



# IMAVF NewsMagazine

International Maharishi AyurVeda Foundation (IMAVF)

Serving all Maharishi AyurVeda Health Professionals Worldwide

SUMMER 2026



Dr Rainer Picha  
IMAVF Chairman of the Board

Dear friends and colleagues,

Welcome to the Summer Edition of the IMAVF NewsMagazine (No. 33).

This issue reflects the growing international momentum of Ayurveda and Maharishi AyurVeda across healthcare, research, education, and public awareness. From new global cooperation initiatives emerging from India, to inspiring developments in Europe

and beyond, we are witnessing ancient wisdom finding ever more meaningful dialogue with modern medicine and contemporary society.

In this edition, we bring you highlights from the 2026 DGA Congress in Berlin on Longevity, the opening of the new Maharishi AyurVeda Health Centre at MERU in The Netherlands, and the enthusiastic public response to the SOMAMED Open House. We also continue our fascinating interview with Vaidya Dr Shubham Kulkarni on Gandharva Veda Music Therapy and its role in trauma and hospice care.

You will also discover encouraging new research on a Boswellia-based formulation for knee osteoarthritis, along with an inspiring interview, "Discovering Maharishi AyurVeda Through Direct Experience," in which Professor Dr Gordana Markovic reflects on the profound learning journey and transformation students experience through Maharishi AyurVeda training.

As always, we conclude with upcoming events and course announcements from around the world.

We hope this edition informs, inspires, and strengthens our shared vision of bringing authentic Ayurvedic knowledge to the world.

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



### SAVE THE DATE

The 9<sup>th</sup> International Ayurveda Congress (IACV) will take place at Maharishi International University in Fairfield, Iowa, USA, 21 to 23 May 2027.

For the first time in its history, the IACV will be held in the United States, marking a significant milestone for this international gathering. Click [here](#) to read the full article.

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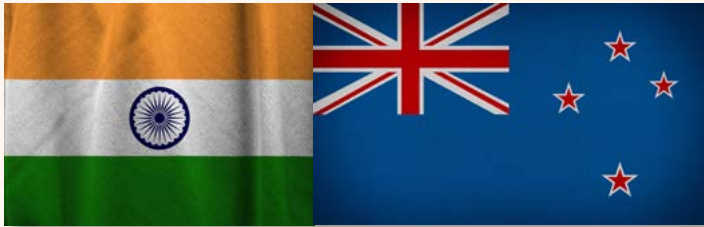
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## Ayurveda gains international momentum: India expands global cooperation in 2026

The international recognition of Ayurveda and other traditional systems of healing continues to grow steadily in 2026. In recent months, India has taken two significant steps on the global stage through new agreements with New Zealand and Italy, both of which include provisions connected to AYUSH and traditional medicine cooperation.

These developments reflect a broader shift: Ayurveda is increasingly being discussed not only as a wellness tradition, but also as part of international healthcare dialogue, professional exchange and integrative health policy.



### Landmark India–New Zealand agreement includes Traditional Medicine

In April 2026, India and New Zealand signed a new Free Trade Agreement (FTA) containing a dedicated Health and Traditional Medicine Annex — reportedly the first time New Zealand has included such a provision in an FTA with India. According to India's Ministry of AYUSH, the agreement creates an enabling framework for cooperation in Ayurveda, Yoga and other AYUSH systems.

The agreement is seen as particularly significant because it moves beyond general wellness promotion and creates formal pathways for collaboration in traditional medicine services, practitioner mobility and institutional exchange. The Ministry of AYUSH stated that the agreement positions Ayurveda and related systems as “globally relevant healthcare solutions” and also acknowledges cooperation alongside indigenous Māori health traditions.

The agreement was signed on 27 April 2026 in New Delhi by Indian Commerce Minister Piyush Goyal and New Zealand Trade Minister Todd McClay.



### India and Italy deepen cooperation including Ayurveda

Another important development came during Prime Minister Narendra Modi's official visit to Italy in May 2026. India and Italy elevated their relationship to a “Special Strategic Partnership”, accompanied by a series of agreements in healthcare, education, research and economic cooperation.

Among the areas specifically highlighted was cooperation connected to Ayurveda and healthcare exchange. Indian and Italian media reports noted that the new framework includes initiatives related to mobility, healthcare collaboration and traditional medicine.

While detailed implementation plans are still emerging, the inclusion of Ayurveda within broader bilateral healthcare discussions is noteworthy. Italy has shown increasing interest in complementary and integrative approaches to health in recent years, and the new partnership may open additional opportunities for academic cooperation, research and professional exchange in the field of Ayurveda.

### A broader global trend

These two agreements are part of a wider internationalisation effort by India's Ministry of AYUSH.

Rather than positioning Ayurveda solely as an alternative therapy, recent developments suggest a growing effort to integrate traditional medicine into broader healthcare conversations internationally.

For the global Ayurveda community, these developments may represent another important step toward wider institutional acceptance and international collaboration.

## Maharishi AyurVeda meets modern medicine: Highlights from the 2026 DGA Congress on longevity



The annual congress of the “Deutsche Gesellschaft für Ayurveda” (German Society for Ayurveda), held in Berlin on 8–9 May 2026, centred on the timely and inspiring theme of “Longevity”. Through a rich programme of expert presentations, the congress successfully built impressive bridges between Maharishi AyurVeda and modern medical science.

A wide range of fascinating topics was explored, including longevity in relation to nutrition and gut health, microbiome research, fasting therapies, liver detoxification, and the impact

of sleep on overall wellbeing. The programme also featured current perspectives on Ayurvedic phytotherapy, alongside engaging contributions from the fields of neurology, psychiatry, and dermatology within the context of longevity research.

Beyond the scientific programme, participants enjoyed memorable social and cultural experiences, including a boat excursion along the River Spree and an evening Gandharva Veda concert accompanied by the soothing sounds of the sitar. Attendees especially appreciated the collegial, warm, and open atmosphere, which created ample opportunities for personal encounters, inspiring conversations, professional exchange, and networking.

The congress also offered a wonderful culinary experience, with a diverse and delicious selection of meals throughout the event. Numerous exhibitors and sponsors enriched the congress with well-attended stands and presentations that complemented the programme.

Preparations are already underway for the next annual congress, which will take place on 4–5 June 2027 in Kassel. Participants can benefit from an attractive early bird discount until 31 August 2026 via the congress registration page at Deutsche Gesellschaft für Ayurveda Congress Registration.

## Open house at *somamed* attracts strong public interest



On 25 April, the *Home of Ayurveda somamed* in Geboltskirchen, Austria, welcomed around 600 visitors to its open house event.

Guests had the opportunity to experience various aspects of Maharishi AyurVeda and holistic medicine in an informal setting.

According to the organisers, more than 100 pulse assessments and personal consultations were conducted during the day. Visitors could also try introductory Ayurvedic massages and treatments, while lectures on topics such as detoxification, nutrition, micronutrients and cleansing programmes attracted considerable interest.

The event highlighted *somamed's* integrative approach, combining traditional Ayurvedic knowledge with modern medicine. Freshly prepared Ayurvedic dishes were also offered to guests throughout the day.

The large turnout and positive feedback reflected the growing public interest in holistic health approaches, with *somamed* providing a space that combines professional expertise, warmth and personal wellbeing.

## New Maharishi AyurVeda Health Centre opens at MERU, The Netherlands

### The Netherlands

#### *A day of celebration, vision and consciousness-based health care*

On 23 April 2026, the new Maharishi AyurVeda Health Centre was officially inaugurated at MERU in The Netherlands—a unique setting surrounded by the peaceful natural beauty of De Meinweg National Park and housed within a remarkable Sthapatya Veda building designed according to the timeless principles of Vedic architecture.



The inauguration brought together participants from many countries, both in person and online, creating an atmosphere of international celebration and shared purpose.

The day began with a traditional Vedic Puja performed by Maharishi Vedic Pandits, invoking harmony, positivity and success for the new centre. Guests were welcomed by Shri Lakshman Shrivastava and Dr Richa Shrivastava, who opened a thoughtfully curated programme that combined profound knowledge, practical application and a forward-looking vision for the future of Maharishi AyurVeda.

A highlight of the event was the inaugural address by Dr Tony Nader, who emphasized that true health begins at the level of consciousness. He described the opening not simply as the launch of a new clinic, but as an important step in bringing

consciousness-based health care to more people around the world.

Amongst many other dignitaries, Prime Minister Dr Neil Paterson, Raja Lothar, Dr Walter Moelk and Dr Girish Momaya also addressed the occasion, adding further perspectives on the growing international development of Maharishi AyurVeda and its role in creating more holistic and consciousness-based approaches to health care.

Several other leaders from MERU and Maharishi AyurVeda shared their perspectives throughout the day. Raja Andreas Thrasy spoke about preserving the authenticity and integrity of Ayurveda while making its timeless knowledge available in the modern world. Dr Rainer Picha highlighted the growing relevance of Ayurveda in addressing today's health challenges through rigorous and clinically grounded approaches. Raja Bruno Renzi and Rani Lorenza Garghetti presented an inspiring vision for expanding Maharishi AyurVeda in Europe through the development of centres of excellence rooted in depth and quality.

More than a place for rest and relaxation, the new Health Centre is intended as a space for deep regeneration and lasting transformation where the authentic principles of Maharishi AyurVeda can be experienced in a highly supportive environment aligned with Natural Law.

#### Discover More

For more information about the Maharishi AyurVeda Health Centre at MERU, available treatments, and booking details, please visit: » <https://meru.international/wellness/>



## Gandharva Veda Music Therapy: Bridging consciousness and clinical healing in trauma, PTSD & hospice care

*Part 2 of our interview with Vaidya Dr Shubham Kulkarni*

*Continuation from Part 1 in previous Issue*



*Vaidya Dr Shubham Kulkarni is an Ayurveda Physician with over eight 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.*

In the first part of this interview, published in the previous issue of the *IMAVF NewsMagazine*, Vaidya Dr Shubham Kulkarni shared how Gandharva Veda Music Therapy can support trauma healing by working directly with the nervous system and consciousness. In this second part, he discusses the changes he has observed in patients with PTSD and severe anxiety when Gandharva Veda becomes part of their treatment plan, and reflects on the profound role sound can play in hospice and end-of-life care.

### **What changes do you observe in patients with PTSD or severe anxiety when Gandharva Veda becomes part of their treatment plan?**

When Gandharva Veda becomes part of the treatment plan for patients with PTSD or severe anxiety, the changes are often gradual but deeply integrative—affecting not just symptoms, but the overall regulation of the nervous system and the patient’s internal experience of safety.

Clinically, one of the first changes observed is a shift in autonomic balance. Patients who initially present with hyperarousal—restlessness, palpitations, shallow breathing, disturbed sleep—begin to show signs of parasympathetic activation. Their breathing becomes slower and more rhythmic, sleep patterns improve, and there is a visible reduction in physiological agitation. This indicates that the system is moving from a constant “fight-or-flight” state toward a more regulated baseline.


At the emotional level, patients often report a subtle but significant change—a sense of calmness that is not induced through effort, but experienced spontaneously. In trauma, there is often a disconnect between the mind and body; Gandharva Veda helps bridge this gap. Over time, patients become more aware of their internal states without feeling overwhelmed by them. This increased window of tolerance is a key marker in trauma recovery.

From a neuropsychological perspective, there is improved emotional regulation and reduced reactivity to triggers. Patients who previously had intense responses to certain stimuli begin to respond with more stability. This is not suppression, but a genuine shift in how the nervous system processes and integrates those experiences.

For example, I worked with a patient with chronic PTSD who had persistent sleep disturbances and anxiety spikes, especially at night. Along with the overall treatment plan, we introduced a structured Gandharva Veda listening protocol with appropriate night-time ragas and gentle live vocal interventions. Within a few weeks, the patient reported deeper and more continuous sleep, reduced frequency of anxiety episodes, and an increased sense of inner grounding. Importantly, this happened without forcing any cognitive processing of the trauma initially—the body began to feel safe first.

In another case involving severe anxiety with psychosomatic symptoms, the patient experienced frequent chest tightness and breathlessness with no clear medical cause. Through a combination of specific ragas, guided sound-based practices, and live sessions, there was a noticeable reduction in these symptoms. The patient gradually developed better breath awareness and emotional stability, which translated into improved daily functioning.

In hospice and palliative settings, the changes are of a different but equally profound nature. Patients often move from states of fear, agitation, or existential distress to a more शान्त (peaceful) and accepting state. There is a sense of inner settling, where both the patient and family members experience emotional ease and connection. In many cases, even when physical symptoms persist, the suffering associated with them reduces significantly.



**Sound provides a non-invasive medium that does not demand effort or cognition.**

Overall, Gandharva Veda facilitates a shift from dysregulation to coherence—physiologically, emotionally, and at the level of consciousness. It supports the nervous system in re-establishing its natural rhythm, allowing healing to emerge in a way that is both gentle and deeply rooted.

**In hospice settings, what role can Gandharva Veda music play for patients at the end of life and what have you witnessed in these situations?**

In hospice settings, the role of Gandharva Veda becomes very subtle, profound, and deeply meaningful. At the end of life, the goal is not only symptom management, but creating a state of inner ease, acceptance, and dignity in the process of transition. Gandharva Veda, being a science of naad and consciousness, works at a level where it can support this transition in a very gentle yet powerful way.

Physiologically, many patients in end-of-life care experience restlessness, irregular breathing, anxiety, or periods of agitation. The structured use of sound—through specific ragas, tonal patterns, and soft rhythmic flow—helps regulate these patterns. There is often a visible calming of the breath, reduction in muscular tension, and a more settled state of the nervous system. Even when verbal communication is minimal or absent, patients seem to respond to sound at a very deep level.

Emotionally and psychologically, Gandharva Veda creates a space where fear and resistance gradually soften. At this stage, patients are often dealing with unresolved emotions, uncertainty, or a sense of letting go. Sound provides a non-invasive medium that does not demand effort or cognition—it simply allows the individual to rest into it. This often leads to a sense of शांता (peacefulness) and acceptance.

From the perspective of consciousness, this phase is a transition rather than an end. Gandharva Veda supports this transition by bringing the system into a state of coherence and inner silence. The experience of harmonious sound can gently guide awareness away from distress toward a more settled and expansive state.

In my clinical experience, I have witnessed moments where even highly restless patients became noticeably calm during live singing sessions. In one case, a patient who had been experiencing significant agitation and irregular breathing patterns showed a gradual settling of breath and facial relaxation when specific evening ragas were rendered softly at the bedside. The family also reported that the environment in the room felt more peaceful and less tense.

In another situation, a patient who was minimally responsive still showed subtle signs of engagement—changes in breathing rhythm and slight movements—during the sessions. While there was no verbal communication, there was a clear sense that the sound was being received at a deeper level. The family found great comfort in being part of this process, as it created a shared space of connection beyond words.

There have also been instances where patients, in their final days, appeared more composed and less fearful when Gandharva Veda was part of their care. The transition seemed more graceful, with a sense of completeness rather than distress.



**The process of letting go becomes more natural, dignified, and less burdened by suffering.**

Overall, in hospice care, Gandharva Veda does not aim to “treat” in the conventional sense—it supports the individual in moving toward a state of inner harmony and peace. It helps align the body, mind, and consciousness in such a way that the process of letting go becomes more natural, dignified, and less burdened by suffering.

In the third and final part of this interview, Vaidya Kulkarni explains what distinguishes Gandharva Veda from simply listening to calming or classical music, explores its potential role in modern integrative mental healthcare, and shares how practitioners can train in this profound therapeutic approach.

Those interested in exploring this knowledge more deeply can look forward to the upcoming **Gandharva Veda Music Therapy Course** with Vaidya Dr Shubham Kulkarni, planned to take place from 5–12 October in Hungary. Further details and registration information will be announced soon at:

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

## Ancient wisdom meets modern research

### *Clinical study highlights Boswellia-based formulation for knee osteoarthritis*



A recently published clinical study has added further scientific support to the traditional Ayurvedic use of **Boswellia serrata** in the management of joint health and inflammation. The study, published in the journal *Pharmaceutical Research*, investigated the effects of a nutraceutical formulation, consisting of a combination of **Boswellia serrata** (300 mg) and **Apium graveolens** L. (celery seed extract) (250 mg) in individuals suffering from knee osteoarthritis — one of the most common chronic musculoskeletal disorders worldwide.

Osteoarthritis affects millions of people and is characterised by the gradual degeneration of cartilage, pain, stiffness, reduced mobility, and decreased quality of life. Conventional treatment options often focus primarily on symptom management through pain medication or anti-inflammatory drugs, which may be associated with side effects when used long-term. As a result, there is increasing global interest in complementary and integrative approaches that may offer both symptom relief and improved long-term joint support.

The recently published trial was designed according to rigorous modern scientific standards. It was a randomized, double-blind, placebo-controlled, multicentre study—a research design considered among the most reliable methods for evaluating clinical effectiveness and safety. Participants with knee osteoarthritis received either the Boswellia formulation or a placebo over the course of the study, while researchers evaluated changes in pain, stiffness, mobility, and biochemical markers related to cartilage health.

The results were encouraging. Participants receiving the Boswellia–celery seed combination formulation demonstrated significant improvements in knee pain and physical function compared to the placebo group. Reductions in joint stiffness and improvements in everyday mobility were also reported. In addition, researchers observed favourable effects on biomarkers

associated with cartilage degeneration, suggesting that the formulation may not only help relieve symptoms but could also support the underlying health of joint tissues.

An important aspect of the study was the reported safety profile. The Boswellia–celery seed combination formulation was found to be well tolerated by participants, with no major safety concerns identified during the trial. This is particularly relevant in the context of chronic conditions such as osteoarthritis, where long-term management strategies are often needed.

*Boswellia serrata*, commonly known as Indian frankincense has been used for centuries in Ayurveda for conditions involving inflammation, joint discomfort, and mobility issues. Modern scientific interest has focused especially on boswellic acids—naturally occurring compounds believed to influence inflammatory pathways in the body. Over the past two decades, a growing number of studies have explored the potential role of Boswellia in supporting joint health, but the publication of larger and more rigorously designed clinical trials marks an important step in strengthening the evidence base.

For practitioners and students of Ayurveda, studies such as this demonstrate the increasing dialogue between traditional knowledge systems and modern biomedical research. While Ayurveda has long approached health through a comprehensive understanding of balance, digestion, lifestyle, and individual constitution, contemporary research methods are beginning to explore and validate some of these traditional approaches using measurable clinical outcomes.

The growing international interest in evidence-based Ayurveda also reflects a broader shift in healthcare toward integrative and preventive approaches. Chronic inflammatory and lifestyle-related disorders continue to rise globally, prompting many researchers and healthcare professionals to investigate complementary strategies that may support long-term wellbeing alongside conventional care.

Although further research is still needed, especially larger and longer-term studies, the findings from this Boswellia trial contribute to a promising and expanding field of Ayurvedic clinical research. They also highlight how traditional herbal knowledge, when examined through rigorous scientific methodology, may continue to offer valuable contributions to modern healthcare.

Source: *Pharmaceutical Research* “Efficacy and Safety of a Boswellia serrata Formulation in Knee Osteoarthritis”

» <https://link.springer.com/article/10.1007/s11095-025-03818-2>

## Discovering Maharishi AyurVeda Through Direct Experience

### *An Interview with Professor Dr Gordana Markovic*



One of the distinctive features of the Professional Training in Maharishi AyurVeda offered by the Alma Mater Europaea University in cooperation with the Maharishi College of Perfect Health International is its highly practical and experience-based approach to learning. From the very first week, students are introduced not only to the theoretical foundations of Maharishi AyurVeda, but also to hands-on clinical skills such as pulse diagnosis and consultations with volunteers under expert supervision.

Leading the training programme is Professor Gordana Marcovic, an experienced Maharishi AyurVeda teacher known for her clear, supportive, and encouraging teaching style. Students from 13 countries gathered this past year to deepen their understanding of natural health, consciousness-based healthcare, and traditional Ayurvedic knowledge in an international learning environment marked by warmth, openness, and shared enthusiasm.



*Dr Gordana Marković is a Western medical doctor with over 20 years of medical practice and a specialist in Social Medicine and Public Health. She has a master's degree in Emergency surgery and a PhD in the improvement of quality of healthcare from the Faculty of Medicine, University of Belgrade.*

*Dr Marković studied Ayurvedic medicine in India, the Netherlands, Switzerland, Austria and Belgrade. She is the most experienced practitioner of Maharishi AyurVeda in Southeastern Europe and has published over 50 articles on Maharishi AyurVeda and Aromatherapy.*

In the following interview, Professor Marcovic reflects on some of the most memorable moments from last year's programme, the transformation she observes in students throughout the training, and the practical skills graduates take home into their professional and personal lives.

***Looking back at this past year's training programme, what were some of the most memorable moments for you as a teacher?***

The most memorable moments are when students are surprised by the accuracy of pulse diagnostics. Seeing students experience that first joy and excitement about their new skills and the possibility of a deeper understanding of the patient's physiological processes are always wonderful.

***Students begin working with volunteers very early in the programme, even practising pulse diagnosis in the first week. How do students usually respond to this experience?***

They worry at the beginning about how capable they will be to do a consultation. However, since the teaching methodology is very clear yet relaxing, they readily accept new knowledge and have the opportunity to apply it immediately with real clients under the teacher's supervision. With such experience from the first block, participants are highly motivated to learn more and conduct consultations after going home.

***What changes do you usually observe in students between the beginning of the programme and graduation?***

First of all, I observe their changes. Since they apply Maharishi AyurVeda knowledge in their personal lives, they are more stable and happier, with significantly improved physical and mental health. Regarding their professional lives, they are enriched with new knowledge, more confident, and ready to provide more powerful and comprehensive support to their patients and clients.

# EVENTS AND COURSES



*This past year's class included students from 13 countries. How does this international mix enrich the learning experience?*

We always notice how friendly and positive the atmosphere is within the group. The course naturally attracts people who are open and eager to receive Maharishi AyurVeda knowledge, and this creates a very harmonious learning environment.

Each participant brings a unique personal, professional, and cultural background, and their questions, comments, and experiences contribute to a deeper understanding of Ayurveda. We also discuss foods, lifestyle habits, and daily routines from different countries, and these real-life examples enrich the learning process and make the knowledge even more practical and relatable.

*What practical skills do students leave the programme with that they can immediately apply in their professional or personal lives?*

Students gain practical skills that they can apply immediately, both professionally and personally. They learn pulse diagnosis and other AyurVedic assessment methods that help them understand a person's constitution and current state of balance or imbalance.



They also learn how to recommend appropriate diet and daily routine adjustments, including Transcendental Meditation®, herbal supplements, essential oils, Marma Therapy, Ayurvedic home remedies, and other supportive approaches tailored to the individual's needs and lifestyle. By the end of the programme, participants feel more confident in offering comprehensive and personalised support to their patients and clients.

The next Professional Training in Maharishi AyurVeda starts in April 2028.



## Interested in Learning More?

### Facts at a Glance:

**Length:** One year

**Credits:** 55 ECTS

**Format:** Hybrid (online and in-residence)

**In-residence Location:** Alma Mater Europaea University in Maribor, Slovenia

**Dates Phase I:** 10 April 2027 – Nov 2027

**Dates Phase II:** Nov 2027 – Spring 2028

**Total Cost:** 6.600 € (Phase I: 3.600 €; Phase II: 3.000 €)

**Early Bird Discount:** **10% tuition fee reduction** for enrollments completed before 1 Sept 2026.

Further information about the programme, curriculum, dates, and application process can be found at

» <https://mcphi.org/professional-training-in-maharishi-ayurveda/>

More questions? Contact us at [professional.training@imavf.org](mailto:professional.training@imavf.org).

## SAVE THE DATE

### 9<sup>th</sup> International Ayurveda Congress (IACV)



Hosted by Maharishi International University (MIU)

21–23 May 2027 | Fairfield, Iowa, USA

The International Maharishi AyurVeda Foundation (IMAVF), in collaboration with Maharishi International University, is delighted to announce the 9<sup>th</sup> International Ayurveda Congress — the first edition of the Congress to be held in the United States.

Bringing together leading physicians, researchers, educators, practitioners, and experts from around the world, this special international gathering will explore the theme:

*“Ayurveda and Integrative Medicine — The Future of Healthcare”*

Hosted within the unique consciousness-based environment of MIU, the Congress aims to foster meaningful dialogue between

ancient Vedic wisdom and modern science while creating a vibrant space for education, collaboration, professional exchange, and global connection in the field of Maharishi AyurVeda.

Participants can look forward to inspiring presentations, international networking opportunities, and discussions exploring the growing role of Ayurveda and integrative medicine in the healthcare systems of the future.

Further details regarding registration, programme highlights, speakers, and accommodation will be announced in the coming months. Please reserve the dates and join us for this landmark international event in Fairfield, Iowa.

For more details, please visit: » <https://iavc.eu/miu-2027/>

## Ayurveda Days and Fair 2026: a season of growth for Maharishi AyurVeda in Hungary



Interest in Maharishi AyurVeda and consciousness-based approaches to health is growing steadily throughout Hungary. Increasing numbers of people are discovering the benefits of personalised consultations, natural health programmes, educational events, and Vedic wellness practices.

One clear sign of this momentum is the series of regularly fully booked Maharishi AyurVeda consultation weekends in Budapest with Dr Agrima Awasthi. At the same time, Maharishi AyurVeda is expanding beyond the capital through the work of Dr Molnár Katalin, Hungary's first Maharishi AyurVeda physician, making consultations and educational activities accessible to a wider audience.

Community events, webinars, health days, and educational programmes continue to inspire a deeper understanding of health as a balance of body, mind, environment, and consciousness.

An exciting highlight is also on the horizon: **Ayurveda Days and Fair 2026**, taking place from 2–4 October 2026 at the **Verdi Budapest Aquincum Hotel** in Budapest. The event will bring together practitioners, experts, students, and enthusiasts for three days of learning, networking, and inspiration centred on Ayurveda and natural health. For further information and registration, please visit: <https://ajurvedanapok.hu>.

## Discover the transformative potential of Maharishi AyurVeda Marma Training



What if a gentle touch could help awaken the body's natural intelligence and support greater balance, well-being, and vitality?

Marma is one of the most profound and refined approaches within Maharishi AyurVeda. For thousands of years, this knowledge has been used to support harmony throughout body and mind.

Practitioners and clients often describe Marma as a deeply nurturing experience that promotes relaxation, inner coherence, and a greater sense of wholeness.

The Maharishi College of Perfect Health International (MCPHI) offers a comprehensive training pathway that allows students to progressively deepen their understanding and practical skills in this remarkable field.

### Begin your journey with Marma in *Phase 1 - Self-care*

The first step is the **Marma Training Course – Phase 1**, which provides the essential foundations of Maharishi AyurVeda Marma. Previously offered only as a live online programme, Phase 1 is now also available on demand, allowing participants to study at their own pace and from anywhere in the world.

Participants learn practical self-care techniques as well as the theoretical principles underlying Marma, gaining an understanding of how this ancient knowledge fits within the broader framework of Maharishi AyurVeda.

### Deepen your skills in *Phase 2 - Family and Client Care*

After completing Phase 1, participants may continue with **Phase 2**, an in-person training experience. Here, the knowledge comes to life through practical instruction, supervised practice, and direct experience. Students learn to apply Marma techniques with confidence, precision, and sensitivity for self-care as well as for family members and clients.

### Advanced professional training in *Phase 3 - Health Professional Course*

For qualified health professionals seeking advanced expertise, MCPHI offers **Phase 3**, an in-person professional-level training. Completion of both Phases 1 and 2 is required before entering this advanced programme.

Phase 3 explores Marma at a deeper professional level and is designed for practitioners who wish to integrate this specialised knowledge into their professional work.



### Experience Marma for Yourself

For those who are curious but not yet ready to enrol, MCPHI also offers a free introductory webinar. This is an excellent opportunity to learn more about Maharishi AyurVeda Marma, hear from experienced teachers, and gain insight into how this timeless knowledge can enrich both personal well-being and professional practice. Register for the free introductory webinar at:

» <https://mcphi.org/free-courses/#freecoursereg>

Whether you are exploring Marma for personal growth, seeking to expand an existing practice, or looking for a new professional direction, the MCPHI Marma Training pathway offers a structured and inspiring journey into one of the most treasured aspects of Maharishi AyurVeda — a journey that begins with the simple power of gentle touch and unfolds into a deeper understanding of the body's innate intelligence.

To learn more about the free webinar and upcoming training opportunities, please visit the MCPHI website:

» <https://mcphi.org/marmatherapy/>

# EVENTS AND COURSES

## MCPHI 2026 Courses at a Glance

Date	Course Name	Location	Instructors
1 September – 24 November	<a href="#"><u>Maharishi AyurVeda Integrated Approach to Psychosomatics – Section 1</u></a>	Live online	Prof. Bruno Renzi & Dr Manohar Palakurthi
9 September at 7:30 pm CEST	Follow-up webinar for Marma Therapy Phase 3 graduates	Live online	Dr Rainer Picha & Dr Walter Mölk
22 – 27 September	<a href="#"><u>MAV Marma Therapy Phase 2, Family &amp; Client Care</u></a>	In-residence at MERU, Vlodrop, The Netherlands	Dr Rainer Picha & Dr Walter Mölk
5 – 12 October	<a href="#"><u>Gandharva Veda Therapy course</u></a>	In-residence in Hungary	Vaidya Dr Shubham Kulkarni
3 – 9 October	<a href="#"><u>Vedic Dance Kathak</u></a>	In-residence in Istanbul, Turkey	Yagyaa Srivastava
24 – 29 October	<a href="#"><u>MAV Marma Therapy Phase 2, Family and Client Care</u></a>	In-residence at MERU, Vlodrop, The Netherlands	Dr Rainer Picha & Dr Walter Mölk
31 October – 4 November	<a href="#"><u>MAV Marma Therapy, Phase 3, Health Professionals</u></a>	In-residence at MERU, Vlodrop, The Netherlands	Dr Rainer Picha & Dr Walter Mölk
13 – 29 November	<a href="#"><u>Maharishi Light Therapy with Gems Phase 2</u></a>	In-residence at MERU, Vlodrop, The Netherlands	Joachim, Iris, and Orelia Roller
	<a href="#"><u>Maharishi Light Therapy with Gems Phase I, Part 1</u></a>	Online on demand	Joachim, Iris and Orelia Roller
	<a href="#"><u>Fundamentals of Vastu living</u></a>	Online on demand	Dr Eike Hartmann, Dr Lila Maria Hartmann-Stein, Jonathan Lipman, AIA & Hannu Siika-aho



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The IMAVF NewsMagazine is published three times a year.  
**IMAVF, Station 24, 6063 NP Vlodrop, The Netherlands.**

*Send address changes to: [editor@imavf.org](mailto:editor@imavf.org)*