



# IMAVF NewsMagazine

International Maharishi AyurVeda Foundation (IMAVF)

Serving all Maharishi AyurVeda Health Professionals Worldwide

SPRING 2025



Dr Rainer Picha  
IMAVF Chairman of the Board

Dear Colleagues,

Welcome to the 2025 spring edition of the *IMAVF NewsMagazine!*

This issue brings you inspiring updates on the continued growth and expansion at the Maharishi College of Perfect Health International (MCPHI).

Inside you'll find:

- A summary of the 8<sup>th</sup> International Ayurveda Congress, recently held in Pune, India.
- A special feature on Maharishi AyurVeda Aroma Therapy, introducing a new generation of trained consultants and highlighting the enhanced learning experience in the upgraded training programme.
- A recent editorial on the growing role of traditional medicine in primary healthcare, featured in *Frontiers in Medicine*.
- Findings from a pilot study on the healing power of Vedic Resonance Therapy based on the Model of Vedic Physiology.
- Insights into research on an Ayurvedic herbal detox programme, published in the *Journal of Integrative and Complementary Medicine*.
- A quick overview of MCPHI's course offerings for the year
- A new course on Maharishi AyurVeda Gandharva Veda Music Therapy
- Information about the upcoming Ayurveda Congress in Germany

As always, we encourage you to share your news and accomplishments with our vibrant global community.

Wishing our practitioners a season of renewal, inspiration, and success!

Warm regards,

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 \(or renew!\)](#)



## New department of Maharishi AyurVeda Gandharva Veda Music Therapy

Discover how ancient Vedic melodies can harmonize mind, body, and consciousness.

Learn about the new course and upcoming workshop on Maharishi AyurVeda Gandharva Veda Music Therapy—turn to page 11 for details and how to apply.

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## Uniting the world for holistic health: 8<sup>th</sup> International Ayurveda Congress in Pune, India February 2025 1350 delegates from 20 Countries



The 8<sup>th</sup> International Ayurveda Congress took place in Pune, India, on 1–2 February 2025, organized and hosted by Dr D. Y. Patil Vidyapeeth, Pune, in collaboration with:

- All India Ayurvedic Congress, New Delhi
- International Academy of Ayurved, Pune
- International Maharishi AyurVeda Foundation

Under the theme “*Ayurveda – The Science of Wholeness of Life: Evidence-Based Scientific Solutions,*” this prestigious gathering brought together 1,350 delegates from over 20 countries, including leading research scientists, doctors, and scholars.

With the backing of the Ministry of AYUSH, Government of India, the Congress served as a dynamic forum for exchanging knowledge on the integration of Ayurveda and Western medicine. Experts presented cutting-edge research on disease

prevention, longevity, and holistic health solutions, reinforcing Ayurveda’s relevance in modern healthcare.

The event was graced by the esteemed Chief Guest of Honour, His Excellency Shri Prataprao Jadhav, Honourable Minister of State (Independent Charge) Ministry of AYUSH and Minister of State of Ministry of Health & Family Welfare, Government of India.

As Chief Patrons of the Congress, Dr Tony Nader, MD, PhD, MARR, President of Maharishi International University and Head of the Transcendental Meditation organizations worldwide, Dr P. D. Patil, Chancellor of Dr D. Y. Patil University, Pune, and Padma Shri Vaidya Rajesh Kotecha, Secretary of the Ministry of AYUSH, Government of India, New Delhi, graced the occasion with their esteemed presence.



During the Congress, a special convocation ceremony was held to confer the honorary Doctor of Science (D.Sc. Honoris Causa) degree upon Dr Tony Nader in recognition of his outstanding contributions to the field.

The spirit of collaboration, groundbreaking insights, and shared commitment to holistic health reaffirmed Ayurveda's expanding global impact—bridging tradition and modern science for the well-being of all.

## The growing role of traditional medicine in primary healthcare *Global research perspectives*

A recent editorial by Christian S. Kessler, Pathirage Kamal Perera, Rammanohar Puthiyedath, and Anand Dhruva, **published in *Frontiers in Medicine***, explores the increasing relevance of Traditional, Complementary, and Integrative Medicine (TCIM) in primary healthcare and general practice. With global healthcare challenges on the rise, TCIM offers promising solutions for chronic disease management, preventive care, and patient-centered healing.

The editorial highlights key research findings, including studies on Ayurveda, acupuncture, herbal medicine, and integrative oncology. Notably, a systematic review of **Maharishi Amrit Kalash** suggests its potential in supporting chemotherapy

patients, while other studies examine the impact of traditional therapies on diabetes, obesity, and respiratory conditions.

The article also discusses the WHO's commitment to integrating traditional medicine into healthcare systems, as reflected in the Gujarat Declaration. This international movement underscores the need for evidence-based research, education, and policy changes to support the growing role of TCIM.

To delve deeper into the findings and their implications for healthcare, read the full editorial:

<https://www.frontiersin.org/articles/10.3389/fmed.2024.1533361/full>



Stay inspired and deepen your knowledge of Maharishi AyurVeda with our updated blogs! Featuring expert insights into the origins, history, and principles of various healing modalities, our blog explores a wide range of topics—from Ayurveda's timeless wisdom to its modern applications in health and well-being.

## A new generation of Maharishi AyurVeda Aroma Therapists

By *Andréia Castilho*



### Welcoming the 2024 graduates

In 2024, we proudly welcomed a new wave of Maharishi AyurVeda Aroma Therapy (MAAT) graduates – nine MAAT Consultants from nine countries. They are: Via Negromonte (USA), Hernán Daltoe (Argentina and The Netherlands), Olga Nuess (Ukraine), Davor Ciglar (Italy), Giulia Casarosa (Italy), Magno Lima (United Kingdom), Stefan Lagrosen (Sweden), Verena Härle (Germany) and José Luis Arbaje Ramos (Dominican Republic). This expansion means that people in these countries now have easier access to highly trained professionals offering Maharishi AyurVeda Aroma Therapy consultations.

### Online and in-residence training

Dr Rosie Geelvink, under Maharishi's guidance, worked tirelessly to develop the comprehensive body of knowledge that comprises the unique aroma therapy method, based on the time-tested knowledge of Maharishi AyurVeda.

Since 2020, we have been offering online courses, making this profound knowledge readily accessible worldwide for those wishing to deepen their understanding for personal benefit.

Phase 2 of the consultant training takes place in-residence, providing direct guidance in conducting consultations.

In recent years, we have continued to refine the knowledge of MAAT and sharpen the skills of our consultants. The 2024 graduates received state-of-the-art training in the original MAAT method, ensuring the highest level of expertise.

### Enhanced learning experience and dynamic knowledge exchange

The MAAT Foundation Course has been updated, and exercises and quizzes were added for a more interactive and engaging learning experience. Participants practice the *Guidelines to Select the Essential Oils* one step at a time.

Additionally, our new teaching platform provides expanded opportunities for knowledge exchange and direct interaction, facilitating a dynamic and supportive learning environment.

Across all courses within the MAAT training programme, case studies have been incorporated to ensure ample hands-on practice. This way, by the time participants complete their training, they feel confident in their ability to conduct consultations with competence and clarity.

### Celebrating excellence

We extend our heartfelt congratulations to Via, Hernán, Olga, Davor, Giulia, Magno, Stefan, Verena and José Luis. They are certainly among the most well-trained Maharishi AyurVeda Aroma Therapists in the world.

### Upcoming opportunities

All MAAT Consultants are warmly invited to refresh and update their knowledge and practice of MAAT in 2025. If you are an active consultant available to offer consultations in your area, please contact the Maharishi AyurVeda Aroma Therapy Department at: [MAT@Maharishi.net](mailto:MAT@Maharishi.net).

For more information on MAAT courses in 2025, visit the Maharishi College of Perfect Health website: [www.mcphi.org](http://www.mcphi.org)

If you wish to contact an aroma therapist near you, please contact us at [MAT@Maharishi.net](mailto:MAT@Maharishi.net).



### Exclusive Interview: Andréia Castilho on the Power of Essential Oils

Gain valuable insights from expert Andréia Castilho, in our latest **blog** interview, *“Discover the Power of Maharishi AyurVeda Aroma Therapy”*. Andréia explores the fundamental principles, profound benefits, and the science behind this ancient healing modality.

Read the full interview here: <https://mcphi.org/discover-the-power-of-maharishi-ayurveda-aroma-therapy/>

## The Model of Vedic Physiology

### *The healing power of Vedic Resonance Therapy: insights from a pilot study*



Under Maharishi's inspiration and guidance, an electronic display of **Veda in the Human Physiology** was developed by Dr Rainer Picha, Chairman of the International Maharishi AyurVeda Foundation (IMAVF) and Director of the Maharishi College of Perfect Health International (MCPHI), under the supervision of Dr Tony Nader.

This technically sophisticated display, also called **Model of Vedic Physiology**, is designed to provide both deep understanding and direct experience of how the Vedic sounds express themselves in the human physiology. The 35-minute presentation, featuring a nearly life-size human figure, includes an easy-to-understand explanation of how the ten Mandalas of Rik Veda manifest in the human body. It combines Vedic chanting with glowing lights that illustrate where these Vedic sounds are expressed.

This integration of intellectual understanding with auditory and visual perception creates a profound multi-level experience of Veda in Human Physiology. Viewers often report a spontaneous realization of how these Vedic sounds enliven the body's inner intelligence. Many who participate in the half-hour sessions of the Model of Vedic Physiology have described experiencing profound effects.

### A pilot study of the Model of Vedic Physiology: Vedic Resonance Therapy

A recent pilot study conducted by Dr. med. Rainer Waldschütz and Hildegard Waldschütz from South Germany explored this therapeutic potential of the **Model of Vedic Physiology** and its **Vedic Resonance Therapy**. Their study aimed to assess whether this ancient modality, as presented through the Model, could influence health parameters, particularly stress-related biomarkers, in a group of 52 participants over one year.

The results were striking—a nearly 30% reduction in cortisol levels (measured in mucous tissue) was observed within just 35 minutes of the first application. Given that high cortisol levels are linked to various health disorders, these findings highlight the potential of Vedic Resonance Therapy as a natural and effective stress-relief technique.

### The science behind **Vedic Resonance Therapy**

#### The modern perspective: everything is vibration

Scientific research confirms that all matter is structured in layers, from gross to subtle forms. At the most fundamental level, everything consists of vibrations—from molecules and atoms to subatomic particles. The human body, with its intricate network of tissues and organs, is no exception.

#### The Vedic perspective: everything is sound

According to the ancient Vedic tradition, as revived by Maharishi Mahesh Yogi, these fundamental vibrations are expressed as sequences of sound. Dr Tony Nader, a leading researcher in Vedic Physiology, describes how specific sounds correspond to different organs and functions within the body. Just as the sequence of molecules in DNA determines genetic expression, the sequence of these Vedic sounds contains information about the structure and function of human physiology.

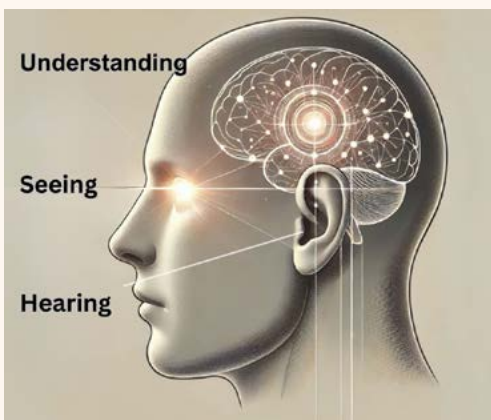
At its core, the body is always healthy. Disease arises when an imbalance, blockage, or deviation occurs in the original vibrational patterns underlying specific organs or functions. Chronic stress, fatigue, or trauma can distort these vibrations, leading to illness. Restoring the natural vibrational order is key to maintaining health and well-being.

## How Vedic Resonance Therapy works

The human brain constantly adapts to physiological demands. However, when blockages occur, they disrupt the body's original order, leading to imbalances that manifest as disease. *Vedic Resonance Therapy* aims to restore balance by reactivating the body's fundamental vibrational patterns through resonance.

The therapy involves three simultaneous sensory inputs:

- Acoustic perception
- Visual perception
- Intellectual understanding of acoustics and visuals



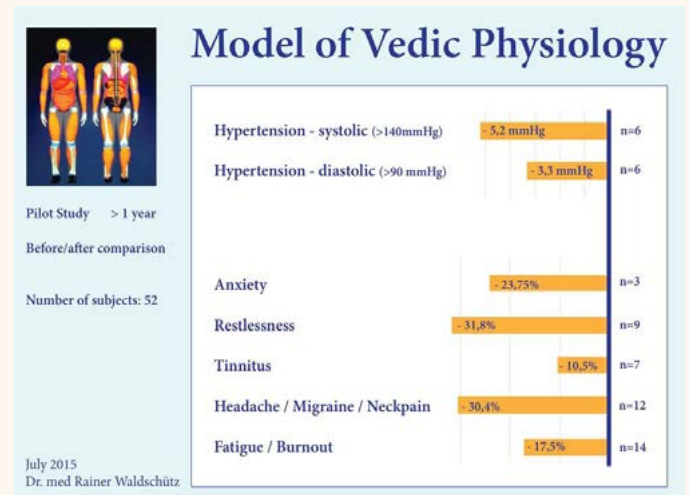
While a person visually perceives a specific organ of the physiology which is lit up and blinking on the large color board (model), he or she hears a spoken description about the structure and function of the highlighted organ, followed by the recitation of the Vedic sounds\* corresponding to the highlighted physiological part. (1. Sukta (verse) of the respective Mandala (section) of Rig Veda)

By engaging these three modalities, the therapy stimulates a resonance effect within the body, reestablishing the proper vibrational patterns and removing energetic blockages. Each session lasts approximately 35 minutes.

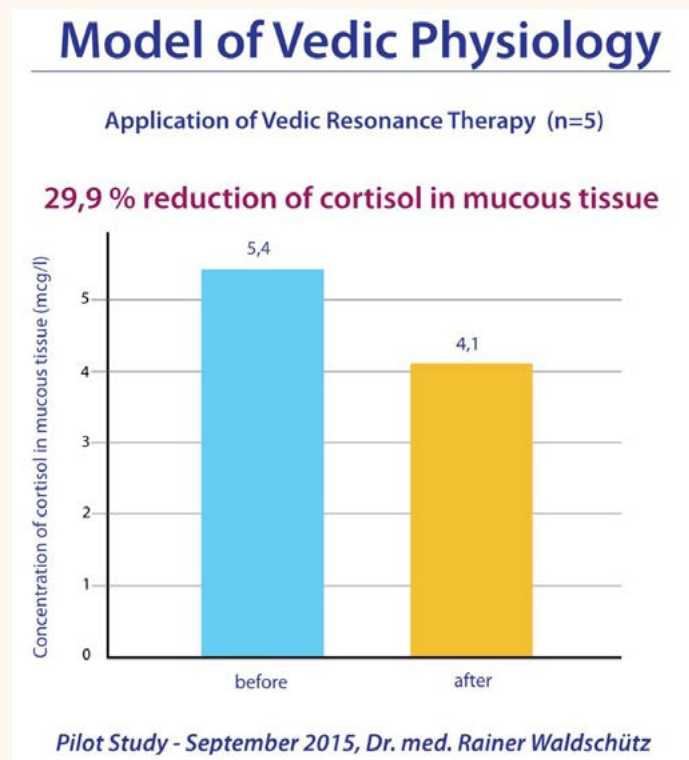
## Findings from the pilot study

The study measured key health indicators before and after the application of *Vedic Resonance Therapy*. Notable results included:

- **Reduction in overall blood pressure** and improvements in symptoms such as **anxiety, restlessness, tinnitus, headaches, migraines, neck pain, fatigue, and burnout.**



- A **29.9% reduction in cortisol levels** measured in oral mucous tissue, demonstrating a significant reduction in subjective stress experience.



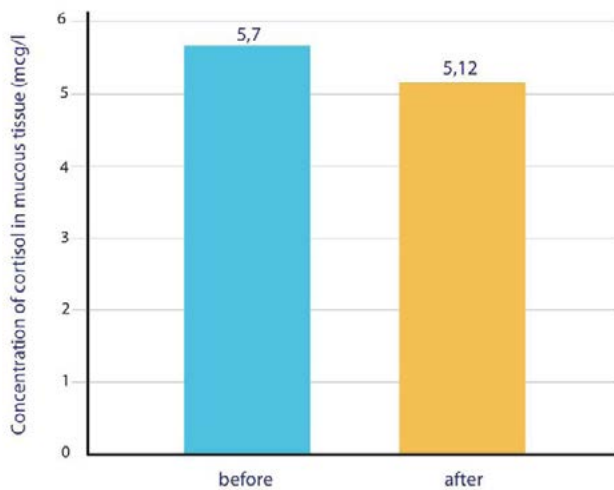
- A comparison showed that listening to ocean sounds, while relaxing, produced a significantly smaller reduction in cortisol levels compared to *Vedic Resonance Therapy*.

## Model of Vedic Physiology

Control group:

Application of DVD with relaxing ocean sounds (n=5)

**8,2 % reduction of cortisol in mucous tissue**



Pilot Study - December 2015, Dr. med. Rainer Waldschütz

These findings suggest that *Vedic Resonance Therapy* may offer a unique, effective approach to managing stress and promoting overall well-being.

## Real-life transformations – testimonials

The impact of *Vedic Resonance Therapy* is best illustrated through the experiences of participants:

### Chronic tinnitus relief

"For 18 years, I suffered from chronic tinnitus, hearing a high-frequency tone 24 hours a day. After undergoing this therapy, the ringing disappeared completely. It's truly remarkable."

— J.M., England

### Pain and inflammation from shingles

"I experienced severe pain and exhaustion due to shingles. After my first session, my condition improved by 75%, and within two weeks of treatment, the inflammation healed completely. The discomfort has not returned since."

— H.H., Germany

### Migraine and insomnia relief

"Whenever I feel out of balance, *Vedic Resonance Therapy* helps me regain clarity and confidence. It has been incredibly effective for my migraines and insomnia."

— C.B., Germany

### Chronic pain recovery

"For 40 years, I endured pain from an old sports injury. After a few sessions of this therapy, I felt a pulsation in the affected area, and the pain that had been with me for decades disappeared entirely."

— R.G., USA

## Conclusion and future research

The *Model of Vedic Physiology* has shown promising effects in reducing stress and improving various health conditions. While this pilot study provides valuable insights, larger controlled studies are needed to further validate these findings.

With stress-related disorders on the rise, exploring natural, non-invasive healing approaches like *Vedic Resonance Therapy* could offer new hope for those seeking holistic well-being.

For further information on upcoming studies and applications of *Vedic Resonance Therapy*, stay connected with our research updates.

To order a Model of Vedic Physiology for your center or home, please visit: [www.vedicmodel.com](http://www.vedicmodel.com)

**Researchers & Clinicians: Please share your findings!**

**Conducting a formal study, or gathering patient testimonials?**

**All of us in the Maharishi AyurVeda community are eager to hear of your research and results.**

**Send your articles, reports or notes to: [editor@imavf.org](mailto:editor@imavf.org)**

## Research on Ayurvedic detox published in the Journal of Integrative and Complementary Medicine 24 February 2025

### Maharishi AyurVeda herbal detox: a groundbreaking programme



*Dr Wolfgang Schachinger, a seasoned practitioner of Maharishi AyurVeda since 1985 and an expert in General and Functional Medicine, has pioneered a unique detoxification programme. As the Medical Director of "Home of Ayurveda – somamed" in Austria, Dr Schachinger integrates traditional Ayurveda with modern diagnostics, offering comprehensive health solutions.*

In 2012, after consultations with experienced Vaidyas, Dr Schachinger developed an eight-day detox protocol known as **Amapachana**, designed to eliminate accumulated toxins (Ama) from the body. This regimen includes dietary guidance, personalized herbal preparations tailored to an individual's Dosha constitution (Vata, Pitta, Kapha), and a Virechana treatment (therapeutic purgation). Recognizing the Ayurvedic recommendation for biannual detoxification, Dr Schachinger and his daughter Dr Valeria Schachinger, expanded the programme in 2018 to an **online** format, making it accessible worldwide. Participants received structured guidance via live webinars, covering Dinacharya (daily routines), Ritucharya (seasonal regimens), Rasayana (rejuvenation), and dietary principles. Over 20,000 individuals have since undergone this detox programme, demonstrating its broad appeal and efficacy.

### Scientific investigation into Ayurvedic detox: early findings

Keen to validate the physiological benefits of the detox programme, Dr Schachinger initiated a **pilot study in 2018**. The study revealed significant improvements, including reductions in inflammation markers (RCNP), normalization of liver enzyme levels, weight loss, decreased blood pressure, a reduction in total cholesterol alongside an increase in HDL cholesterol, and improved sleep quality. While the results were promising, the study was not formally published, remaining an internal assessment of the programme's effectiveness.

In 2021, Viktoria Luhaste, a PhD student at Maharishi International University (MIU) specializing in Ayurveda and Integrative Medicine, sought to further investigate this detox programme for her doctoral thesis. Her research has now been published, providing valuable insights into the effects of the detox programme.

### Published findings: new evidence on Ayurvedic detox

Dr Viktoria Luhaste, Ph.D. in Physiology and Health from MIU, Iowa, along with her co-authors, conducted research titled **"Effect of an Innovative Online Ayurveda Program for Detox and Lifestyle on Mental and Physical Health in Home-Based Adults: A Pilot Study."** The study, now published in the *Journal of Integrative and Complementary Medicine* (24 February 2025) provides compelling evidence of the programme's benefits.

In this study, ninety-eight home-based adults with mild to severe mental health and related physical symptoms were recruited across Europe. The four-month online Maharishi AyurVeda Detox and Lifestyle Programme included an individualized Ayurvedic diet, Maharishi Yoga Asanas, a structured daily regimen, Maharishi AyurVeda herbal preparations, detoxification procedures, and motivational solution-focused coaching.

The initial results of this single-arm repeated-measures study showed that by the end of the fourth month, there was a significant decrease in anxiety (55%,  $p < 0.001$ ) and depression symptoms (45%,  $p < 0.001$ ).

Secondary outcomes showed a significant reduction in physical symptoms, including musculoskeletal, neurological, and digestive issues (42%,  $p < 0.001$ ); fatigue (31%,  $p < 0.001$ ); and BMI (2%,  $p < 0.001$ ). The intervention was feasible and generally safe, with 91% retention, 70% compliance, and 6% adverse effects.

The initial results suggest that the Ayurveda Programme for Detox and Lifestyle is safe and associated with significant improvements in the mental and physical health of participants. This trial highlights the potential benefits of integrating complementary lifestyle protocols into standard primary and mental healthcare practices. Future randomized controlled trials are recommended to validate these results in larger clinical populations.

Read the full study here:

<https://doi.org/10.1089/jicm.2024.0489>





## Effect of an Innovative Online Ayurveda Program for Detox and Lifestyle on Mental and Physical Health in Home-Based Adults: A Pilot Study

### VISUAL ABSTRACT

### Effect of an Innovative Online Ayurveda Program for Detox and Lifestyle

#### OBJECTIVE



This study evaluated the effects and safety of a 4-month online, multimodal, complementary intervention on the mental and physical health of home-based adults.

#### PARTICIPANTS



Ninety-eight home-based adults with mild to severe mental health and related physical symptoms were recruited across Europe through digital advertisements.

#### METHODS

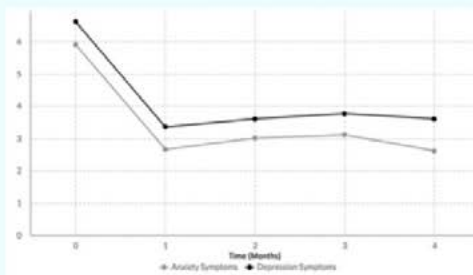


The study used a single-arm repeated-measures design with individualized treatment groups.

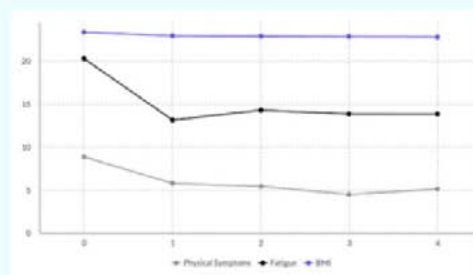
#### FINDINGS



#### Primary Measures



#### Secondary Measures



By the end of the fourth month following baseline, primary outcomes indicated a significant decrease in anxiety (55%,  $p < 0.001$ ) and depression symptoms (45%,  $p < 0.001$ ). Secondary outcomes showed a reduction in physical symptoms (42%,  $p < 0.001$ ), fatigue (31%,  $p < 0.001$ ), and BMI (2%,  $p < 0.001$ ). Improvements were consistent across all treatment groups, with no significant differences observed. The intervention was feasible and generally safe, with 91% retention, 70% compliance, and 6% adverse effects. This trial highlights the benefits of integrating complementary lifestyle protocols into primary and mental healthcare. Future randomized controlled trials are needed to validate these findings in larger populations.

**Conclusion:** The preliminary findings indicate that the Ayurveda Program for Detox and Lifestyle is safe and linked to notable enhancements in participants' mental and physical well-being.

**Reference:** Viktoria Luhaste, Frederick Travis, Catherine A. Gorini, Gordana Markovi, and Robert H. Schneider

DOI: 10.1089/JICM.2024.0489

Visual abstract created by Viktoria Luhaste

## Share your Ayurveda journey – be featured on our blog!



We invite all our valued IMAVF Affiliates to contribute to our MCPHI Blog

Would you like to share how Ayurveda has enriched your practice or explore a topic related to your MAV training? This is a great opportunity to inspire others while also bringing more visibility to your work. Prefer an interview format? We'd be happy to send you a few questions to guide the conversation.

If you're interested, simply reach out to Silvia at [professional.training@imavf.org](mailto:professional.training@imavf.org)

We look forward to featuring you!

# COURSES

## MCPHI 2025 Courses at a Glance

Date	Course Name	Location	Instructor
9 May – 17 June	<a href="#"><u>Aroma Therapy Foundation Course</u></a>	Live online	Andréia Castilho and guest speakers
31 July – 9 Sept	<a href="#"><u>Aroma Therapy Consultant Training Phase I</u></a>	Live online	Andréia Castilho and guest speakers
31 Aug – 7 Sept	<a href="#"><u>Gandharva Veda as Consciousness-Based Music Therapy</u></a>	In residence, MERU, Vlodrop, The Netherlands	Vaidya Dr Shubham Kulkarini and guest speakers
3 – 4 Oct	Marma Course for Meditators, Phase 2	In residence, MERU, Vlodrop, The Netherlands	Dr Rainer Picha and Dr Walter Mölk
5 – 7 Oct	Marma Course for Meditators, Phase 3	In residence, MERU, Vlodrop, The Netherlands	Dr Rainer Picha and Dr Walter Mölk
8 – 17 Oct	<a href="#"><u>Marma Training Course for Health Professionals</u></a>	In residence, MERU, Vlodrop, The Netherlands	Dr Rainer Picha and Dr Walter Mölk
22 Oct – 8 Nov	<a href="#"><u>Maharishi Light Therapy with Gems Phase I, Part 2</u></a>	In residence, MERU, Vlodrop, The Netherlands	Joachim, Iris and Orelia Roller
30 Nov – 10 Dec	<a href="#"><u>Aroma Therapy Consultant Training Phase II</u></a>	In residence, MERU, Vlodrop, The Netherlands	Andréia Castilho and guest speakers
On demand course	<a href="#"><u>Maharishi Light Therapy with Gems Phase I, Part 1</u></a>	Online on demand	Joachim, Iris and Orelia Roller

## Maharishi AyurVeda Gandharva Veda Music Therapy 31 August – 7 September 2025, MERU, the Netherlands



Immerse yourself in the profound wisdom of **Maharishi AyurVeda Gandharva Veda Music Therapy**, where the ancient science of sound meets the healing power of Ayurveda. This unique course held by Dr Shubham Kulkarni offers an in-depth understanding of how the therapeutic melodies of Gandharva Veda restore balance, enhance well-being, and harmonize the body's natural rhythms.



Dr Kulkarni is an Ayurveda Physician with over 7 years of clinical experience in music therapy, mental health, palliative & end-of-life care. He is also an expert in Indian classical music. By blending ancient wisdom with modern therapeutic approaches, he offers holistic, transformative care to his patients.

### Course highlights:

- **Healing through sound:** learn how precise melodies, attuned to different times of the day, can restore balance and promote deep healing.
- **Scientific and traditional insights:** explore the connection between Gandharva Veda and the principles of Maharishi AyurVeda, backed by both traditional knowledge and modern scientific research.
- **Practical application:** discover how to integrate these healing sounds into daily life or professional practice for personal well-being and therapeutic benefits.
- **Guidance from experts:** learn from experienced instructors who bring authentic knowledge and practical techniques to this transformative course.

### Who is this course for?

- Ayurveda practitioners, health professionals, and wellness coaches
- Musicians and sound therapists seeking to deepen their practice
- Anyone interested in holistic healing and self-care

**Course date:** 31 August – 7 September 2025

**Course location:** MERU, Vlodrop, The Netherlands

Join us to experience the power of **Gandharva Veda Music Therapy** and bring harmony to body, mind, and spirit.

Enroll now at:

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

## **New:** Free workshop on *Maharishi AyurVeda Gandharva Veda Music Therapy*

Join Dr Shubham Kulkarni for a 60-minute introductory workshop exploring the principles and therapeutic applications of Gandharva Veda Music Therapy. This session includes a dedicated Q&A segment and an opportunity for participants to practically learn the basics of Gandharva Veda musical notes—including a guided exercise to sing these notes. Also, learn how specific Ragas align with nature's rhythms to promote healing and well-being, and get a glimpse of what you will explore in the full course starting on 31 August.

**Webinar date:** 26 April 2025 | 2:30 pm CEST

For more details, please visit: <https://mcphi.org/experience-the-healing-power-of-sound/>

## **Aroma Therapy Foundation course – live online training** *9 May - 17 June*



Discover the profound benefits of **Maharishi AyurVeda Aroma Therapy (MAAT)** with the **MAAT Foundation course**, a live online training designed to provide a structured and practical introduction to essential oils. Guided by department head, Andréia Castilho, this course offers a unique approach based on the time-tested wisdom of Maharishi AyurVeda.

### Course details

- **Dates:** 9 May – 17 June 2025
- **Format:** Live online sessions with Andréia Castilho and guest lecturers
- **Open to everyone** – no prior experience required

### What you'll learn

- **The principles of Maharishi AyurVeda Aroma Therapy** and how essential oils influence mind, body, and consciousness.
- **Step-by-step training in the guidelines to select essential oils**, helping you confidently choose oils for yourself, family, and friends.
- **Live interactive sessions** with expert guidance, discussions, and Q&A opportunities.
- **Practical exercises and case studies** to apply what you learn immediately.

### Why join?

- **Learn directly from the expert** in real-time sessions.
- **Engage with a global community** of learners interested in holistic health.
- **Build a strong foundation** for further MAAT training and consultant certification.

### **JOIN OUR FREE WEBINAR:**

An introduction to Maharishi AyurVeda Aroma Therapy  
25 April 2025 | 2:30 pm CEST

Click [here](#) to register for the webinar.

For full details and registration for the MAAT Foundation course, please visit:

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

## Upcoming Ayurveda Congress in Germany *A professional gathering for authentic Ayurveda knowledge*



From **29 May to 1 June 2025**, the **German Society for Ayurveda (DGA)** will host a leading Ayurveda Congress in **Geboltskirchen, Austria** under the motto **"Ayurveda – Holistic and Integrative,"** bridging traditional and modern integrative medicine. **The entire Congress will be conducted in German.**

This event offers a **professional platform** for deepening practical knowledge, exchanging experiences, and gaining new insights.

### Expert speakers & practical workshops

**27** experienced speakers from Ayurveda and complementary medicine will share insights on key health topics. Attendees can also join **four hands-on workshops** on:

- Facial diagnosis of organ health
- Establishing a successful Ayurveda practice
- Dravyaguna (Ayurvedic pharmacology)
- VNS analysis (nervous system assessment)

### Pre-congress Ayurveda courses

Starting **25 May 2025**, participants can join **three intensive courses**:

- Basic course in Maharishi AyurVeda pulse diagnosis & phytotherapy
- Advanced course in Mahariahi AyurVeda 7 phytotherapy
- Ayurvedic Marma massage for mother and child

### Inspiration, networking & relaxation

The Congress features a **herbal walk** and a **jazz concert**, fostering a balanced experience of learning, networking, and rejuvenation.

### A stunning Ayurveda venue

Held at **"somamed"**, Dr Wolfgang Schachinger's **Ayurveda Health Centre** in Geboltskirchen, Austria, the Congress takes place in a peaceful, natural setting ideal for learning and connection.

For details, please visit: [www.ayurveda.de](http://www.ayurveda.de)





## Become an Affiliate of the *International Maharishi AyurVeda Foundation* Receive valuable benefits all year long:

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