

IMAVF NEWSLETTER

ISSUE No.3 DECEMBER 2016



“It’s very good that we have the complete knowledge from the Vedic level, the complete knowledge of life. We have complete knowledge of immortality. We have not only knowledge, but the technology to make that knowledge a living reality in our life – and not only in our single life, but in our collective life. We are out today to raise the quality of collective life to this level of immortality.”

Maharishi Mahesh Yogi
9 February 2006

Dear Maharishi AyurVeda Professional and Friends,

This autumn we have seen major steps of progress for Maharishi AyurVeda, including productive meetings with the Indian Minister for Ayurveda and Yoga, and building of connections with dozens of leaders of ayurveda worldwide.

You will also find in-depth interviews about Maharishi Yoga Asana, an exploration of Maharishi Vedic Sound, and insights into Dharma Parenting.

You can easily access each section by clicking on the title in the Contents Table at the right. If you are not an affiliate of the IMAVF I hope you will [consider joining us](#).

Affiliates receive many valuable [benefits](#), including reductions on MERU courses and savings on fees for next year’s International Ayurveda Congress in London, UK.

As an IMAVF Affiliate, you stay connected to your fellow Maharishi AyurVeda practitioners in all five professions – Maharishi AyurVeda, Maharishi Aroma Therapy, Maharishi Light Therapy with Gems, Maharishi Yoga Asana, Maharishi Panchakarma.

Wishing you all perfect health and success,



Dr. Rainer Picha
IMAVF Chairman of the Board

In This Issue

- **UPDATE**
THE SECOND INTERNATIONAL AYURVEDA CONGRESS
- **GLOBAL GOOD NEWS**
- **MAHARISHI VEDIC SOUND TECHNOLOGY**
- **DHARMA PARENTING: FUSION OF MAHARISHI AYURVEDA AND NEUROSCIENCE**
- **YOUR BENEFITS WHEN YOU JOIN IMAVF**
- **MAHARISHI AROMA THERAPY Training Course Report**
- **MAHARISHI YOGA ASANA**
An interview with Gudrun Buchzik
- **UPCOMING COURSES & WEBINARS**
- **VALUABLE RESOURCES**
Maharishi AyurVeda & Mental Health
- **SCIENTIFIC RESEARCH**
Reduced Stress and Trauma in Prisoners
- **EDITORIAL**

The Second International Ayurveda Congress



**IMAVF Affiliates: Save 170 £
Register before 31 December!**

IMAVF AFFILIATE DISCOUNTS

Before 31 December - Early Bird Rate : £ 285
After 31 December & before 31 January: £ 345
After 31 January: £ 455

If you know colleagues who want to attend the Congress, but are not yet IMAVF Affiliates, it is a perfect time to invite them to join IMAVF: they will immediately “earn back” the cost of their membership fee with the £ 110 Affiliate discount.

The Second International Ayurveda Congress

London 1-2 April 2017

Join Ayurvedic professionals from around the world at one of the most prestigious conferences dedicated to all aspects of this ancient healing system. Network, share experiences, and gain new knowledge from the leading international experts.

Ayurveda - The Pursuit of Health, Happiness and Long Life Prevention Oriented Health Care

- Brain Health
- Cardiovascular Diseases
- Youthfulness and Longevity –Genetics and Epigenetics
- Skin Health
- Women’s Health
- Nutrition, Digestion and Lifestyle

Renowned leaders in all aspects of Ayurveda from around the world will speak at the Congress. A partial list of Presenters includes:

- Tony Nader, MD, PhD
- Padma Bhushan Vaidya
- Devendra Triguna
- Dr. med. Rainer Picha
- Ashtavaidya Divakaran Mooss
- Prof. Dr. Subhash Ranade
- Sanjiv Oza (Vice Chancellor Gujarat University)
- Dr. Bevan Morris
- Dr. Sunanda Ranade
- Dr. med. Walter Mölk

NEW!

Win a trip to London for two to the second International Ayurveda Congress!

[Enter to win here.](#) Maharishi AyurVeda Products Europe is holding a sweepstakes! If you win, your prize will include return flights, four nights in a 4-star hotel – Novotel Hotel London West – and tickets for the second International Ayurveda Congress, including all events, meals and social programme of the Congress. For both you and your companion.

Additional speakers and schedules are still being finalised.
Please see details at: www.internationalayurvedacongress.com

Global Good News in the Area of Health



Dr. Girish Momaya & Dr. Walter Mölk at the policy meeting speaking with His Excellency Manjeev Puri, the Indian Ambassador to the European Union, Belgium and Luxembourg, professors, researchers and leaders of Ayurveda organizations from various countries

Great Success for Maharishi AyurVeda at International Congress

Leaders of Maharishi AyurVeda gave presentations at the European World Ayurveda Congress, organized by the European Ayurveda Association (EAA) on 15-16 October In Koblenz, Germany.

Lothar Pirc, Dr. Walter Mölk, and Dr. Girish Momaya also had extensive meetings with the Indian Minister for Ayurveda and Yoga, the Hon. Shripad Yesso Naik, and his advisory staff.

The patronage for the congress was the Rhineland-Palatinate Interior Minister Roger Lewenz. The well-attended congress was attended by numerous experts from more than 30 countries as well as the Indian ambassadors from Berlin and from Brussels for the EU.

The presentations about Maharishi AyurVeda were very well received and included:

- Dr. Girish Momaya, Director of MERU, Netherlands, and secretary of Maharishi Mahesh Yogi for more than 30 years, gave an inspiring presentation on the uniqueness of the consciousness-based approach of Maharishi AyurVeda.
- Lothar Pirc, Managing Director of Bad Emser Privatklinik gave two lectures:
Maharishi AyurVeda Panchakarma: Treatments for 25,000 Clients in the MAV Health Center of Bad Ems and The Fundamental Principles of MAV & Tips for Home Practice, a presentation for the general public. He also participated as an expert in two panel discussions.
- Dr. Walter Mölk, Director of the International Maharishi AyurVeda Foundation, Netherlands, gave a well-received presentation titled: *Is Veda the blueprint of the human body even more fundamental than DNA?*

During the policy meeting in Koblenz the Indian Minister for Ayurveda and Yoga, Hon. Shripad Yesso Naik received a presentation on some of the worldwide achievements of Maharishi AyurVeda. You can read a full summary of these remarkable achievements [HERE: www.imavf.org/country-reports/](http://www.imavf.org/country-reports/)
Rhineland-Palatinate Interior Minister Roger Lewenz was Patron of the Congress.

Global Good News in the Area of Health



The Indian minister for Ayurveda and Yoga, Shripad Yesso Naik (5th from right) with his advisory staff together with Dr. Walter Mölk (1st from the left), Dr. Girish Momaya (1st from the right) and Managing Director Lothar Pirc (3rd from right) in the foyer of Häcker's Grandhotel, Bad Ems



Almost 50 honorary guests, delegates of the Ayurveda congress in Koblenz, among them world-famous Ayurveda professors Prof. Ram Harsh Singh and Prof. Dr. Vasant Lad, as well as the former Prime Minister of Hungary, during the welcome address at the Maharishi AyurVeda Clinic Bad Ems



Guided tour for the guests through the treatment rooms of the Maharishi AyurVeda Clinic Bad Ems

Indian Minister for Yoga and Ayurveda visits Maharishi AyurVeda Health Centre Bad Ems in Germany

The Indian Minister for Ayurveda and Yoga, Hon. Shripad Yesso Naik, together with his advisory staff visited the Maharishi AyurVeda Private Clinic Bad Ems for a two-hour session.

Founded 24 years ago, the clinic has won numerous awards and has treated more than 25.000 patients from all over the world. The Indian Minister and his team were extremely impressed by the high standards of the private clinic, which is located in the charming spa town on the River Lahn.

Later, at the conclusion of the congress on Sunday evening, almost 50 honorary guests visited the Maharishi AyurVeda Private Clinic in Bad Ems, comprised of Ayurveda organizations from 15 countries, including the **former Hungarian Prime Minister, Dr. Peter Medgyessy**, as well as Ayurveda professors and researchers from India, Europe and America. In addition to a lecture on the clinic, the guests received a guided tour through the premises and the treatment departments, as well as a final ayurvedic gourmet dinner.

The high-level contacts, networking and dialogue with the guests will contribute to strengthening the status and credibility of Maharishi AyurVeda within the professional international Ayurvedic community.

It was an all-round successful event for Maharishi AyurVeda!



Vaidya Prathmesh Vyas, Ayurveda expert of the Maharishi AyurVeda Clinic Bad Ems, and Managing Director Lothar Pirc in experience exchange with the guests of honor after dinner.

Global Good News in the Area of Health

New MAV Health Centre in Rendlesham, UK



Over 30 people attended the inauguration of the new Health Centre, built in accordance with the principles of Maharishi Vastu architecture.

A new Maharishi AyurVeda Health Centre was inaugurated at Maharishi Garden Village, adjacent to the Maharishi Peace Palace in Rendlesham, UK on 28 October 2016 and an Open House was held for the general public on 19 November.

Sue Lincoln is the permanent, resident Maharishi AyurVeda Practitioner, one of two in the UK. Dr. Donn Brennan will also visit

regularly to offer consultations. Vaidya Vaidya will visit in January 2017, and Ashtavaidya Divakaran Mooss and Ashtavaidya Ravi Mooss are expected in April 2017. The clinic was built according to the principles of Maharishi Vastu architecture, and will serve London and the south of England. For more information please send an email to: enquiries@ayurveda-rendlesham.co.uk

Ayurveda Day at The Houses of Parliament in London

The All-Party Parliamentary Group for Indian Traditional Sciences met at the House of Lords in September to celebrate Ayurveda Day.

The meeting on September 27th was hosted by Lord Stone of Blackheath and chaired by Amarjeet Singh Bhamra, who is Secretary for the Group. The new Indian Acting High Commissioner to the UK, H E Dinesh Patnaik (former Indian Ambassador to Cambodia and Morocco) was Guest of Honour.

Towards the beginning of the meeting, Richard Johnson (National TM Director for England) gave a beautiful presentation on the forthcoming International Ayurveda Congress in London, in which he described Maharishi's contribution in reviving the completeness of Ayurveda. Richard's presentation was warmly received with much applause. Richard distributed copies of the pamphlet for the Congress.



Maharishi Vedic Sound Technology

Maharishi Vedic Sound Technology is a web-based application that is open to everyone at www.vedicsound.org and offers help for a wide range of disorders through listening to specifically selected Vedic Sounds.

Maharishi Vedic Sound Technology is based on the profound scientific understanding of the human physiology by neuroscientist Tony Nader MD, PhD.

Dr. Nader's discovery revealed that consciousness is fundamental to the structure and function of the human physiology. It re-established the most fundamental, natural, and problem-free system of health care – Consciousness-based health care.

According to quantum mechanics, matter behaves like a wave and the human physiology can be understood as a complex waveform, made of many subtler vibrations. This brings up the possibility that the appropriate vibratory frequencies might be used to restore normal functioning in chronic disorders.

A simple analogy makes this abstract concept more easy to understand: The well-known classic example of two similar tuning-forks of which one is mounted on a wooden box. If the other one is struck and then placed on the box, then muted, the un-struck mounted fork will vibrate at the same frequency.

This means that a specific Vedic Sound that matches the vibrational quality of a particular area of the physiology can stimulate the natural vibrational mode of the affected area, helping the physiology to restore its original vibrational mode or its original order.

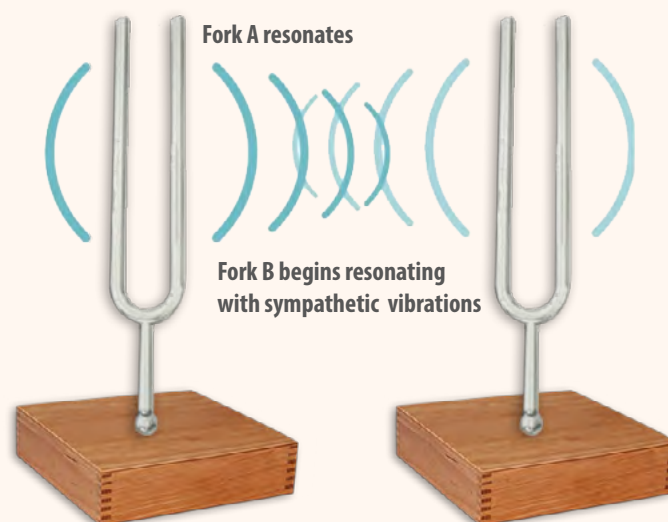
By exposing the physiology to the correct aspects of Vedic sound it is able to fully enliven its repair mechanisms.

Under the guidance of Maharishi Mahesh Yogi, Dr. Nader was able to correlate every aspect of the Vedic Literature with a specific area of physiology, and demonstrate that the human physiology is the expression of Veda and the Vedic Literature¹.

Specific Vedic Sounds match the vibrational quality of a particular area of the physiology and stimulate the affected area to help restore its original vibrational orderliness.

Dr. Nader has conducted research on neurochemistry, neuroendocrinology, and the relationship between diet, age, behaviour, mood, seasonal influences, and neurotransmitter and hormonal activity, and on the role of neurotransmitter precursors in medicine.

His interest in natural health care led him, while at MIT, to conduct research on Maharishi AyurVeda herbal and mineral preparations for their safety, their effects on memory and behaviour, and their ability to prevent ageing and disease, including cancer. He also conducted original research on the effects of Maharishi's Transcendental Meditation and TM-Sidhi Programme in solving social and international problems.



1. This is the subject matter of Dr. Nader's first book, Human Physiology: Expression of Veda and the Vedic Literature. 637 pages. Published by Maharishi University of Management Press, Fairfield, Iowa, USA: ISBN: 978-0-923569-55-6. Fifth Edition 2014

New Maharishi Vedic Sound Technology Treatments

Two New Vedic Sound treatments are now available:

Enlivening the 40 aspects of Veda in the physiology

This treatment is designed to „wake up“ the innate values of the 40 aspects of the Veda in your own brain and body.

The entire physiology has been discovered to be a replica of the 40 aspects of Veda and the Vedic Literature. For human life to be lived according to Natural Law, it is necessary that all aspects of individual and social life be in accordance with the structure and function of the 40 aspects of Veda and the Vedic Literature. Vedic Sounds enable every aspect of life to blossom in fullness, so that no one makes mistakes and no one causes suffering to himself or to others.

Elimination of Pragyaparadh (Mistake of the Intellect)

This new treatment is designed to begin dissolving the habitual veil of illusion that has kept the mind thinking it is separate from the unified field of pure consciousness. The basic theme of Maharishi AyurVeda is the elimination of the sense of separation between the unbounded, pure Self and the limited expressions of the relative. This separation by the intellect is called Pragyaparadh, or mistake of the intellect. The Self has the quality of perfect health and Vedic Sounds have the power to bring back the memory of the Self to each level of the physiology, from subtle to gross, and thus are able to eliminate Pragyaparadh.

How to Receive Maharishi Vedic Sound Technology Treatments

Healing sessions in the comfort of your own home

Vedic Sounds are provided by means of an automated computer system, which was developed by Dr. Nader based on Maharishi's insight into the nature of the Vedic sounds. The applicant completes a detailed assessment to determine the areas to be addressed. The program then automatically chooses the most appropriate sounds according to the one-to-one correlation of the Maharishi Vedic Sounds and the different aspects of the human physiology.

The applicant receives nine sessions of Maharishi Vedic Sound Technology in the comfort of his or her own home, with each session lasting 45 to 70 minutes. Typically, one to three sessions are taken each day over three to nine consecutive days.

To apply log on to: www.VedicSound.org

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.



Dr Tony Nader, was honored by Maharishi Mahesh Yogi with the title Maharaja Adhiraj Raja Raam, and is the author of **Human Physiology: Expression of Veda and the Vedic Literature** and **Ramayan in Human Physiology**.

Dr Nader received his MD degree from the American University of Beirut, where he also studied internal medicine and psychiatry.

He earned his PhD in the area of Brain and Cognitive Science from the Massachusetts Institute of Technology (MIT), where he was also a visiting physician and Assistant Director at the Clinical Research Center. He completed his post-doctoral work as a Clinical and Research Fellow in Neurology at the Massachusetts General Hospital, Harvard Medical School.

Because of his profound insight into Natural Law Dr. Nader was chosen by Maharishi in 2000 to lead the Global Country of World Peace, the organisation administering Maharishi's Worldwide Movement.

Dharma Parenting

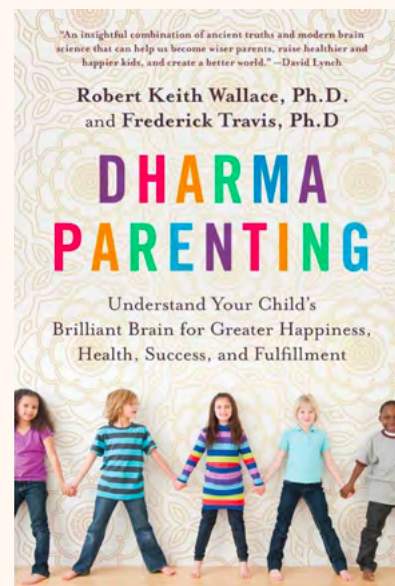
Dharma Parenting: Fusion of Neuroscience and Maharishi AyurVeda

Highlights from a Presentation October, 2016 at MUM

by Dr. R. Keith Wallace, PhD and Dr. Fred Travis, PhD

"Dharma means a happy, healthy and successful life without strain. We are really trying to guide parents how to help their children find their own Dharma – to find that path of easy, happy life."

R. Keith Wallace's and Fred Travis's collaboration on enlightened parenting is the first book that gives parents an insightful tour of their children's brains through contemporary science, supported by profound insights from Ayurveda. The book goes far beyond an elementary application of Ayurvedic principles ("typing" of the both parents and children) and offers profound insights into sophisticated strategies for encouraging holistic child development while maintaining balance in the family.



Practical insights for Parents

What insights do you offer that are different from other parenting books?

"'Heal yourself' is unique to our book on parenting. We've never heard about other books on parenting talk about the importance of parents being aware of themselves. This is so critical because the child learns by copying them. Just give them your attention – this is the greatest nourishment. And what your attention is doing it is allowing them to feel to have a safe space. It's allowing them to feel how to deal with adversity, how to deal with lots of pressure, to have this feedback back and forth. This is structuring how they deal with stress, it is structuring how they interact with others, it's structuring how they deal with conflict and how they support others. So 'heal thyself' is the platform of how to naturally interact with your child."

What do you recommend when a parent's dosha and a child's dosha are different?

"One of the most fun things covered in the book is how different brain/body natures can collide – and how to deal with this. You can have a Pitta parent who is cool, orderly, on time; and then you have a Vata child who is in a different world, enjoying every part of nature, very imaginative, and how do these two fit together? Does the Pitta mom impose her Pitta world on the child? This wouldn't work very well. This child is not necessarily going to be on the baseball team or be on time or achieve specific goals. This child is far more imaginative and much more interested in the arts than sports."

Kindle and print versions available: www.goo.gl/ExkszV Website: www.DharmaParenting.com

Six Fundamental DHARMA Parenting tools:

- "D" Discover** your brain-body nature and that of your child.
- "H" Heal** yourself, practice TM and do all the good things in your life, from diet to exercise.
- "A" Attention** Watch what is happening, watch the children grow. Give attention and appreciation.
- "R" Routines** help their child organize their life. Wake-up routines, going to bed routines, holidays.
- "M" Melt Downs**- Even in ideal families there are melt-downs. To deal with them:
 1. Check in – show them you understand what just happened
 2. Comfort your child – give love and attention to enable them to change their brain state
 3. Coach your child – only after the brain state is balanced will they be open to solutions
- "A" Anticipate and Adapt**
Plan ahead by using all the knowledge of Ayurveda to figure out things you can do, and lifestyle guidelines you can implement that will prevent the child from having melt downs.

"Or you have a Pitta Dad trying to get the Kapha child out in the morning. The Kapha child is a little slower, taking time to put on shoes, having breakfast slowly. It is not the best time to rush them. So there are times when these different natures of tendencies collide. All these things require adjustments in life."

"One should not impose one's own particular nature on the child, so the child can unfold his or her full creativity and higher states of consciousness."

Videos: What is Dharma Parenting? www.youtube.com/watch?v=A8E8ZvKddN4
The Teen Brain: www.youtube.com/watch?v=dF-xqC8_woo

How do you benefit when you join IMAVF??

Knowledge, Savings & Professional Support

The IMAVF was created to support your professional growth, whether you are a professional in Maharishi AyurVeda, Maharishi Aroma Therapy, Maharishi Light Therapy with Gems, Maharishi Yoga Asana or Maharishi PanchaKarma.

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

As an IMAVF Affiliate you are entitled to a wide range of benefits and cost reductions on courses, webinars and conferences:

**IMAVF Affiliates:
See your success story published
in our newsletter!
Email your news to: editor@imavf.org**

KNOWLEDGE BENEFITS

- Free subscription to our regular bi-monthly newsletter 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.

SAVINGS ON COURSES, WEBINARS & CONFERENCES

- 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.
- 28% congress fee reduction (£ 110 savings) on the 2017 International AyurVeda Congress to be held in London England.
Early Bird Discount: Register before December 31 to SAVE £170!
- 10% savings on MLG cosmetics..

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.

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

[Click here to enroll. www.imavf.org/registration/levels/](http://www.imavf.org/registration/levels/)

(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,- € (40,- € from underdeveloped countries.)

[Click here to enroll. www.imavf.org/registration/levels/](http://www.imavf.org/registration/levels/)

Maharishi Aroma Therapy Training Course

"It was magnificent. People were very happy and could relate the gentleness and simplicity of the teaching with their own life."

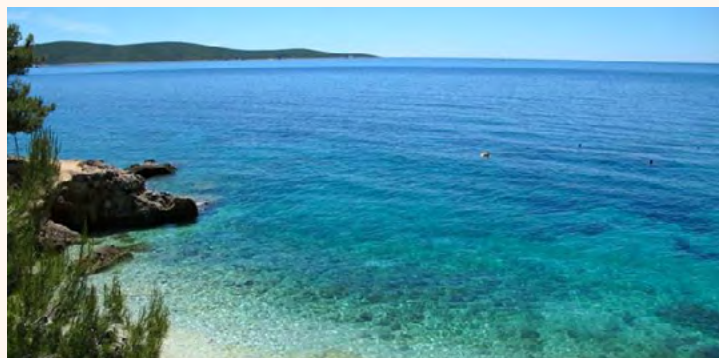
The MAT Course in Croatia this past September was structured to give course participants more hands-on experience than ever before. The course was led by Nadine Thomas, who guided the CPs to integrate the knowledge during the course.

Vaidya Pratmesh Vyas gave two presentations via teleconference. The first addressed how to keep emotions balanced and the spiritual path smooth, steady and joyful by applying the principles of Maharishi AyurVeda and by selecting and applying the correct essential oils.

The second, very powerful session covered the knowledge and practical techniques to assist those near death in leaving their body with gentle feelings of peace and well being.

Course participants commented:

"We bathed two weeks in essential oils and in the kindness, silence and knowledge of our course leader. Thankyou so much to Maharishi, to Rosie, Malte, Nadine and Vaidya Pratmesh Vyas. Whether you want to do it for yourself or start a consultation just do it!"



"I became even more conscious about the needs of my body, mind and emotions to work properly and fulfill my desires. The most important thing I learned from this course was the unbelievable yet profound effect of benefits that plants and flowers have on human physiology. The beauty and clarity of the teaching managed to transmit so much knowledge in a very short time."

If you are interested in organising a special national course in your own language, and can provide a translator, please contact Nadine at NThomas@Maharishi.net

Advertisement

Oshadhi

Passion for Nature

Oshadhi means "healing plants" in sanskrit and to-day the brand stands for the finest selection of essential oils, hydrolates and carrier oils from around the world. Our products are:

- without preservatives
- hand-bottled with care
- treated with Vedic technologies

organic

100% Natural
Essential Oils

Natural Body Care
& Cosmetics

www.oshadhi.com



Gudrun Buchzik

“The wonderful experience of unboundedness, lightness and relaxation to start meditation on a very subtle level.”

Gudrun Buchzik is a long-term TM teacher and yoga teacher, with over 1.500 hours of experience, and is certified to train Yoga Teachers worldwide. Since 2012, she has guided several Maharishi Yoga Asana 16-lesson- courses and all seven Maharishi Yoga Asana Teacher Training Courses including six at MERU and one in Thailand. Gudrun has been fulltime Deputy Director for Maharishi AyurVeda Products Europe since 2000 and she, together with Reinhard Rau, is the department head of the Maharishi Yoga Asana Department of the Maharishi College of Perfect Health International.

Q: What do you personally enjoy most about teaching yoga?

A: “When teaching yoga, it makes me happy to see how people (sometimes for the first time after many years) start to get in contact with their body. This is often a great breakthrough for them which leads to striking healing experiences, not only on the physical, but also on the emotional level.”

Q: In what way have you seen improvements in course participants or others who learn Maharishi Yoga Asanas?

A: “Participants state that physical and mental blockades start to disappear, even if they carried them for many years. They feel more healthy and flexible, stronger, experience more happiness, balance and inner peace, and they are much more confident.”

Q: Can you name the most important benefits of doing Yoga?

A: “Well, Yoga is in reality a state of consciousness, the experience of the inner Self, the infinite reservoir of creativity and intelligence within each of us. The Yoga postures (Asanas) are a preparation for meditation which helps us to gain that inner experience. According to the founder of Maharishi Yoga, Maharishi Mahesh Yogi, the goal is to establish an absolute state of balance of mind and body. Of course there are innumerable and scientifically validated benefits like physiological balance and mind-body coordination, improved physical fitness and flexibility, improved digestion, decreased backache and increased flexibility of the spine, normalization of organ functions, relief from muscle tension, and many more. All our bodily systems are affected in a positive way.”

Q: Which “school” of Yoga is taught in the course and what is special about this kind of Yoga?

A: “The course teaches classical Yoga postures described in the traditional texts of Yoga. The special sequence, application and consciousness-based practise of these Yoga Asanas was developed in 1992 by Maharishi Mahesh Yogi together with renowned Indian Yoga experts. Maharishi Yoga Asanas are practiced easily, comfortably and naturally, without strain or application of force or control, slowly and with attention. This enables the mind and body to settle down, supporting health by bringing life into harmony with Natural Law.”

Q: How is a typical day structured on the course?

A: “Each day of the Maharishi Yoga Asanas 16 lesson course contains two theoretical and two practical lessons, in total around three to four hours plus inspiring evening presentations. Participants not only learn the Yoga postures and breathing-techniques (Pranayama) but they gain a comprehensive understanding of the nature of Yoga – unification of individual and cosmic life. All aspects of Yoga are considered during the course, including insights into Yoga Philosophy, traditional Yoga literature, Ayurveda principles and Ayurvedic recommendations for routine and diet.”



Tips on Correct Practice of Bhujang Asana – “Cobra Pose”

“Here we see an advanced performance of “Bhujang Asana.” Practitioners should not try to copy advanced performances.

Especially in the west people are somehow very competitive, whereas Yoga is a process that takes place inward, not as an outer presentation. Therefore, it might be better to close the eyes when practising.”

“Students often want to copy an ideal. When performing this posture, they try to come up with the support of their arms

(instead using their back-muscles). When I introduce Bhujang Asana I ask students to lie in a prone position with outstretched arms and then raise the torso without using the arms. This helps them to realise how their personal, “natural” Bhujang Asana looks like. Beginner’s tend to “push” up with the arms and also pull up the shoulders. It’s not so important to come up very high when starting to practise Bhujang Asana. It’s more important to reach a steady position which is held comfortably, arms should not be angled outwards, legs should remain together and hips should remain on the ground, without straining either the arms or the upper back muscles.”

MAVF 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!

The next MYA Teacher Training course for ladies will be held 22 April -10 May 2017 in Seelisberg, Switzerland. To apply email: md-courses@maharishi.net

For MYA Professionals only: Check out our new post from Reinhard Rau, Head of the Maharishi Yoga Asana Department of the Maharishi College of Perfect Health International in the Maharishi Yoga Asana forum: Please log in to your account at IMAVF.org and click on “Yoga Forum”.

Upcoming Courses and Webinars



MAT Webinar for MAT Professionals

Saturday 10 December from 20:00 -21:30

An advanced discussion of fundamental Maharishi AyurVeda principles and their application in our MAT personalised treatments.

Follow-Up Q&A.

17 December from 20.10 to 20.30

MAT consultants that are IMAVF affiliates log into your account at www.IMAVF.org, click on News & Events, Live Webinars, MAT Webinars and register.

MAT consultants that are not affiliates go to www.IMAVF.org, click on „Join Us“ and register.

After 10 December you will find the webinar in the Archives.



Maharishi Yoga Asana TTC for Ladies

22 April - 10 May 2017

This course offers systematic training and deepest understanding in MYA in order to train certified governor ladies how to teach the MYA 16-lesson course with expertise and confidence.

To apply email: md-courses@maharishi.net



OPPORTUNITY

For MAV Practitioners: “Ask the Vaidya”

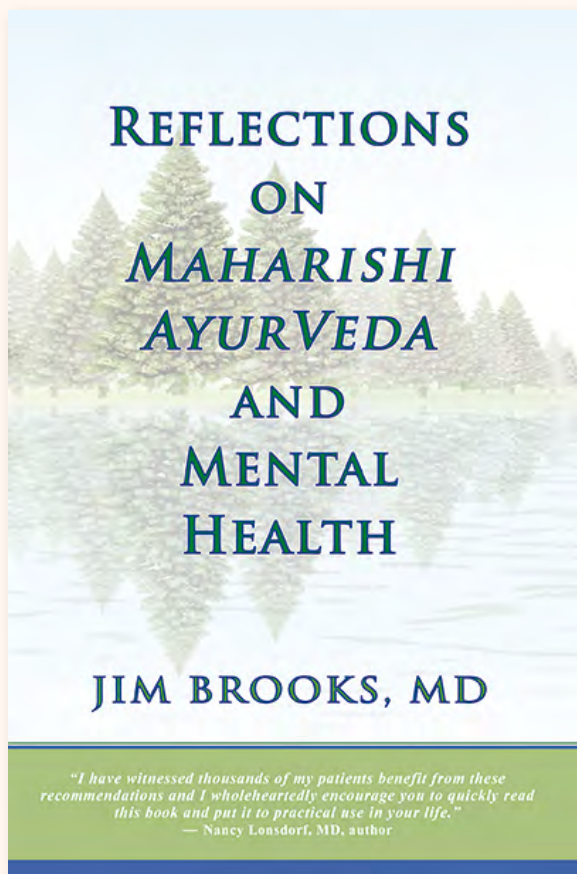
Offering Webinars structured around your questions

IMAVF be will offering regular webinars for Maharishi AyurVeda practitioners, conducted by renowned Vaidyas and will be structured around your questions.

We have already received great questions but need a few more to fill a whole webinar.

You are welcome to submit your specific questions about difficult cases, use of herbs, nuances of treatment recommendations – or what-ever you would like to have answered. Please email your questions to: editor@IMAVF.org with “Vaidya Questions” in the subject line.

Valuable Resources



Available from MUM Press: www.mum-press.com

Reflections on Maharishi AyurVeda and Mental Health **Jim Brooks, MD**

Chronic mental disorders, including depression and anxiety, are leading causes of morbidity, disability, and loss of quality of life. It is estimated that as many as one-third of all Americans suffer from some form of mental disorder.

In this groundbreaking work, Dr. Brooks addresses the inability of modern medicine to prevent and treat these chronic disorders. He proposes an effective solution found within the world's most comprehensive and ancient system of natural medicine – Ayurveda. World-renowned Vedic scholar and teacher Maharishi Mahesh Yogi, in collaboration with leading Ayurvedic experts, scientists, and physicians, conducted a modern revival of Ayurveda known as Maharishi AyurVeda.

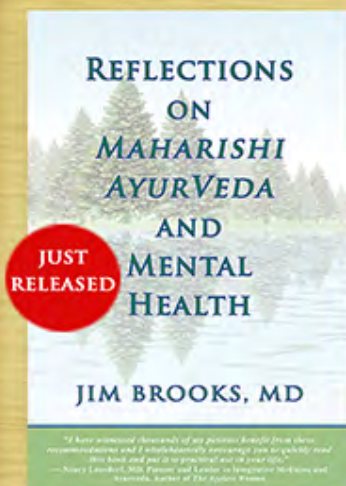
Dr. Brooks anticipates that the Maharishi AyurVeda approach to mental health, or Vedic psychiatry, will have a major impact on how medicine understands, prevents, and treats mental disorders.

"I have witnessed thousands of my patients benefit from these recommendations and I wholeheartedly encourage you to quickly read this book and put it to practical use in your life."

Nancy Lonsdorf, MD, Pioneer and Leader in Integrative Medicine and Ayurveda, Author of *The Ageless Woman*.

Advertisement

MAHARISHI UNIVERSITY OF MANAGEMENT PRESS



"Groundbreaking... fascinating...practical"

REFLECTIONS ON MAHARISHI AYURVEDA AND MENTAL HEALTH BY JIM BROOKS, MD

**An elegant proposal that could effectively solve the growing
mental health care crisis around the world.
A must read for all mental health care professionals.**

To Order: visit: www.mumpress.com or call: +1.641.472.1101

Reduced Stress and Trauma in Prisoners: Profound Results with TM in Just Four Months by Jim Karpen

A study published earlier this month found that after four months of practicing the Transcendental Meditation technique, inmates at two Oregon prisons had a 47% reduction in trauma symptoms, including anxiety, depression, dissociation, and sleep disturbance, and a significant decrease in perceived stress, compared to non-meditating controls.

The results, published in The Permanente Journal online, showed an even greater reduction of 56% in those with the highest level of trauma symptoms.

According to lead author Sandy Nidich, prisoners have one of the highest rates of lifetime trauma of any segment of society, with recent surveys showing that 85% have been a victim of a crime-related event, such as robbery or home invasion, or physical or sexual abuse.

Trauma is associated with higher rates of recidivism (returning to prison) and mental and physical health conditions, including cardiovascular disease.

„These findings, along with previous published research on veterans, active military personnel, international refugees, and other at-risk populations provide support for the value of the Transcendental Meditation program as an alternative treatment for posttraumatic stress,” said Dr. Nidich, director of the MUM Center for Social and Emotional Health.

The study used a randomized controlled design and was conducted at the Oregon State Correctional Institution and Oregon State Penitentiary, located in Salem, Oregon. A total of 181 moderate to high-risk inmates were assigned to either the Transcendental Meditation group or a non-meditating control group, with all subjects continuing with standard care. The participants were assessed using two standardized instruments: the Trauma Symptoms Checklist and the Perceived Stress Scale.

“I have watched inmates learn the Transcendental Meditation technique and become more human after a long and isolating period of becoming less human,” said coauthor Tom O’Conner, assistant professor of criminal justice at Western Oregon University. „Transcendental Meditation helps awaken, deepen, and solidify the kind of transformational process that we so badly need in our overburdened and costly correctional system.”

Other MUM authors include Randi Nidich, senior researcher at the MUM Center for Social-Emotional Health and Consciousness, and alumna Angela Seng.

Download the complete research report here:

www.thepermanentejournal.org/

From: The MUM Review, Vol. 32, #3, October 19, 2016 by Jim Karpen

Share your Research findings!

If you have conducted any research – clinical, lab or survey – please share your findings with your fellow IMAVF Affiliates. You are also welcome to share preliminary results, provided you indicate this clearly. We will all benefit by hearing updates on research in any area of Maharishi AyurVeda!

IMAVF Newsletter Editorial

Editorial Board:

**Dr. Rainer Picha, Dr. Walter Mölk, Lothar Pirc,
Dr. Girish Momaya, Dr. Kingsley Brooks,
Dr. John Fagan, Prof. Dr. Subhash Ranade**

Editor:

Thomas C. Selleck

Managing Editor:

Silvia Hawkins

Contributors:

**Dr. Rainer Picha, Dr. Walter Mölk, Lothar Pirc, Dr. Keith Wallace,
Dr. Fred Travis, Gudrun Buchzik**

Contributing Research Reporter:

Jim Karpen

Editorial Research:

Martin Rickinger, Rolf Gründler

PDF Newsletter Designer:

Hans-Jürgen Metz and Monika Schwarz

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



The IMAVF newsletter is published every other month by
IMAVF, Station 24. 6063 NP Vlodrop, The Netherlands.

Send address changes to: editor@imavf.org