinuing any treatment they are receiving.

\* BASED ON THE DISCOVERY OF PROF. TONY NADER MD, PHD

# Course Announcements

Due to the current situation with coronavirus in the world the following courses offered by Maharishi College of Perfect Health International (MCPHI) have been postponed until further notice. Please pay attention to future announcements for online courses that are being developed right now.

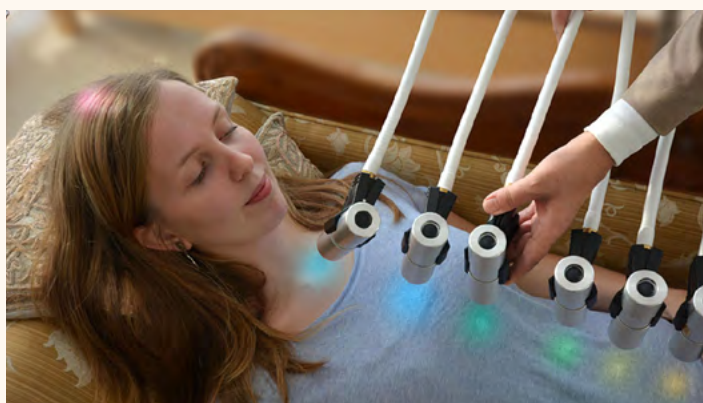
## Maharishi Light Therapy with Gems Phase 1

13 April - 1 May 2020

MERU, Vlodrop, The Netherlands

*Once a Year Opportunity!*

*TM Governors are warmly invited to join this very special training course that is held only once a year.*



In this comprehensive training, you will learn the fundamentals and applications of Maharishi Light Therapy with Gems, a powerful, health-promoting technology developed by Joachim and Iris Roller under Maharishi's guidance.

You will also dive deep into the intellectual understanding, subjective experience, and practical applications of this profound knowledge. Upon successful completion of the course, you'll be certified to give Maharishi Light Therapy with Gems treatments to healthy people and those with minor imbalances, the first phase of a rewarding career as a Maharishi Light Therapy with Gems practitioner.

For more information and to apply please [click here](#).

**Reminder:** Affiliates of IMAVF will receive a 10% discount on the course fee (not on meals and lodging costs). If you are not yet an Affiliate [please enroll here](#).

## Certified Maharishi Yoga Asana Instructor Training, Phase 1

29 May - 13 June 2020

MERU, Vlodrop, The Netherlands

*This June, TM-Governors and Sidhas have the unique opportunity to join the first phase of a high-level, systematic training: Phase 1 of the new certified Maharishi Yoga Asana Instructor Training.*



This course was formerly known as the 'Maharishi Yoga Asana Teacher Training Course.' It is now the first phase in a three-phase programme for Maharishi Yoga Asana Instructor Training, which provides a total of 300 hours of training.

Candidates who complete all 300 hours will be certified by the Maharishi College of Perfect Health as Maharishi Yoga Asana Instructors, and will qualify for further training to be a Maharishi Yoga Asana Therapist.

The Maharishi Yoga Asana Instructor Training is taught by Gudrun Buchzik, certified yoga teacher at the 1500 hour level, and head of the Yoga department of the Maharishi College of Perfect Health International. [Click here to apply](#).

[Click here](#) to read an interview with Gundrun Buchzik on the fundamentals of Yoga.

**Reminder:** Affiliates of IMAVF will receive a 10% discount on the course fee (not on meals and lodging costs). If you are not yet an Affiliate [please enroll here](#).

For more details on all the available Maharishi Yoga Asana training programmes, please contact [Gudrun Buchzik at yoda@imavf.org](mailto:Gudrun.Buchzik@imavf.org).



# Course Announcements

Due to the current situation with coronavirus in the world the following courses offered by Maharishi College of Perfect Health International (MCPHI) have been postponed until further notice. Please pay attention to future announcements for online courses that are being developed right now.

## Maharishi Aromatherapy Foundation Course 19 - 25 June 2020

Maharishi Peace Palace, Rendlesham, UK

*Open to all TM meditators,  
Sidhas, and TM Teachers*

*Enjoy learning the basics of  
Maharishi Aroma Therapy in the supportive, restful  
Vastu environment of the Maharishi Peace Palace in  
Rendlesham, United Kingdom*



All meditators, Sidhas, and TM Teachers are invited to take advantage of the precious opportunity to take this foundational training course in Maharishi Aroma Therapy with Dr Nadine Thomas, head of the Maharishi Aroma Therapy Department.

Upon completion of the course, participants will be able to select and apply essential oils in accordance with Maharishi AyurVeda principles. Learning the many applications of essential oils to improve daily life, participants will discover not only how to holistically enhance their own well-being, but will also be able to guide their family and friends in selecting and applying the correct oils for themselves.

For more information and to apply please [click here](#).

**Reminder:** Affiliates of IMAVF will receive a 10% discount on the course fee (not on meals and lodging costs). If you are not yet an Affiliate [please enroll here](#).

## Vedic Dance Course 18-25 July 2020, UK

Maharishi Peace Palace, Rendlesham, UK

*An introduction to the Indian classical  
dance styles of Kathak and Bharata Natyam*

*“Take dance as an aspect of therapy. Dance as a  
system of medicine, a system of health care.” --  
Maharishi Mahesh Yogi*



Lady meditators are invited to join Vedic dance instructors Yagyaa Srivastava and Rebecca Busch for a workshop offering profound knowledge and practical application of Indian classical dance.

Vedic dance is much more than just a form of art or physical exercise; it enables participants to cultivate the relationship between consciousness and physiology.

On a practical level, the workshop will equip participants with some basic dance training that can be incorporated in their daily routine. This regular practice will enhance the benefits of participants' TM practice, and will allow them to enjoy the necessary physical exercise in an effective and fulfilling way.

For more information and to apply please [click here](#).

**Reminder:** Affiliates of IMAVF will receive a 10% discount on the course fee (not on meals and lodging costs). If you are not yet an Affiliate [please enroll here](#).

# 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.)
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- 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.

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



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- 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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