



Dr med. Rainer Picha
IMAVF Chairman of the Board

Dear Colleagues,

We are now well into our 6th year of the IMAVF NewsMagazine with this 22nd edition!

We are happy to report the resumption of many updated training courses in Maharishi AyurVeda:

- Maharishi AyurVeda Aroma Therapy Consultant Phase II online Training Course begins on 27 October, led by Andréia Castilho.
- Maharishi Light Therapy with Gems in-residence course Phase I Part 3 course starts on 5 November, led by Joachim and Iris Roller.
- MIU announces the first-ever Fellowship MS in Integrative Medicine & Ayurveda for Medical Professionals.
- Applications are accepted now for the March 2023 Postgraduate Programme in Ayurveda at Alma Mater Europaea University.
- Construction has begun on the new Maharishi AyurVeda Centre "Vyas Retreat" in Nepal.
- Dates are confirmed for the 7th International Ayurveda Congress in Kathmandu, Nepal, 3–5 March.

In this issue, you'll also find details on how Maharishi Yoga Asanas can restore physiological balance to people who have experienced trauma.

Many thanks to everyone in our international family of practitioners in all the modalities of Maharishi AyurVeda for their continued work in making this precious knowledge available throughout the world!

With warmest wishes,



Dr med Rainer Picha
IMAVF Chairman of the Board

P.S. Please invite your colleagues to join IMAVF – and if you are not yet an IMAVF affiliate yourself, please [click here to enroll](https://www.IMAVF.org) (or renew!)

**In this issue: Yoga as trauma therapy–
How Maharishi Yoga Āsanās can help
restore balance to a destabilised physiology**



Gudrun Buchzik, Maharishi College of Perfect Health International, explains how "Trauma Yoga" can play an important role in helping people regain stability after traumatic experiences.

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Thai government initiates *Green Medicine* to promote traditional medicine *Alternative therapies, regenerative and anti-ageing sciences also supported*



Banking on the growing awareness of alternative healthcare's benefits, especially the preventive and holistic healing effects, the Thai government has initiated *Green Medicine* to innovate from its rich heritage of traditional medicine. More scientific research is being conducted to validate and develop traditional herbs for recognition and integration into modern healthcare services.

Traditional therapeutic treatments such as Thai massage and herbal medicine have increasingly gained worldwide recognition. Many hospitals in Thailand have bridged the gap between medical treatment and preventive care, making healthcare more effective and comprehensive. The country has also earned itself the reputation as "The Spa Capital of Asia" for its top-rated wellness experience that blends a variety of traditional healing practices with state-of-the-art health and wellness technologies.

Thailand is building on its strong foundation as a top-ranked medical tourism destination as it aims to promote ten areas of the medical and wellness services, including regenerative and anti-ageing sciences, alternative medicine, cardio science, musculoskeletal, dental clinic, in-vitro fertilization, cancer treatment, surgeries, ophthalmology (cataract) and precision medicine. Before the coronavirus pandemic, the value of medical tourism in Thailand amounted to around nine billion U.S. dollars in 2019 and was forecast to reach approximately 24.4 billion U.S. dollars in 2027, according to Statista.

In 2021, Thailand was ranked 5th in the world, and 1st in Asia, in the Global Health Security Index by John Hopkins University for its pandemic response capacity. The Health Care Index 2021 by CEO World magazine also ranked Thailand in the 13th place globally based on overall health factors.

Affordable costs, high-quality medical professionals, world-class healthcare facilities and superb wellness services have propelled the demand for Thailand's medical and wellness services from abroad. With the *Green Medicine* initiative, Thailand is now aligned with the growing international trend of incorporating traditional and integrative methodologies into the existing healthcare systems.

Reference: <https://www.prnewswire.com/news-releases/thailand-heightens-its-healthcare-hub-ambition-with-integrative-medicine-301617683.html>



Global Ayurveda Ambassador Award conferred on Prof Dr Subhash Ranade & Dr Sunanda Ranade

Professor Dr Subhash Ranade and Dr Sunanda Ranade received the Global Ayurveda Ambassador Award from the Ayurveda Teachers Association (National) on 16 August in the presence of dignitaries like Shri Jayant Asgaonkar, Dr Govind Khati, and Dr Milind Nikumbh Pro VC, MUHS, Nashi.

The Ranades are among the world's foremost experts on Ayurveda and are the authors of 127 books on Ayurveda and Yoga, published in fifteen languages.

They have been instrumental in promoting consciousness-based Maharishi AyurVeda around the world. They have visited 60 countries on all five Continents and have conducted hundreds of Ayurveda courses for medical practitioners. Dr Subhash Ranade also serves as a Board Member of the International Maharishi AyurVeda Foundation.

Construction begun on Maharishi AyurVeda Centre “Vyas Retreat” in Nepal Luxury full-service plans opening in 2024



Rendering of the Vyas Retreat with 27 guest rooms
and 10 treatment rooms

The *Vyas Retreat* is located on a secluded location in one of the most natural and untouched forests within Pokhara Valley, with stunning views of the Annapurna Himalayan Range. After Kathmandu, Pokhara City is Nepal's most popular destination, with over 250 restaurants and abundant geographical, cultural and tourist attractions, all within 7 km from the site of the *Vyas Retreat*.

The *Vyas Retreat*, a Nepalese foreign direct investment Company, is selling shares of its company to raise \$1,500,000 in capital to complete the construction of its 27-room hotel and health center in Pokhara, Nepal. Maharishi International University is a principal shareholder in the company. If you are interested in making a donation, or becoming a partner and investing in this state-of-the-art Maharishi Vastu Panchakarma Center, please contact hr@maharishi.org.np.

Shareholders and donors may receive a Premium Membership that allows them to have discounted use of the property and panchakarma services. Future profits from the *Vyas Retreat* are planned to stay in Nepal and be granted to the *Nepal Maharishi Foundation for Vedic Culture* to preserve and strengthen the Vedic way of life in the Pandit schools (Gurukuls) of Nepal.

For more information please visit <http://vyasretreat.com/>

On 26 August, the formal Groundbreaking ceremony for the Maharishi AyurVeda Centre took place in Pokhara, Nepal, and construction began in September.

<https://www.youtube.com/watch?v=wCk---MhUW8>

The *Vyas Retreat* project was initiated by Hagen and Jenna Rainbow with the support of Drs Kingsley and Leslie Brooks, International Directors of Maharishi Vedic Foundation Nepal. The *Vyas Retreat* will offer Panchakarma (PK) treatments and other healing modalities of Maharishi AyurVeda. Profits will go towards supporting the Vedic Pandits and the Vedic traditions in Nepal.



(L to R), Niru Shakya Architect; Deepak Singh Director, BSN Campus; Drs Leslie & Kingsley Brooks, Int'l Directors MVFN; Arjun Koirala, Vastu Consultant & Engineer; Deepak Baskota, Nepal National Director, Samikchya Baskota, Legal Council; Rakshya Shrestha; Ram Gopal, Rabina Construction; Rychaya Shrestha, Rabina Construction



View of Annapurna Range from the Vyas Retreat site

SAVE THE DATE! Spring 2023 *Seventh International Ayurveda Congress* *"Roadmap for Globalization of Ayurveda"*



3-5 March 2023, Kathmandu, Nepal

Plan now for your visit to Nepal! The first International Ayurveda Congress in Asia will be a forum for leading international experts and health professionals to expand their scope of knowledge of Ayurveda. Workshops will cover medical applications, herbal, pharma and engineering topics and will include in-depth explorations of the science of Ayurveda. Ideal Health, Prevention of Chronic Disorders, and Natural Approaches to the Reversal of Ageing will be the primary themes.

Tours of sacred sights and the natural wonders surrounding Kathmandu will be available. For details and updates:

www.internationalayurvedacongress.com/nepal-2023/

Third Postgraduate Programme in Maharishi AyurVeda Begins 22 March 2023

The second *Postgraduate Certificate Programme* in Ayurveda at Alma Mater Europaea is well underway, and a third year-long course will begin on 22 March, 2023.

This unique professional programme, developed by the Maharishi College of Perfect Health International (MCPHI), is open to students with training in medical or health science or related experience in the healthcare field.

One of the first graduates from the programme was Medical Doctor Thirza de Jong, Mb. ChB (BE), PgD.Trop.Med.(SA), MPH (UK): "As a medical doctor, I have always tried to look at health from a holistic perspective. During the course I have learned so much from Professor Marković. After completion, I felt like I have all the knowledge needed to start practicing Ayurveda. The Postgraduate taught me to approach health from a different, more holistic perspective, while still valuing allopathic medicine."



The one-year programme is led by Dr Gordana Marković and includes both in-residence training at Alma Mater Europaea in Maribor, Slovenia and online home study. The application deadline is 28 February 2023.

To download the Prospectus with detailed information, please visit: www.ayurvedatraining.eu

New Masters in Integrative Medicine and Ayurveda at MIU begins August 2023 *Includes New Fellowship Track for Physicians*



The College of Integrative Medicine of *Maharishi International University* has launched a new Master of Science degree programme, the ***Fellowship MS in Integrative Medicine & Ayurveda for Medical Professionals*** that provides training in general integrative medicine with a speciality in Ayurveda.

The Master's degree is accredited by MIU in Fairfield, Iowa, and is open to licensed health professionals in any country: physicians, nurse practitioners, physician assistants, doctors of naturopathic medicine, dentistry or pharmacy.

The fellowship track for physicians is provisionally approved for board certification by the American Board of Integrative Medicine. The programme targets working professionals and is largely online and part-time over two years.



"This is the first Fellowship MS in integrative medicine designed especially for the unique needs of physicians and advanced practice providers that provides both general training in integrative medicine and speciality training in Maharishi AyurVeda at the level of a national board of physician specialties" explained Robert Schneider, MD, FACC, Dean of the MIU College of Integrative Medicine and executive director of the MS Fellowship.

For the general integrative medicine portion of the curriculum, the programme will cover evidence-based integrative approaches from modern medicine and world medicine in collaboration with the *University of Arizona Andrew Weil Center for Integrative Medicine*. "Our colleagues there have refined their foundation fellowship curriculum over the past 20 years and have a strong emphasis, as we do, on science-based, holistic methods for prevention and treatment of disease and promotion

of higher states of wellness and health. Our new programme begins and ends with whole person health for the physician-provider, the patient, their communities and society", added Dr Schneider.

Consciousness-based medicine emphasises whole person care

The expert clinical faculty includes Associate Director Charles Elder MD, MPH FACP, a published researcher in whole person medicine and leader in Maharishi AyurVeda. Dr Elder explained the programme's unique approach: "Frontline clinicians are constantly confronted with the challenge of managing patients with musculoskeletal pain, functional bowel disorders, and other chronic conditions that too often are not fully understood or adequately managed using a narrow Allopathic model. The programme will provide clinicians with a supplemental set of diagnostic and therapeutic clinical tools that will allow for a more holistic, sustainable, fulfilling, and effective paradigm of clinical practice, synthesising the best of the Allopathic, general Integrative medicine, and Ayurvedic approaches."





Assistant Director of the programme, Sankari Wegman PhD, elaborated on how traditional Ayurveda experts (Vaidyas) contributed to the creation of the Maharishi AyurVeda component of the curriculum in this MIU degree programme:

"The current Fellowship MS programme brings together the most ancient and holistic knowledge of consciousness as the foundation of health with the most advanced modern medical discoveries on lifestyle, prevention, mind-body medicine, and planetary health. We are grateful to Maharishi Mahesh Yogi and his Council of Ayurveda Experts who began teaching Ayurveda to modern medical doctors in the 1980s at MIU and around the world, thereby paving the way for the modern development of integrative medicine that is now influencing the standards of contemporary care in every country."

The Master's Programme begins August 2023 and is open to Physicians (MD, DO), Advanced Practice Registered Nurses (ARNP, CNP, NP, CRNA, CNM), Physician Assistants (PA), ND Naturopathic Physicians (ND, NMD)

- Two-year program with 12 hours of online study per week
- Curriculum balanced between general Integrative medicine and Integrative Ayurveda
- Two weeks of residential clinical training at MIU in Fairfield Iowa

Note for International Students:

If response is high enough, MIU will offer the week-long live Clinicals at a location in Europe and Asia

- Accredited by the Higher Learning Commission and approved for federal financial aid

For details, please visit: www.miu.edu/msfellowship



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- Mental problems, such as anxiety, depression and insomnia etc
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The Maharishi Vedic Sound Technology programme is not intended as a replacement for any medical care that might be necessary. Individuals who inquire about the programme 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 • WWW.VEDICSOUND.ORG

The *Maharishi AyurVeda Health Centre* in Seelisberg offers world-class Ayurvedic treatments, *Panchakarma* treatments and unmatched natural beauty for deep healing



The *Maharishi AyurVeda Health Centre* in Seelisberg is the longest-operating MAVHC in Europe, and although it is a relatively small operation, it is great in terms of know-how, reputation, client comfort and profound experiences.

It offers a full range of Maharishi AyurVeda treatments and services, provided by one of the most experienced MAV teams, led by Dr Sophie Beall, MD and her husband Dr Eric Beall, PhD.

Most people are familiar with the *Sonnenberg*, *Kulm* and *Pilgerheim*, but in recent years the *Vastu Chalet*, a Maharishi Vastu Architecture building, was constructed which houses treatment and guest rooms.

Two significant side-benefits of Maharishi AyurVeda therapies in Seelisberg include the unmatched deep silence of the facility itself, which functioned as Maharishi's home and World Headquarters for many years and the exquisite beauty of the environment all year 'round. Seelisberg remains a "jewel" -- as Maharishi stated once -- and is an ideal location for MAV therapies in any season.

Available treatments at the MAVHC in Seelisberg include:

- Panchakarma
- Kalari Marma Uzhichil
- Marma Therapy
- Aroma Therapy
- Maharishi Light Therapy with Gems
- Radiant Health Beauty treatments
- 1-day to 21-day programmes

www.ayurveda-seelisberg.ch/index.php?page=home&hl=en_US



List your MAV services in the MCPHI International Directory.

The Maharishi College of Perfect Health International (MCPHI) is setting up an international public directory of health practitioners trained in one or more Maharishi AyurVeda healing modalities.

If you are interested in listing your services and have not applied yet, please fill out this short online application form: <https://mcphi.org/directory/>

We appreciate your continued dedication to improving health through Maharishi AyurVeda.

The role of Yoga in Trauma Treatment

Restoring balance to a destabilised physiology

Gudrun Buchzik, Maharishi College of Perfect Health

Department of Yoga Therapy – Yoga Āsanās and Prāṇāyāma



How Trauma destabilises the mind and body

Did you know that approximately 70 per cent of adults undergo at least one traumatic event in their lifetime, an event that is experienced as shocking, scary or dangerous?

At least 20 per cent of people who experience a traumatic event will develop PTSD (post-traumatic stress disorder), a trauma-related illness which often disrupts their whole life and may also result in depression, anxiety and alcohol or drug issues. Fearfulness and feeling unsafe, even in previously safe environments, are some of the common symptoms of PTSD. The affected person is more easily “triggered” by stressful situations and may react inappropriately more to even neutral stimuli.

How does our body react to trauma?

People's reactions to traumatic events depend on various factors, including the nature and intensity of the experience, the situation, and one's resilience. However, in general, we can say that a traumatic experience overloads the normal stress management system.

The physiological and psychological effects of the traumatic experience are not stored in a way that physical sensations, feelings, thoughts and actions can be remembered in connection with the experience. This means that the individual elements of the different physical sensations, feelings and thoughts suddenly erupt at a later time in an uncontrollable manner.

Long-lasting effects of traumatic events

Trauma has a deep and long-lasting effect on the entire organism. The body's alarm systems turn on and then never fully turn off. As a result, traumatised individuals often never feel safe or at ease in life, have difficulty sleeping and may react with distrust or suspicion even to friendly interactions. Trauma patients have difficulty connecting with others because there is no connection with themselves.

At this point, signs of stress cannot even be recognised anymore, and it is impossible to compensate with self-care or take action to resolve the underlying issues.

“Trauma-Yoga”— an effective body-oriented therapy to restore disrupted stability

For more than a decade, leading trauma experts have begun to use Yoga to treat trauma. Yoga, as a body-oriented therapy, uses Yoga-Āsanās and breathing techniques to rebuild connection to the self.

Trauma Yoga consists of very gentle practices to calm the nervous system and address trauma-induced symptoms at a deeper physiological level. By experiencing the present moment, the brain's fearful “always-on” trauma-induced self-protective mode is calmed.



One symptom of Trauma is feeling one cannot make any decisions. However, when practising Yoga Āsanās, traumatised people gradually find ways to make kind, gentle and loving choices towards themselves and start to reconnect with their bodies.

The ability to remain present gets cultivated, inner experiences are gradually noticed and tolerated again, and slowly a new relationship with the body is developed. This in turn has a positive effect on emotional and mental health, relationships and personal perception.

Yoga allows people to slowly build both physical and psychological strength. Ideally, teachers will have undergone thorough professional training before working with traumatised people.

Recent research has demonstrated that Yoga can be a valuable support as a complementary PTSD treatment therapy.¹

Maharishi Yoga Āsanās

Maharishi Yoga Āsanās, as developed by Maharishi Mahesh Yogi together with leading Yoga experts, are practised slowly, gently, easily, without any force and with full attention. This consciousness-based approach can be an essential part of an overall healing process for traumatised individuals.

Maharishi Yoga Āsanās produce balance in the body, which stimulates a high level of integration within and between the bodily systems and therefore promote integration of brain functioning. Each Āsana enhances biomechanical symmetry, which in turn reflects in symmetrical functioning of the central nervous system, especially the integration of the functioning of the right and left hemispheres of the brain.²



Practising Maharishi Yoga Āsanās leads to the subjective experience of pleasantness and well-being. These experiences are closely associated with the production of specific biomechanical messengers such as neuropeptides and neurotransmitters, which help maintain a balanced functioning of the immune and neuroendocrine systems.

Through the performance of a special sequence of Yoga Āsanās, a holistic state of autonomic balance and stability is created, which is capable of integrating specific sensory influences while maintaining balance even when being exposed to challenges.

Maharishi Yoga Āsanās support balance, healing and good health on all levels of life.



Alternate nasal breathing exercise – Prāṇāyāma

Many research studies³ show that alternate, slow nasal breathing (as it is done during “Sukh-Prāṇāyāma”) leads to positive neurological and autonomic changes and can promote relaxation and mindfulness. It has been demonstrated that Prāṇāyāma supports multiple aspects of physical and mental health, including improved functioning of lungs and heart, blood pressure, and brain functioning.

Regular practice of slow, alternate nasal breathing purifies the nervous system, has positive effects on heart rate variability, and conserves energy. These breathing exercises are practised after the Yoga Āsanās and before (Transcendental) Meditation.

Yoga restores a sense of safety and ease within one’s own body

By gently re-establishing a friendly relationship with one’s own physical being through the practice of Maharishi Yoga Āsanās, both the body and mind begin to relax. This, in turn, can allow even traumatic stress to begin to be resolved. Gradually a sense of inner safety and ease within one’s own body can be experienced. The Maharishi College of Perfect Health International regularly offers different courses on Maharishi Yoga Āsanās and Prāṇāyāma for both beginners and advanced students.

<https://mcphi.org/maharishi-yoga-asanās/>

¹ Research on Yoga-Āsanās, including randomized controlled trials:

A Yoga intervention for post-traumatic stress: a preliminary randomized control trial — <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4558444/>

Yoga as an adjunctive treatment for post-traumatic stress disorder: a randomized controlled trial — <https://pubmed.ncbi.nlm.nih.gov/25004196/>

A randomized controlled trial of the influence of Yoga for women with symptoms of post-traumatic stress disorder — <https://pubmed.ncbi.nlm.nih.gov/35382845/>

² How Does the Central Nervous System for Posture and Locomotion Cope With Damage-Induced Neural Asymmetry? —

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8927091/>

³ Observational study on Prāṇāyāma — <https://pubmed.ncbi.nlm.nih.gov/35780374/>

Maharishi AyurVeda Aroma Therapy Consultant Training Course *Phase II enrollment open now; Course begins 27 October*

Graduates of Phase I of the Maharishi AyurVeda Aroma Therapy Consultant Training Course are invited to become qualified to give consultations to the general public by attending the Phase II training.

Meditators, Sidhas and Governors who are already full-fledged MAAT consultants also may wish to take this updated Phase II course as a refresher to get the latest tools and latest knowledge to practice MAAT.

The course will cover the whole range of the Maharishi AyurVeda Aroma Therapy practice while learning from the greatest experts in the unique method used in MAAT. Gaining deep familiarity with the finer values and the mechanics of action of the essential oils will be more fulfilling for one's own understanding, and will help consultants to apply them in an easier way. Course participants will also build new skills by using the 15 essential oils in the new VedAroma Kit.

Other new features include forms that make it easier to prepare for a consultation, recommendations by Vaidya Vyas, and many useful handouts (the Dosha effect of carrier oils, dilution tables for adults and children, etc).

The Phase II Course will enable MAAT consultants to:

- Learn which are the 25 essential oils that address most health concerns.
- Sharpen your skills as an aroma therapist by reviewing case studies and having lively discussions.
- Test your mastery of the unique method used in MAAT by receiving more extensive feedback from experts in MAAT, doctors and Vaidya Vyas.



- Learn and practice the consultation steps that will prepare you to give consultations to the general public.
- Learn how to give consultations online (via Skype, Zoom, etc).
- Gain an introductory understanding of hydrolates.

Upon successful completion of this Phase II of the Maharishi AyurVeda Aroma Therapy Consultant Training Course, you will receive a Certificate enabling you to give consultations to the general public and have the opportunity to become an affiliate of the International Maharishi AyurVeda Foundation for Health Professionals.

This course is offered by the Maharishi College of Perfect Health International - Department of Maharishi AyurVeda Aroma Therapy.

This Phase II course includes live instruction by Dr Walter Moelk, Andréia Castilho, Dr Charlotte Bech and Vaidya Prathmesh Vyas, as well as special guest teachers, along with selected lectures by Maharishi.

Maharishi AyurVeda Aroma Therapy Consultant Training Course Phase II 27 October to 8 December 2022: 18 live online sessions – 3 sessions per week



Open to graduates of the Maharishi AyurVeda Aroma Therapy (MAAT) Consultant Training Course Phase I and to full-fledged MAAT consultants.

Course fee: 195€

Plus required course materials: Ved Aroma Kit (new) and Power of Essentials Oil Booklet (full version with 136 pages)

Affiliates of International Maharishi AyurVeda Foundation (IMAVF) receive a discount of 10% on the course instruction fee.

For full course details, available discounts on course fees, and the schedule, please visit:
<https://mcphi.org/maharishi-ayurveda-aroma-therapy-maat-consultant-training-course/>

Maharishi Light Therapy with Gems in-residence course starts 5 November ***Phase I Part 3 course offered at Maharishi's Peace Palace in Vlodrop, NL***

Governors and Sidhas of Transcendental Meditation with professional health backgrounds who have recently completed the online webinars Part 1 and 2 are invited to learn the fundamentals and application of Maharishi Light Therapy with Gems and become qualified to offer treatments to the public from 5 – 21 November 2022.

After successful completion of this course, participants will become practitioners of MLG at the Phase 1 level. They will be qualified to give treatments to healthy people and those with minor imbalances, the first phase of a rewarding career as a Maharishi Light Therapy with Gems practitioner. Participants will learn all the practicalities of giving successful treatments, and graduates will be eligible for future advanced training.



Many practitioners have found that giving treatments is not only extremely rewarding personally but is also a wonderful way to support their Transcendental Meditation Centres.

This course will include two weeks of profound knowledge: how gems are formed, their health and spiritual benefits, their relationship to the Grahas in Jyotish, and much more.

Many of the course meetings will be offered in the supportive environment of Maharishi's Peace Palace in Vlodrop, The Netherlands, which allows for ideal learning and spiritual growth with its Vastu architecture. Some practical sessions and housing will be held in a nearby facility to allow for maximal rest and comfort.

The course will be taught by Joachim and Iris Roller, the heads of the Maharishi Light Therapy with Gems (MLG) Department, assisted by their daughter Orelia. Professor Joachim Roller is a gemologist and jeweller who developed MLG over a period of 30 years under the guidance of Maharishi. Soon after becoming a Governor, Joachim met with Maharishi and asked him how he might use gemstones to promote better health and development of consciousness. Maharishi advised him to look into AyurVeda, the traditional system of healthcare of India. Joachim took Maharishi's advice and, over many years, developed a practical, modern technology that could bring the benefits of gemstones to everyone. Today, Joachim and his wife Iris oversee the development of MLG worldwide and have together trained over 200 practitioners of MLG.

Developing Skills to Master the Whole Range of Maharishi Light Therapy with Gems Practice

5 – 21 November 2022 in Vlodrop, The Netherlands
with Joachim, Iris and Orelia Roller and guest speakers
(held in English and German)

For full details on the course, including course fee and accommodation, please visit:

<https://mcphi.org/mlg-training-phase-1-part-3>

MAHARISHI VEDIC ASTROLOGY AT A GLANCE

Five-Lesson Online Seminar for Beginners
Starting 30 October 2022

SIGN UP HERE

MAKE USE OF YOUR HIDDEN POTENTIAL

Time is one of the most precious commodities in life, yet are we always making maximum use of it? Is there a relationship between our past, present, and future? And why are we sometimes so lucky and other times running into obstacles?

Find out the answers to these and other questions in this fascinating new online seminar designed for beginners and expressed in simple, non-mystical terms.



COURSE DESCRIPTION

This course consists of five 90-minute Zoom sessions held on Sundays from 30 October through 27 November 2022. The Zoom meetings will also be recorded and posted in case you're not able to attend or want to view them again.

Gain a Solid Foundation of the Basics: You will learn the basic structure and components of the horoscope used in a Maharishi JyotishSM Consultation, including the basic vocabulary and principles of prediction.

Experience Authentic Knowledge: Each session is filled with knowledge derived from the timeless Vedic Science of Maharishi Jyotish and will feature historic talks by Maharishi.

Enjoy Richly Illustrated Graphics, plus simple in-class exercises that will support and integrate each step of instruction.

Ask Your Questions and Participate in Discussions: Each lesson includes a lively Q&A component to support your learning experience.

Course Fee: \$10 to \$35 tuition fee depending on country.

FACULTY

Course Leader, Dr Ann Crowell, DSCI, has extensive knowledge of Maharishi Vedic ScienceSM, especially in the area of Maharishi Jyotish, and has produced many courses taught in over 70 countries.

She is the Co-Director of the Department of Maharishi Jyotish for the Maharishi College of Perfect Health and Director of Curriculum Development for the Brahmananda Saraswati Jyotish Foundation.



Maharishi Vedic Astrology at a Glance is available through MIU Continuing Education: <https://www.miu.edu/maharishi-vedic-astrology-at-a-glance/>



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.
- **Special Service!** "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: 2023 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.
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