



IMAVF NewsMagazine

International Maharishi AyurVeda Foundation (IMAVF)

Serving all Maharishi AyurVeda Health Professionals Worldwide

SPRING 2024



Dear Colleagues,

Here is your personal copy of the 26th edition of the IMAVF NewsMagazine!

We are gratified by all the progress in promoting traditional Ayurveda and especially Maharishi AyurVeda around the world. Your continued dedication helps build this momentum, and we honour all those who practice any of the Maharishi AyurVeda modalities.

- In this issue, you'll read about new scientific research that reveals the mechanics of how damaging neuronal waste is expelled in coordinated waves during sleep to create a profound purifying effect for both mind and body.
- Be inspired by the success of Lothar Pirc's and Dr Girish Momaya's trip to India where they spread the knowledge of Maharishi AyurVeda and TM.
- Enjoy the highlights from Dr Fleet Maull's in-depth interview with Dr Nader at The Expanded States of Consciousness World Summit in March.
- Read about the inspiring programmes planned for the 9–12 May Congress of the German Society for Ayurveda (DGA) in Erfurt Germany.
- Learn how to preorder Dr Tony Nader's revised book *Consciousness is all there is* and access a new series of webinars with Dr Nader on how to apply Maharishi Technologies of Consciousness to different areas of life, plus additional "Preorder Package" gifts.

We invite you to send in your news to share with all members of the extended Maharishi AyurVeda family.

With warmest wishes,

Dr 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 \(or renew!\)](#)



9–12 May Congress of the German Society for Ayurveda (DGA): From diagnosis to therapy

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Lothar Pirc and Dr Girish Momaya spread the knowledge of Maharishi AyurVeda and TM during their trip to India



Indian TM Teachers & Students at the Ayurveda College

Students learned Transcendental Meditation at the Ayurveda College of Dr. D. Y. Patil University (DPU), Pune, India in December 2023

Lothar Pirc, Dr Girish Momaya and local TM teachers taught the technique of Transcendental Meditation to about 100 students at the Ayurveda College of Dr. D. Y. Patil University, Pune, India.

"It was very impressive to see how much the students appreciated the course. The wonderful benefits in terms of more calmness, more energy and clarity of mind was already clearly noticed in the first few days" remarked Mr Pirc. "We are very grateful to the leadership of the Institute to have offered this wonderful programme to their students."



Speakers of the UCC on the stage

Dr Girish Momaya and Lothar Pirc both attended the United Consciousness Conclave in Ujjain, India

Dr Momaya gave a featured presentation on "Spirituality as the purpose of life" and Mr Pirc also addressed the audience during the three-day conference in December 2023.

With a vision of "One Consciousness, One Being", the United Consciousness Conclave 2023 offered a harmonious gathering blend of eminent scholars, artists, researchers and practitioners of different faiths, religions, and sciences, including Yoga, to declare the "Divine beyond The Divides".

<https://events.unitedconsciousness.in>



Lothar Pirc addressing students and faculty at DPU

Lothar Pirc teaches Vedic Management principles as Professor of Practice at DPU, a leading private university in Pune, India

Lothar Pirc has been teaching at the Center for Online Learning at DPU, Dr. D. Y. Patil Vidyapeeth, Pune, since 2023.

With approximately 10,000 students, DPU is known nationwide for its Center for Online Learning, state-of-the-art infrastructure and highly motivated faculty members.

"Last year alone, there were an average of 1,000 Master Business students to whom I was able to impart fundamental teachings about the Vedas for their life and health", explained Mr Pirc.

"I am honored to share my expertise on Vedic knowledge with the students as a Professor of Practice in this great institution."

<http://www.dypatilonline.com/>



Dr Girish Momaya addresses the delegates

Dr Girish Momaya gave a keynote presentation at the 5th Global Ayurveda Festival December 2023 Summit, attended by more than 7,500 delegates from 75 countries

The 5th Global Ayurveda Festival was held from 1–5 December 2023 at Thiruvananthapuram in India. With a theme of

“Emerging Challenges in Health Care and a Resurgent Ayurveda”, the Summit was one of the largest of the year, with more than 1,000 research presentations and over 1,000 poster presentations. The Festival also convened a National Health Fair covering a 100,000 sq. ft area with over 500 booths. It invited over 200,000 visitors.

Dr Girish Momaya’s keynote speech conveyed the concept of *Holistic Health and World Peace in Ayurveda*. He introduced Maharishi’s concept of the *Field effect of Consciousness* by presenting one of the recent studies in the USA: this study found that during the demonstration of coherence in collective consciousness during 2007–2011, there were significant reductions in negative trends—indicators of national stress—in the USA.

Prof. Vaidya Subhash Ranade and Dr Sunanda Ranade receive prestigious awards Global leaders in Ayurveda honoured again for their achievements



Prof. Subhash Ranade and Dr Sunanda Ranade receive “Exponent of Ayurveda in Foreign Countries” award

Prof. Subhash Ranade and Dr Sunanda Ranade have spent the last 43 years in service spreading Ayurveda globally and have been instrumental in promoting consciousness-based Maharishi AyurVeda around the world.

On 27 February 2024, they were honoured with the “Exponent of Ayurveda in Foreign Countries” award on the occasion of Centenary celebration of Rashtriya Shikshan Mandal, in Pune, India. Prof S B Mujumdar, Chancellor, Symbiosis University and Dr Dilip Puranik, Chairman, RSM bestowed the award along with mementos including Pagadi, Shawl, Silver Ganesha and Balaji.

Send us NEWS and UPDATES!

IMAVF is here to serve you – and to help you spread the news of your successes.

Maybe you have news, a success story, a testimonial from one of your clients, or even a practical tip about running your practice that you would like to share with your colleagues.

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

Dr Tony Nader – inspiring highlights from his interview by Fleet Maull in March



TONY NADER, MD, PHD

Medical Doctor, Neuroscientist, Global Head of the Transcendental Meditation Organization, & Bestselling Author of One Unbounded Ocean of Consciousness

Dr Tony Nader was a featured presenter at *The Expanded States of Consciousness World Summit* held from 19 to 26 March 2024, when he was interviewed by mindfulness educator and author, Fleet Maull, PhD. In their wide-ranging discussion Dr Maull and Dr Nader delved into the nature of consciousness, the role of teachers in guiding spiritual growth, and the transformative power of practices such as Transcendental Meditation.

Dr Maull's insightful questions prompted Dr Nader to illuminate the intricate layers of human consciousness, emphasize the interconnectedness of all beings, explore the relationship between the egoic self and the unified field of consciousness, and shed light on the journey of self-discovery and expansion.

Dr Nader discussed the concept of non-duality and how meditation, particularly Transcendental Meditation, provides a direct experience of pure consciousness. He emphasized that consciousness is fundamental to understanding reality and explained how scientific research supports the benefits of meditation on physical and mental well-being.

The conversation also delved into the distinction between consciousness as a noun, representing a fundamental field of being, and consciousness as a verb, describing the act of being conscious of something. Dr Nader clarified that consciousness is non-material and non-local, existing beyond time and space.

Regarding the relationship between consciousness and energy, Dr Nader explained how quantum field theory aligns with the concept of a unified field of consciousness. He asserted that consciousness is not a byproduct of physical processes but rather the essence of reality, manifesting in various forms and perspectives.

Dr Fleet Maull and Dr Tony Nader also explored the journey of expanding consciousness and transitioning from a limited, dualistic perspective to a more expansive, non-dual experience.



FLEET MAULL, PHD

Dharma Teacher, Executive Coach, Social Entrepreneur, Founder of Heart Mind Institute and Prison Mindfulness Institute, Author of Radical Responsibility and Dharma in Hell

Dr Nader described consciousness as evolving from its most limited forms, such as elementary particles, to higher states of consciousness represented by more complex organisms like human beings. He emphasized that the ultimate reality is pure consciousness and that the practice of Transcendental Meditation enables direct experience of this unbounded field of consciousness.

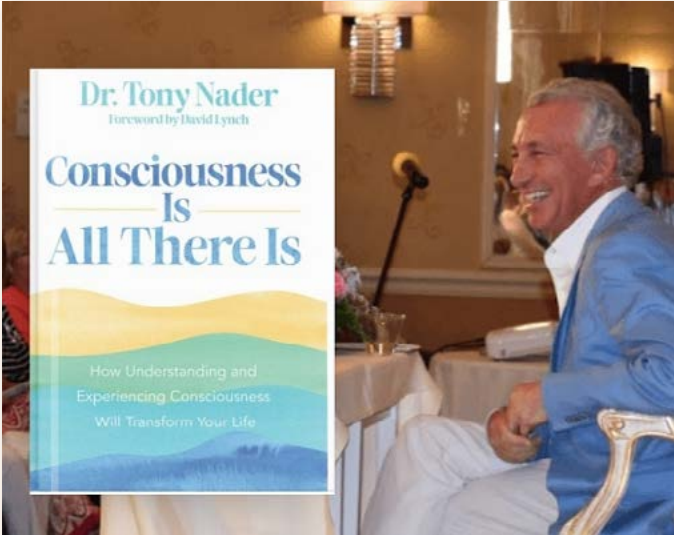
They touched upon the semantic differences between various traditions regarding the concept of self and non-self, highlighting that despite linguistic variations, they all point to the same underlying reality. Dr Nader explains that the meditative process involves balancing the forces of self-preservation with the innate drive for evolution, leading individuals to gradually relinquish identification with limited aspects of self and embrace their true, unbounded nature.

Overall, they emphasized that Transcendental Meditation guides practitioners inward to experience their essential nature as pure consciousness, leading to profound personal transformation and greater alignment with the evolutionary flow of life.

Maull and Nader went on to discuss the role of teachers in spiritual growth. Nader emphasized that everything is an expression of consciousness and that love is the unifying force. He described how teachers guide students toward unity consciousness, representing the tradition and imparting knowledge with compassion. Maull underscored the importance of exposure to teachings or teachers, as they can spark spiritual growth even before direct experiential understanding. Overall, they highlighted the transformative potential of spiritual practice and the positive impact it can have on individuals and the world.

Their conversation serves as a beacon of inspiration for seekers on the path of self-realization and spiritual awakening.

Dr Tony Nader's revised "Consciousness Is All There Is" book to be re-published Preorder Package includes six webinars, eBook and personal guidance



Dr Nader's "Consciousness Is All There Is" book has been substantially rewritten and revised, and the new version will be published in English this coming July by Hay House, a division of Penguin Random House.

This new edition reveals the fundamentals of happiness, health, and fulfillment in a life well-lived and shows how to accomplish it. It dives into both the philosophical logic and supporting science to explain why consciousness must be primary, matter and energy must be secondary. Through illustrations and easy-to-understand examples, Dr Nader shows you how suffering in life is not necessary and how you can rise to higher states of consciousness to gain greater freedom and self-reliance, with a profound understanding of how matter, energy, and mind are different aspects of one common reality.

To support the book's launch, a generous Preorder Package of knowledge gifts is now available and includes:

- A copy of "Consciousness Is All There Is" when it's released in July.
- Six webinars with Dr Nader on how to apply Maharishi Technologies of Consciousness to different areas of life:
 - Finding Your Purpose – Wednesday, 24 April 2024
 - Choosing Your Ideal Career – 29 May 2024
 - Expanding Your Finances – 26 June 2024
 - Living in Higher States of Consciousness – 31 July 2024
 - Two other recorded webinars will be available on demand
- A new eBook: "In His Own Words – Untold Stories of the Life of Dr Tony Nader".
- A one-hour session with a Consciousness Advisor to get personal guidance.

IMAVF NewsMagazine readers can save \$20 discount off the \$49.95 Preorder Package price:

Please use this coupon code: DRNADER20.

To order Dr Nader's Book Preorder Package, please visit: <https://www.drtonynader.com/preorder>.

(Please feel free to share this link AND the coupon code with anyone you think would like these gifts.)

Calling all certified practitioners of Maharishi AyurVeda modalities to join the Global Maharishi AyurVeda Practitioner Directory!

If you are a certified practitioner of Maharishi AyurVeda, committed to promoting holistic wellness worldwide, we invite you to showcase your expertise and connect with a global audience through the worldwide MAV Practitioner Directory.

If you haven't applied yet, simply fill out the application form to get started:

<https://mcphi.org/directory/>

Preview of the May 2024 Congress of the German Society for Ayurveda *Ayurveda in practice: From diagnosis to therapy*



The German Society for Ayurveda (DGA) will offer a platform for all professional health practitioners in Germany who share an interest in Ayurveda to exchange experiences, expand knowledge and gain inspiration.

The programme, from 9 to 12 May 2024 in Erfurt, has been designed to provide both practical training and deepened understanding to support the competent practice of authentic Ayurveda medicine in Germany.

Workshop: Enhancing Pulse Diagnosis and Phytotherapy Skills with Dr Wolfgang Schachinger and Dr Abilash Anand

The workshop, for graduates and current participants in a pulse diagnosis training course, offered in cooperation with the German Ayurveda Academy, features practical exercises to strengthen pulse diagnosis and phytotherapy skills and will include live assessments of patients. (Participants may be able to arrange to bring one patient for assessment, free of charge; see details on the Congress registration website below.)

Workshop: Mindset and Marketing for Ayurveda Users with Dr Ulrich Bauhofer and Michael Hotz

A practical workshop for developing effective perspectives and strategies to support the success of any Ayurveda clinic or practice.

The Congress Plenary Sessions include full days dedicated to core themes, with lectures, discussion and question and answer period featuring 18 experts, including MDs, researchers and Ayurvedic Vaidyas, Maharishi Sthapatya Veda Vastu architects and consultants, marketing professionals, and leaders in Maharishi AyurVeda.

Thursday, 9 May 2024: Welcome presentations

Friday, 10 May 2024: Diagnostics led by Dr Ulrich Bauhofer, Dr Jacqueline Repmann and Dr Mathias Kossatz, with over a dozen additional experts

Saturday, 11 May 2024: Therapy led by Dr Wolfgang Schachinger

A Weimar city tour and a Gandharva Veda concert with Pandit Sugato Bhaduri will also be offered on that day.

Sunday, 12 May 2024: Therapy and Research and DGA general meeting, moderated by Dr Jacqueline Repmann

4-Day Congress fee: 440€ (390€ fee for DGA members)

For full details on the Congress or how to join DGA, please visit <https://www.ayurveda.de/ayurveda-kongress-2024/>



New research reveals mechanics of sleep's profound purifying effect *Potentially damaging neuronal waste expelled in coordinated waves*



Ayurveda considers sleep to be a key pillar of good health, and recent studies deepen our understanding of how sleep literally “cleans out” toxic waste in the brain.

In an earlier issue of the NewsMagazine we discussed already the importance of the so called glymphatic flow during sleep – an important cleaning process that happens only during sleep. But new findings shed light on the importance of early bed time, which is one of the main life styles rules of Ayurveda.

Research by scientists at the Washington University School of Medicine in St. Louis has discovered, how rhythmic neuronal activity propels fluid through dense brain tissue to help flush out cellular waste products during sleep.

Brain cells are responsible for orchestrating thoughts, feelings and body movements, and form dynamic networks essential for memory formation and problem-solving. When brain cells perform these energy-demanding tasks, they consume fuel supplied by nutrients in the diet. Metabolic waste is a by-product of this fuel consumption. When excess metabolic waste and junk proteins accumulate in the brain, this can lead to neurodegeneration, such as found in Alzheimer’s and Parkinson’s diseases.

A recent study published in *Nature* titled “Neuronal dynamics direct cerebrospinal fluid perfusion and brain clearance” points to potential future therapeutics or preventive strategies against some neurological disorders.

“These neurons are miniature pumps”, said Li-Feng Jiang-Xie, PhD, a postdoctoral research associate in the department of pathology & immunology. “Synchronized neural activity powers fluid flow and removal of debris from the brain.”

Studying the brains of sleeping mice, the researchers have now found that neurons drive cleaning efforts by firing electrical signals in a coordinated fashion to generate rhythmic waves in the brain, Jiang-Xie said.

The study discovered that during sleep, neural networks synchronize individual action potentials to create large-amplitude, rhythmic and self-perpetuating ionic oscillations in the interstitial fluid of the brain – what the researchers termed “glymphatic flow”. They wrote that during sleep: “These high-energy ionic waves facilitate the ... removal of metabolic waste products. In essence, neurons that fire together ‘shower’ together.”

In reviewing the research, Dr Rainer Picha, cardiologist and Chairman of IMAVF added: “According to Ayurveda, we should sleep during Pitta time (10 p.m. to 2 a.m.) to gain the full therapeutic benefit of the state of Nidra – sleep. Presumably the increased neuronal activity that enhances glymphatic flow, which was reported in this article, occurs during Pitta time. It is also fascinating to see how scientific studies such as this one demonstrate how sleep not only refreshes the mind and body, but also simultaneously flushes harmful toxins out of the brain to help protect against neurodegenerative disease.”

Read the full article here: <https://www.nature.com/articles/s41586-024-07108-6>

Neuronal dynamics direct cerebrospinal fluid perfusion and brain clearance

Published on 28 February 2024 in *Nature*.

Maharishi AyurVeda Aroma Therapy Foundation Live Online Course

Study from home 13 May – 5 June 2024

Important: Register before 4 May!

This online course led by Andréia Castilho is for Meditators, Sidhas and Governors who want to know how to choose and apply a special selection of essential oils to balance their Doshas and to improve their own health and happiness, as well as the health and happiness of their family members and friends. Course participants will experience the powerful effects of a number of pure essential oils first-hand and learn how to apply them to significantly increase their physical, mental and emotional well-being and promote spiritual growth.

Participants will receive a wealth of interesting knowledge about essential oils, their properties and applications, their history and chemistry. The course includes 18 live-online sessions held in the afternoon (2:30–4:30 p.m. CEST) plus an additional 18 hours of video lectures, including specially-selected talks by Maharishi. Guest speakers and a review of scientific research on essential oils, including the unique EEG research conducted by Dr Keith Wallace and Dr Alarik Arenander, are also featured in the course.

Note: The MAAT Foundation Course is a prerequisite for the Maharishi AyurVeda Aroma Therapy Consultant Training courses, in which you will learn to give MAAT Consultations.

Course Fee: 250 € (there is a reduced fee for lower-income countries; please see the application form)

VedAroma Kit: 129.79 € plus shipping (the kit is mandatory and the deadline for ordering it is 4 May 2024)

For more information and to register, please visit:
<https://mcphi.org/maat-foundation-course/>

Free
Maharishi AyurVeda Aroma Therapy
Recorded Webinar with Andréia Castilho
"Maharishi Aroma Therapy and Emotional Health
and Healing of Trauma"

The webinar recording can be viewed in English and Portuguese here:

<https://mcphi.org/maat-foundation-course/>

Maharishi Aroma Therapy Consultant Training Course Phase 1 starts 18 August

This online course qualifies participants to give consultations to family & friends

After completion of the Maharishi Aroma Therapy Foundation Course, the next phase of training is the Maharishi Aroma Therapy Consultant Training Course Phase 1, to be held live online from 18 August to 18 September 2024.

In this course, participants will learn:

- How to conduct a Maharishi Aroma Therapy Consultation
- Comprehensive knowledge of specific oils to facilitate your choice for therapeutic purposes
- Systematic procedure for selecting the appropriate oils for particular concerns
- How the essential oils work with regard to their chemical components and Ayurvedic qualities
- How to use the essential oils for each of the 8 bodily systems, based on the principles of Maharishi AyurVeda
- An introduction to the use of hydrolytes as an extension of Maharishi Aroma Therapy
- An introduction to the new line of essential oils



The course will cover the whole range of Maharishi Aroma Therapy from the gross physical to the most subtle energetic and spiritual levels. If you have completed the Foundation Course and want to give consultations to your family and friends or simply strengthen your knowledge of Maharishi Aroma Therapy, you are welcome to join!

For more information, please visit:

<https://mcphi.org/maharishi-ayurveda-aroma-therapy/>

Announcing Maharishi Light Therapy with Gems Course Phase 1

Part 1 online on-demand; Part 2 in-residence in Vlodrop this Summer or Autumn



Maharishi Light Therapy with Gems (MLG) is an important modality of Maharishi AyurVeda. It is highly regarded for its ability to enliven the body's inner intelligence and healing mechanisms to restore balance from within.

Phase 1, Part 1 (online on-demand)

This first part will give you insight into how MLG was developed by Prof. Joachim Roller under the direct guidance of Maharishi Mahesh Yogi. It is taught by Joachim, Iris and Orelia Roller. The course will cover the properties of gemstones from modern science as well as the significance of gemstones in Ayurveda, and their value in light of ancient Vedic Literature.

The importance of light that is beamed through gems during MLG will be discussed, and the harmonising effect of MLG on mind and body, supporting the development of higher states of consciousness, will be explained.

Course Fee: 240 € (there is a reduced fee for lower-income countries; please see the application form)

To order, please visit: <https://mcphi.org/mlg-training-phase-1-part-1>

Phase 1, Part 2 (in-residence in Vlodrop, Netherlands, 30 August to 16 September or 1 to 18 November 2024)

For TM teachers and healthcare professionals practising the TM-Sidhi Programme who have recently completed the Phase 1, Part 1 on-demand course.

In this comprehensive training, you will learn the application 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 and subjective experience 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.

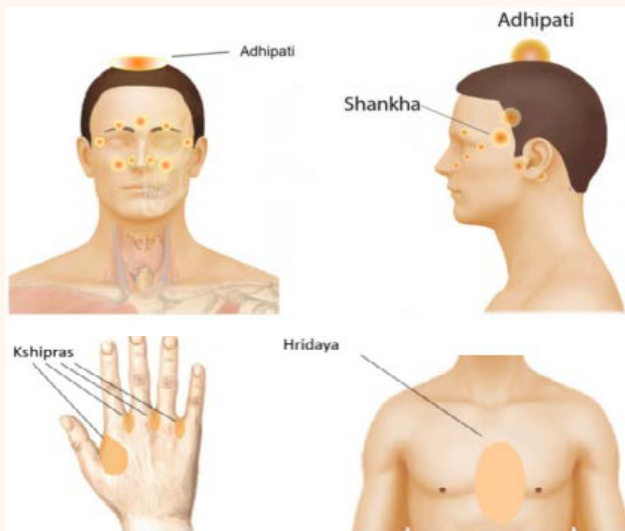
Course fee: 1.500 € (there is a reduced fee for lower-income countries; please see the application form)

Meals & Transport: 640 € (accommodation not included)

To apply, please visit: <https://mcphi.org/mlg-training-phase-1-part-2/>



The Maharishi College for Perfect Health International (MCPHI) offers MAV Marma Therapy Training for Health Professionals, October 2024 at MERU



Example Marma Points

Health professionals who practice Transcendental Meditation and have prior training in Maharishi AyurVeda are invited to register now for the Maharishi AyurVeda Marma Training Course to be held 19–28 October 2024 in residence in Vlodrop, The Netherlands. The course will be led by renowned experts in the field: Dr Rainer Picha and Dr Walter Mölk.

NOTE: Course size is limited to ensure individualised guidance

To ensure that each participant receives personal attention, the number of course participants is limited. Last year's course was quickly sold out.

Apply as soon as possible to secure your spot for the October 2024 course.

The MAV Marma Training Course was rated 5/5 by previous participants


The profound knowledge and practical clinical skills taught during the MAV Marma Training Course will expand the scope and effectiveness of any professional healthcare provider's practice. The course is open to providers with clinical experience of treating patients who are practitioners of Transcendental Meditation and have training in Maharishi AyurVeda, including Maharishi Nadi Vigyan.

This is a great opportunity to become a certified practitioner of MAV Marma Therapy.

<https://mcphi.org/maharishi-ayurveda-marma-training-course/>

Course highlights include:

- In-depth exploration of MARMA points
- Seven full course days with extensive practice sessions and individual guidance
- Learning effective protocols for treating various common disorders
- A comprehensive 100-page manual with guidelines and detailed treatment protocols
- Unique insights from Maharishi on Marma therapy and pulse diagnosis
- Exclusive videos, some of which will be shown for the first time
- Two free Zoom sessions for review and follow-up after the course


RESTORE YOUR HEALTH WITH

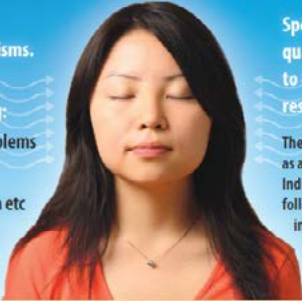

Maharishi Vedic Sound Technology*

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



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 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

Maharishi AyurVeda Courses at a Glance

MAHARISHI AYURVEDA AROMA THERAPY – <https://mcphi.org/maharishi-ayurveda-aroma-therapy/>
Andréia Castilho

- Foundation Course
- Consultant Training Course, Phase I
- Consultant Training Course, Phase II

MAHARISHI AYURVEDA MARMA THERAPY – <https://mcphi.org/maharishi-ayurveda-marma-therapy/>
Dr Rainer Picha and Dr Walter Mölk

- Maharishi AyurVeda Marma Training Course – for Self-help and Family Care
- Maharishi AyurVeda Marma Training Course – for Health Professionals
- Maharishi AyurVeda Marma Training Course – for Maharishi Panchakarma Technicians
- Maharishi AyurVeda Whole Body Marma Massage – for experienced Maharishi Panchakarma Technicians

MAHARISHI YOGA THERAPY – ASANAS AND PRANAYAMA – <https://mcphi.org/maharishi-yoga-ASANAS/>
Gudrun Buchzik

- Yoga Asanas and Pranayama – 16-lesson course
- Maharishi Yoga Asana MasterClass
- Maharishi Yoga Asanas Instructor Training Phase I
- Maharishi Yoga Asanas Instructor Training Phase II
- Maharishi Yoga Asanas Instructor Training Phase III

MAHARISHI LIGHT THERAPY WITH GEMS – <https://mcphi.org/maharishi-light-therapy-with-gems/>
Joachim, Iris, and Orelia Roller

- Phase I, Part 1 (online)
- Phase I, Part 2 (in-residence)
- Phase II (in-residence)

MAHARISHI AYURVEDA PANCHAKARMA – <https://mcphi.org/maharishi-ayurveda-panchakarma/>
Kathryn Nolan and Randol Oberson

- Technician Training Course Phase 1
- Technician Training Course Phase 2

MAHARISHI VEDIC AGRICULTURE – <https://mcphi.org/vedic-agriculture/>
Dr Peter Swan

- Gardening in Light of Maharishi AyurVeda

MAHARISHI VEDIC ASTROLOGY – <https://mcphi.org/vedic-astrology/>
Dr Ann Crowell

- Maharishi Vedic Astrology at a glance – an online seminar for beginners
- Maharishi Jyotish Foundations of the Science of Transformation and Technology of Prediction – Part I
- Maharishi Jyotish Foundations of the Science of Transformation and Technology of Prediction – Part II

VEDIC DANCE THERAPY – <https://mcphi.org/vedic-dance-therapy/>
Yagyaa Srivastava and Rebecca Busch

- Introduction to the Vedic Dance form *Kathak* – live-online with Yagyaa Srivastava
- Introduction to the Vedic Dance form *Bharata Natyam* – live-online with Rebecca Busch



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.
- **“Ask the Vaidya” Service for MAV-trained Doctors:** Submit specific questions about Ayurvedic diagnosis or treatment for a patient's challenging condition to our senior Vaidyas in India and get a detailed reply within 3–4 days.

■ SAVINGS ON COURSES, WEBINARS & CONFERENCES

- 10% discount on International Ayurveda Congresses
- 10% discount on course instruction fees for all MCPHI courses (see <https://mcphi.org/courses-and-webinars/>), such as:
 - MLG online on-demand and in-residence training courses
 - MAT Foundation and Consulting training courses
 - MYA courses
 - Vedic Agriculture courses
 - Vedic Dance courses(This 10% discount is valid for course fees, not meals or lodging costs - not valid with other offers.)
- 50% reduction on advanced webinars
- 10% reduction on MAV Online Training Programmes for Health Professionals offered by the *Institute of Integrative Ayurveda Medical Education, USA*, <https://ayurveda-courses.org/professional-training/> (please contact healthministryoffice@maharishi.net for the coupon code)
- 50% Discount on Vaidya Webinar Series — view on-demand

■ COMMUNITY SUPPORT

- 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
- List your MAV-certified consulting services in our global directory

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