

Vaidya. Dr. Shekhar V. Annambhotla

BAMS, MDAYURVED, LMT, ERYT, RMAS, FAMAS, BCIM, CPH, CRH

Registered Master Ayurvedic Specialist - # RMAS1001-03

Licensed Massage Therapist, Lic. # MSG000392

NCBTMB Continuing Education Provider # 451878-12

Experienced Registered Yoga Teacher - # 13423

Board Certified Integrative Medicine # 1245

Certified Pranic Healer

Certified Reiki Healer

Ayurveda Wellness Center – Ojas LLC

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Websites:

Ayurveda Wellness Center - www.ojas.us

Association of Ayurvedic Professionals of North America, www.aapna.org

Global Ayurveda Conferences, LLC www.globalayurvedaconferences.com

International University of Yoga and Ayurveda, Inc. www.iu-ya.org

Dosha Botanicals, LLC – www.doshabotanicals.com



Summary:

- Ayurvedic & Panchakarma Specialist
- Licensed Integrative Massage Therapist
- Therapeutic Yoga Instructor
- Pranic Healer
- Reiki Healer
- Classically Trained in India
 - Practicing and teaching Ayurveda Worldwide since 1988
 - Travelled 18 countries
 - Consulted more than 18,000 clients
 - Performed 7200 Abhyangas (Ayurvedic Warm Oil Massage)
 - Performed 490 Panchakarma Therapies
 - Performed 1520 Shirodharas
 - Performed 350 Kati Basti
 - Performed 120 cooking classes
 - Taught 54 times Ayurvedic Pulse Technique Course
 - Taught 25 times Marma Therapy Course
 - Organized 17 International Conferences
 - Organized 4 free medical camps for needy, offered about 10,000 patients free medicines
 - Taught introductory lectures on Ayurveda at
 - University of Pennsylvania Medical School (UPenn), Philadelphia, PA
 - Jefferson Medical College, Philadelphia, PA
 - Hershey Medical College, Hershey, PA
 - University of Medicine and Dentistry New Jersey (UMDNJ), NJ
 - Daughin Medical Society, Hershey, PA
 - Saint Luke School of Nurshing, Bethlehem, PA
 - Penn State College, Kutztown, PA

- Lehigh Carbon Community College (LCCC), PA
- University of Penn, Nursing School, Philadelphia, PA

Founding Director & President

- Association of Ayurvedic Professionals of North America (AAPNA), PA, USA
- Ojas, LLC – Ayurveda Wellness Center, PA, USA
- GAC, LLC – Global Ayurveda Conferences, LLC
- International University of Yoga and Ayurveda, Inc. (Founding Co-Director)
- International Institute of Integrative Medicine (IIIM), Tangutur, Andhra Pradesh, India

Vice President

- American Hindu World Services, Inc. (AHWS), MD, USA

Academic Director

- Vidya Institute of Ayurveda, Halifax, NS, Canada
- Mahima Institute of Ayurveda, Florida, USA

Former Board of Director & Election Committee Chair & Membership & Standards Committee Member

- National Ayurvedic Medical Association (NAMA), CA, USA (August 2005-April 2010)

Faculty Member:

- Amrit Yoga Institute, FL
- Mount Madonna College of Ayurveda, CA
- Canyon Ranch, Lenox, MA
- Seva Dharma Institute of Ayurveda, Miami, FL
- Kerala Ayurveda Academy, Seattle, WA
- Kripalu School of Ayurveda, Lenox, MA
- New World Ayurveda, ME
- Greens Ayur Center, Azhiyur, Kerala, India
- American School of Traditional Ayurveda, PA & Gurukul Program, USA & India
- Vidya Institute of Ayurveda, Halifax, NS, Canada

Academic Advisor:

- Seva Dharma Institute of Ayurveda, Miami, FL, USA
- Yogsadhana, LLC, MA, USA

Advisor:

- AYU, International Journal, Gujarat Ayurved University, India
- Yoga Sadhna, LLC, MA, USA
- International Wellness Professionals Association, FL, USA
- Ayush Samithi, Bhilai, India

External Moderator:

- Australasian Institute of Ayurvedic Studies, Auckland, New Zealand

Editorial Board:

- Editor-in-Chief, Journal of Homeopathy & Ayurvedic Medicine, Lifesciences Journals: OMICS Group, CA, USA
- Ayurveda Journal of Health, MA, USA

Registration:

- Experienced Registered Yoga Teacher – 500 Level, Yoga Alliance, VA, USA
- Registered Ayurvedic Specialist (RAS), Association of Ayurvedic Professionals of North America (AAPNA), PA, USA

Professional Member:

- Association of Ayurvedic Professionals of North America (AAPNA), PA, USA
- National Ayurvedic Medical Association (NAMA), CA, USA
- American Massage Therapists Association (AMTA), IL, USA

- American Association of Integrative Medicine, MO, USA
- American Alternative Medical Association (AAMA) TX, USA
- American Association of Drugless Practitioners (AADP) TX, USA
- American Holistic Health Association (AHHA), CA, USA

Lions Club International Member

PROFESSIONAL SUMMARY

7/2002 - Present	Ojas, LLC (Ojas Ayurveda Yoga Wellness Center), Coopersburg, PA, USA <i>Founder & Director</i>
5/2003 - Present	Association of Ayurvedic Professionals of North America (AAPNA), USA <i>Founding Director, Faculty Member</i>
6/2008 - Present	International Institute of Integrative Medicine (I3M), Tangutur, <i>Prakasam District, Andhra Pradesh, India</i> <i>Founder & Medical director</i>
10/2007- Present	Light on Ayurveda Journal <i>Editorial Board, MA, USA</i>
5/2007 – Present	American School of Traditional Ayurveda (ASTA), PA, USA <i>Founder & Director, Allentown, PA, USA</i>
1/2005 – Present	Kripalu School of Ayurveda, Lenox, MA, USA <i>Faculty Member</i>
1/2007 – Present	Mount Madonna Institute: College of Ayurveda, Watsonville, CA, USA <i>Faculty Member</i>
8/2005 – 4/2010	National Ayurvedic Medical Association (NAMA), CA, USA <i>Board of Director</i>
4/2007 – 7/2008	Dosha Botanicals, Riverdale, NJ, USA <i>Co-director & Principal Formula Developer of the</i> <i>Three day cleanse for Optimum Health, a complete cleansing kit</i>
8/2007 – 7/2008	AyurVideo Productions, LLC, Riverdale, NJ, USA <i>Co-director</i>
8/2007 – 4/2009	Sai Ayurvedic School of Miami, FL, USA <i>Faculty Member</i>
7/2003 – 5/2006	Ayurvedic Academy, Seattle, WA. USA <i>Adjunct Faculty Member</i>

EXPERIENCE

- 28 years teaching, consulting, and research in the field of Ayurvedic Medicine
- 5 years study B.A.M.S. degree (Bachelor of Ayurvedic Medicine & Surgery), Nagarjuna University, India
- 3 years post-graduation training (M.D., Ayurved), Gujarat Ayurved University, India

EDUCATION

- MDAYURVED 1991
 - Gujarat Ayurved University, Jamnagar, Gujarat, India
 - *Specialization: Kayachikitsa (Internal Medicine)*
 - *Dissertation: Clinical study of Devadaru Compound (herbal food supplement) in Tamak Swasa (Bronchial Asthma)*
- BAMS (Bachelor of Ayurvedic Medicine & Surgery), 1988
 - Nagarjuna University, Andhra Pradesh, India

COMPLEMENTARY TRAINING

11/2015	Continuing Education - Panchakarma Therapist Training – Greens Ayur Hospital, Azhiyoor, Kozhikode District, Kerala State, India
2/2013	Continuing Education - Panchakarma Therapist Training – Greens Ayur Hospital, Azhiyoor, Kozhikode District, Kerala State, India
7/2013	Usui Shiki Ryoho – Reiki Method of Natural Healing Level 1 Certification, Ayurveda Wellness Center, Coopersburg, PA, USA
3/2007	Panchakarma Therapist Training – Greens Ayur Hospital, Azhiyoor, Kozhikode District, Kerala State, India
12/2006	Integrative bodywork and massage training Phase I (100 hours) Lehigh Valley Healing Arts Academy, Emmaus, PA
10/2006	Integrative bodywork and massage training Phase II (100 hours) Lehigh Valley Healing Arts Academy, Emmaus, PA, USA
8/2006	<i>Phoenix Rising Yoga Therapy – Stress to Bliss training, Allentown, PA, USA</i>
3/2004	<i>Registered Yoga Teacher (RYT – 500)</i> Yoga Alliance, 122 W. Lancaster Ave. Suite 204, Reading, PA 19607, USA
6/2003	<i>Art of Living Course 1</i> Art of Living Foundation, founded by Sri Sri Ravi Shankar
8/2001	<i>Yoga Instructors' Certificate Course (YICC)</i> Swami Vivekananda Yoga Anusandhana Samsthana, Indian Institute of Yoga, Bangalore, India
3/2001	<i>Advanced Pranic Healing & Pranic Psychotherapy Course, All India Pranic Healing Foundations Trust, Chennai, India</i>
12/1994	<i>Advanced Training Course Maharishi's Vedic Science and Approach to Health</i> Maharishi Vedic University, Vlodrop, The Netherlands

CERTIFICATIONS

- Fellow of American Master Ayurvedic Specialist (FAMAS) – Association of Ayurvedic Professionals of North America (AAPNA) – Registration # FAAS 1001-13, PA, USA
- Registered Master Ayurvedic Specialist (RMAS) – Association of Ayurvedic Professionals of North America (AAPNA) – Registration # RAS1001-03, PA, USA
- Continuing Education Provider – Association of Ayurvedic Professionals of North America (AAPNA) Registration # CAE1001-03, PA, USA

- Continuing Education Provider – Ojas, LLC – Ayurveda Wellness Center – National Council of Bodywork and Therapeutic Massage Board (NCBTMB) – Registration # 451878-12, IL, USA
- Board Certified in Integrative Medicine (BCIM) from The American Association of Integrative Medicine (AAIM), Identification # 1245, MO, USA
- Experienced Registered Yoga Teacher (ERYT) – 500 hours, Registration # 13423, Yoga Alliance, Clinton, MD, USA
- Kripalu Yoga Teachers Association (KYTA), Registration # 5757, Lenox, MA, USA
- AADP (American Association of Drugless Practitioners), Certificate # 66032409, USA
- AAMA (American Alternative Medical Association), Certificate # 37572409, USA, 2004
- The Andhra Board of Ayurveda, Certificate # 19898, India, 1988
- The Gujarat Board of Ayurvedic and Unani Systems of Medicine, Certificate # G.B. I-10993, India, 1991

PROFESSIONAL MEMBERSHIPS

- **AAIM** (American Association of Integrative Medicine), # 1245, MO, USA 2010
- **AMTA** (American Massage Therapy Association) # 196173, IL, USA 2006
- **NAMA** (National Ayurvedic Medical Association), CA, USA, 2002
- **AAPNA** (Association of Ayurvedic Professionals of North America), # RAS1001-03, PA, USA, 2003
- **AHHA** (American Holistic Health Association), CA, USA, 2003

CONTINUING EDUCATION

May 17, 2016	Integrated Energy Healing Workshop. 8 CE hours, Coopersburg, PA, USA
May 13 – 15, 2016	Ayurveda: Food & Nutrition, 22.5 CE hours, Pittsburgh, PA, USA
Oct 9 – 11, 2015	Ayurveda & Autoimmune Disorders, CE 16.5 hours, San Jose, CA, USA
Jan 31 & Feb 1, 2015	Ayurveda Psychology CE for Massage Therapy Feb 2015, Miami, FL, USA
Dec 10, 2014	Ethics & Standards 6.0 CE hours and Pathology and Care for Special Population Massage Therapists – 2.0 CE hours from Elite Continuing Education (Online Course)
Dec 3, 2014	Adult & Pediatric First Aid/CPR/AED – PA Institute of Massage Therapy, The American Red Cross Recognizes valid until December 2, 2016, Quakertown, PA, USA
Oct 1, 2014	Energy Healing Science – BeWell Science Basic Course – CE, Pennsylvania, USA – October 2014
Apr 29, 2014	The Habits of Happy People – CE – Pennsylvania, USA - April 2014
Jul 13, 2013	Reiki Method of Natural Healing Level 1 Certification (8 CE hours) provided by Neeraj Lal, Coopersburg, PA, USA
Dec 5, 2012	Ethics & Standards 6 CE hours and Pathology and Chronic Conditions for Massage Therapists – 2 CE hours from Elite Continuing Education (Online Course)
Nov 20, 2012	Adult CPR completed from PA Institute of Massage Therapy approved American Red Cross on 11/20/2012 and valid until 11/20/2014

- May 21, 2012 How The Brain Forms New Habits: Why Will power Is Not Enough – Brian E. King, PhD, Allentown, PA, USA
- Mar 23 & 24, 2012 Fibromyalgia – “Demystifying the Unexplained Disorder” – 12 continuing education hours provided by Nancy M. Porambo, MS, CNMT, LMT (PA1), NCBTMB approved provider, Jim Thorpe, PA, USA
- Nov 20, 2012 Adult CPR – PA Institute of Massage Therapy, The American Red Cross Recognizes valid until Nov 20, 2014, Quakertown, PA, USA
- Nov 20, 2011 Marma Therapy – 12 continuing education hours provided by Vijay Jain, MD, Medical Director, Amrit Yoga, FL, USA

INTERNATIONAL & NATIONAL CONFERENCES

- May 15, 2016 Paper presented on “Importance of Pathya (Suitability) and Apathya (Unsuitability) of foods at 17th International Conference on “Ayurveda: Food & Nutrition, May 13-15, 2016, Indian Community Center, Pittsburgh, Pennsylvania, USA
- Nov 27-29, 2015 Paper presented on “Shalakya practice in North America” at 1st International and 9th National Conference on “Shalakya Manthan” Belagavi, Karnataka, India
- Oct 9 – 11, 2015 Paper presented on “Panchakarma in Autoimmune Disorders” at 15th International Conference on “Ayurveda & Autoimmune Disorders” Biltmore Hotel and Suites, Santa Clara, CA, USA
- Nov 9 – 11, 2013 Paper presented on “Nutrition in Ayurveda” 2nd International Congress on Complementary and Alternative Medicine, Medellin, Colombia, South America.
- Jan 7 & 8, 2012 Presented “Importance of Music Therapy in Healing: at IIIrd National Seminar on Music Therapy, Mumbai, India
- Jan 5-8, 2012 Paper presented on “Ayurveda in the West” at World Ayurveda Congress, Pune, Maharashtra, India
- Sep 21-24, 2006 Paper presented on “Vata Disorders: at 4th National Ayurvedic Medical Association (NAMA) conference in New York, USA
- March 8-19, 1991 Paper presented on “Clinical study of Devadaru Compound in Tamak Shwas” at Golden Jubilee Celebrations of Podar Ayurvedic Medical College, Mumbai, India
- Mar 5 – 7, 1991 Participated in Platinum Jubilee Celebrations on Recent Developments in Kaya Chikitsa at Banaras Hindu University, Benaras, India
- Mar 24 – 27, 1989 Workshop on Research Methods of PG students of Indian Medicine, Pune, Maharashtra, India

ACADEMIC APPOINTMENTS & CLINICAL PRACTICE

Ojas, LLC (www.ojas.us), Coopersburg, Pennsylvania **7/2002 – Present**
Director

Founded Ojas, LLC to share the wisdom of Ayurvedic healing in North America. Activities include educating clients through classes, workshops and one-on-one personal consultations in various aspects of Ayurveda, such as Ayurvedic diet, nutrition and cooking, Ayurvedic dietary

supplementation, pulse technique, breathing exercises, meditation, yoga exercises, and gentle home detoxification procedures.

Kripalu Healing Arts, Lenox, MA **4/2004 –3/2006**

Panchakarma Advisor & Consultant

Oversee the Panchakarma program, including client intake evaluations and follow-up consultations, determining and planning each client's Panchakarma requirements, educational lectures for clients, cooking demonstrations, menu planning for individual clients' needs, on-site client support 24 hours/day.

Kripalu School of Ayurveda, Lenox, MA **1/2005 – 3/2006**

Faculty Member

Courses taught to date include: Ayurvedic Anatomy & Physiology, Ayurvedic Disease Etiology & Pathology, Digestion & Nutrition, and Ayurvedic Herbology.

Maharishi Vedic University, Vlodrop, Netherlands **11/1994 – 12/2000**

International Ayurveda Consultant

Traveled extensively worldwide to teach classes, deliver lectures and offer consultations on Ayurveda and Yoga for health professionals and for the general public. Gave several newspaper, radio and television interviews.

NKJ Ayurveda Medical College, Bidar, Karnataka, India **1/1992 – 9/1994**

Lecturer

Taught History of Ayurvedic Medicine, Ayurvedic Pharmacology & Herbology to B.A.M.S. students

Private Practice, Bidar, Karnataka, India **1/1992 – 9/1994**

Ayurvedic Physician

Offered Ayurvedic wellness consultations, Panchakarma, and Rejuvenation programs.

PUBLICATIONS

- “*Panchakarma Diet and Regimen,*” Shekhar Annambhotla. Light on Ayurveda Journal of Health: Vol. III, Issue 1, Fall 2004
- “*Insights on Guggulu,*” Dr. Shekhar Annambhotla. National Ayurvedic Medical Association (NAMA) Vol. 1, Issue No. 4, Fall 2003
- *An experimental and clinical evaluation of anti-asthmatic potentialities of Devadaru compound (DC).* Sekhar AV, Gandhi DN, Rao NM, Rawal UD. Ayurvedic Medical College, Bidar-585 403. Indian J Physiol Pharmacol. 2003 Jan; 47(1):101-7

BOOK REVIEWS

- Hari Sharma and Christopher Clark: *Contemporary Ayurveda: Medicine and Research in Maharishi Ayur-Veda.* (Reviewed in November 2003). Churchill Livingstone publication.
- Todd Caldecott / *Ayurveda: The Divine Secrets of Life.* (Reviewed in June 2003). Elsevier Publication.

ARTICLE REVIEWS

- Rationality behind Ayurvedic formulations & importance of the processing (July 2011) Light on Ayurveda Journal
- Naturopathic and Yogic intervention in the Management of Coronary Artery Disease (June 2011). Light on Ayurveda Journal
- Honey: An Ancient Functional Food (March 2011) Light on Ayurveda Journal
- A Case of Severe Xerosis and Pruritus of the Legs (June 2010) Light on Ayurveda Journal
- Dreaming, Ayurveda and Consciousness (Jan 2010) Light on Ayurveda Journal
- Allergic to the Modern World—Multiple Chemical Sensitivities: A Case History (September 2009) Light on Ayurveda Journal
- Ghee- Ayurvedic Nectar (April 2009) Light on Ayurveda Journal
- Foot Massage (January 2009) Light on Ayurveda Journal
- Essentials of an Authentic Ayurvedic Spa (January 2009) Light on Ayurveda Journal
- Interstitial Cystitis (June 2008) Light on Ayurveda Journal
- Ancient Ayurveda (January 2008) Light on Ayurveda Journal
- It's a Miracle!": Ayurveda in Incurable Malignant Brain Tumour (November 2007) Light on Ayurveda Journal
- Ayurveda and Spa Industry (September 2007) Light on Ayurveda Journal

MEDIA INTERVIEWS

- "Ayurvedic Expert Connects Minds, Body, Spirit" *The News Press Cape Life South, Florida*, Sunday, September 23, 2007
- "Ayurveda for Natural Weight Loss" *The Daily Observer*, Kingston, Jamaica, March 30, 2005
- "Live healthy with Ayurveda", *The Daily Observer*, Kingston, Jamaica, March 23, 2005
- "Finding a healthy balance", *The Express-Times*, Pennsylvania, USA, October 9, 2003
- "Finger on the pulse", *Evening Gazette*, United Kingdom, November 26, 1999
- "Fingers on the pulse", *The Journal*, United Kingdom, November 25, 1999
- Television interview, *BBC Breakfast Television*, Great Britain, November 16, 1999
- "Mieux s'alimenter pour mieux se porter", *France Antilles-Le Quotidien D'information De La Guadeloupe*, Guadeloupe, August 1, 1996
- "Treating illness the Maharishi way", *Newsday*, Trinidad, July 15, 1996
- "Ministers must learn yogic flying", *Sunday Punch*, Trinidad, July 14, 1996
- "Helping the body heal itself", *Independent*, Trinidad, July 12, 1996
- "Finding a balance: Indian healers comes west on lecture tour", *Express*, Trinidad, July 8, 1996
- "Perfect health is possible", *Trinidad Guardian*, Trinidad, July 4, 1996
- "Indiai doktorunk", *Kurir*, Hungary, April 26, 1995

AWARDS:

- ***MTC Global Award Excellence – 2015 – Outstanding Corporate Award: Healthcare and Community Service, Bangalore, India***
- ***Ayurveda Wellness Center, Coopersburg Award 2015, Pennsylvania, USA***

- *Appreciation – Arth – Group of Companies*, Bangalore, India awarded in the hands of Sri Sri Ravishankar, Boone, North Carolina, USA July, 2014
- *Vishwa Ayurveda Ratna, Feb 15, 2014, Bharat Seva Sansthan, Lucknow, India*
- *Ayurveda Khandantara Sthapanacharya* Award by I-SERVE, Hyderabad, India on Feb 15, 2013
- *International Ayurveda Pragati Award by Pragati Resorts, Hyderabad, India on Feb 16, 2013*
- *Sursanjeevan Music Therapy Forum Award* on IIIrd National Seminar On Music Therapy on January 7 & 8, 2012 in Mumbai, India
- *Tathagat International Excellence Award 2011* at 5th International Conference on Ayurved & Complementary Systems of Medicine, Dubai, Sep 22 & 23, 2011.

COURSES, LECTURES, PRESENTATIONS & CONSULTATIONS:

2016:

Jan 1-3, 2016	Ayurvedic Wellness Consultations, Coopersburg, PA, USA
Jan 4 -8, 2016	Panchakarma Therapy, Coopersburg, PA, USA
Jan 9 –15, 2016	Ayurvedic Wellness Consultations, Coopersburg, PA, USA
Jan 16 & 17, 2016	Fundamentals of Ayurveda Course, Coopersburg, PA, USA
Jan 18 -Feb 5, 2016	Ayurvedic Wellness Consultations, Coopersburg, PA, USA
Feb 6 & 7, 2016	Ayurvedic Pulse Technique Course, Coopersburg, PA, USA
Feb 8 –19, 2016	Ayurveda Wellness Consultations, Coopersburg, PA, USA
Feb 20, 2016	Ayurvedic Tongue Analysis Workshop, Coopersburg, PA, USA
Feb 21 –27, 2016	Ayurvedic Wellness Consultations, Coopersburg, PA, USA
Feb 28, 2016	Taught Ayurvedic Vegetarian Cooking Class, Coopersburg, PA, USA
Feb 29 –Mar 11, '16	Ayurveda Wellness Consultations, Coopersburg, PA, USA
Mar 12 & 13, 2016	Ayurvedic Marma Therapy Workshop, Coopersburg, PA, USA
Mar 14 –18, 2016	Panchakarma Therapies, Coopersburg, PA, USA
Mar 19 –27, 2016	Ayurveda Wellness Consultations, Coopersburg, PA, USA
Mar 28 – Apr 1, 2016	Panchakarma Therapies, Coopersburg, PA, USA
Apr 2 – 4, 2016	Ayurveda Wellness Consultations, Coopersburg, PA, USA
Apr 5 – 10, 2016	Taught Ayurvedic Lifestyle Consultant Training Module 1 at Amrit Yoga Institute, Salt Springs, FL, USA
Apr 11 -18, 2016	Ayurvedic Wellness Consultations, Coopersburg, PA, USA
Apr 19 – 23, 2016	Taught Ayurvedic Food and Nutrition Consultant Certification Program Module 1 at Twin Ponds Integrative Health Center, Brienigsville, PA USA
Apr 24, 2016	Ayurvedic Tongue Analysis Course taught at Ayurvedic Wellness Center, Coopersburg, PA, USA
Apr 25 – 29, 2016	Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA, USA
Apr 30 & May 1, '16	Ayurveda Wellness Consultations, Coopersburg, PA, USA
May 2 – 6, 2016	Taught Certified Ayurvedic Practitioner Program Module I at Amrit Yoga Institute, Salt Springs, FL, USA
May 7 – 12, 2016	Ayurveda Wellness Consultations, Coopersburg, PA, USA
May 13 – 15, 2016	Organized 17 th International Conference on “Ayurveda: Food & Nutrition”, attended 120 participants at Pittsburgh, PA, USA
May 16 , 2016	Ayurveda Wellness Consultations, Coopersburg, PA, USA

May 17, 2016 Organized Integrated Energy Healing Workshop with Dr. Richaritha Gundlapalli, MD at Ayurveda Wellness Center, Coopersburg, PA, USA
 May 18 – 31, 2016 Ayurveda Wellness Consultations, Coopersburg, PA, USA
 Jun 1 -5, 2016 Taught Ayurvedic Lifestyle Consultant Module 2 at Amrit Yoga Institute, Salt Springs, FL, USA

2015:

Jan 1- 6, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Jan 7 & 8, 2015 Bridgeport, Connecticut, USA
 Jan 9 – 11, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Jan 12 – 19, 2015 Ayurvedic Practitioner Teaching (Modules 7 & 8), Amrit Yoga Institute, Salt Spring, FL, USA
 Jan 20 – 21, 2015 Palm Coast, FL, USA
 Jan 22 – 29, 2015 Ayurvedic Lifestyle Consultant Teaching (Module 1 & 2), Amrit Yoga Institute, Salt Spring, FL, USA
 Jan 30, 2015 Ayurvedic Wellness Consultations, Orlando, FL, USA
 Jan 31 & Feb 1, '15 Ayurvedic Psychology Program, Orlando, FL, USA
 Feb 2 – 6, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Feb 7 & 8, 2015 Marma Therapy Course Taught for Massage Therapists and Health Professionals, Ayurveda Wellness Center, Coopersburg, PA, USA
 Feb 9 – Mar 13, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Mar 14 – 15, 2015 Ayurvedic Marma Therapy Course, Coopersburg, PA, USA
 Mar 16 -20, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Mar 21 & 22, 2015 Ayurvedic Pulse Technique Course, Coopersburg, PA, USA
 Mar 23, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Mar 24 – 31, 2015 Panchakarma Therapy Retreat, Amrit Yoga Institute, Salt Springs, FL, USA
 Apr 1, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Apr 2 – 6, 2015 Family Get Together, Saginaw, MI, USA
 Apr 7, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Apr 8 – 14, 2015 Ayurvedic Lifestyle Consultant Module 3 & 4, Amrit Yoga Institute, Salt Springs, FL, USA
 Apr 15 -16, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Apr 17 – 21, 2015 Ayurvedic Wellness Consultations, Public Lecture, Cooking Class, Pittsburgh, PA, USA
 Apr 22 – 30, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 May 1-3, 2015 14th International Conference “Consciousness and Healing in Ayurveda and Yoga” at Kiddie Keep Well Camp, Edison, New Jersey, USA organized by Global Ayurveda Conferences, LLC and hosted by Association of Ayurvedic Professionals of North America, Inc. (AAPNA).
 May 4- 6, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 May 7, 2015 “Dosha” Talk for Ayurveda Summit online conference organized by Martin Combrinck, South Africa.
 May 8, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 May 9 – 15, 2015 Ayurvedic Panchakarma Therapies, Coopersburg, PA, USA
 May 16, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 May 17, 2015 Philadelphia, PA, USA

May 18 – 22, 2015 Ayurvedic Panchakarma Therapies, Coopersburg, PA, USA
 May 23 & 24, 2015 Ayurvedic Marma Therapy Course, Coopersburg, PA, USA
 May 25 – 29, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 May 30 & 31, 2015 Ayurvedic Marma Therapy Course for Massage Therapists, Harisa Ayurvedic
 Wellness Center, Amherst, New York, USA
 Jun 1 – 5, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Jun 6 & 7, 2015 Ayurvedic Pulse Technique Course, Coopersburg, PA, USA
 Jun 8 -11, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Jun 12 – 14, 2015 Ayurvedic Management of Respiratory Disorders, Mount Madonna College of
 Ayurveda, California, USA
 Jun 15 -16. 2-15 Ayurveda Wellness Consultations, Coopersburg, PA, USA
 Jun 17 – 24, 2015 Ayurvedic Practitioner Program, Amrit Yoga Institute, Salt Springs, FL, USA
 Jun 25 – 26, 2015 Ayurveda Wellness Consultations, Orlando, FL, USA
 Jun 27 & 28, 2015 Taught Marma Therapy Course, Orlando, FL, USA
 Jun 29 – Jul 4, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Jul 5 – 11, 2015 Panchakarma Therapy, Coopersburg, PA, USA
 Jul 12 – 17, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Jul 18 & 19, 2015 Taught Ayurvedic Pulse Technique Course, Coopersburg, PA, USA
 Jul 20 – 24, 2015 Virginia Beach, VA, USA
 Jul 25 – 28, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 July 29, 2015 Introduction to Ayurveda Lecture, Ayurveda Wellness Consultation, Bhakti
 Yoga Center, Hainesport, NJ, USA
 July 30 - 31, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Aug 1 & 2, 2015 Taught Marma Therapy Course, Coopersburg, PA, USA
 Aug 3 & 4, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Aug 5 – 12, 2015 Ayurvedic Lifestyle Consultant Modules 5 & 6, Amrit Yoga Institute, Salt
 Springs, FL, USA
 Aug 13 – 14, 2015 Ayurveda Wellness Consultations, Orlando, FL, USA
 Aug 15 & 16, 2015 Taught Ayurvedic Pulse Technique Course, Orlando, FL, USA
 Aug 17 – 21, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Aug 22 & 23, 2015 Studied Basic Level Jyotish Course with Penny Farrow, Arsha Vidya Gurukula,
 Saylorsburg, PA, USA
 Aug 24 – Sep, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Sep 4 – 7, 2015 Participated Samskrita Bharathi Camp, New Jersey, USA
 Sep 8 – 11, 2015 Ayurveda Wellness Consultations, Coopersburg, PA, USA
 Sep 12 & 13, 2015 Taught Ayurvedic Pulse Technique Course, Coopersburg, PA, USA
 Sep 14 – 25, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Sep 26 & 27, 2015 Marma Therapy Course, Ayurveda Wellness Center, Coopersburg, PA, USA
 Sep 28 – Oct 2, 2015 Panchakarma Therapies, Coopersburg, PA, USA
 Oct 3 – 4, 2015 Ayurveda Wellness Consultations, Coopersburg, PA, USA
 Oct 5, 2015 Lecture – Ayurveda and Women’s Health, University of Pennsylvania Nursing
 School, Philadelphia, PA, USA
 Oct 6 – 7, 2015 Ayurveda Wellness Consultations, Coopersburg, PA, USA
 Oct 9 – 11, 2015 Organized 15th International Conference on “Ayurveda & Autoimmune
 Disorders” Biltmore Hotel and Suites, Santa Clara, California, USA
 Oct 12 – 16, 2015 Ayurveda Wellness Consultations, Coopersburg, PA, USA

Oct 17 & 18, 2015 Marma Therapy Course, Jean-Elizabeth Ayurveda Wellness Center, Orlando, Florida, USA

Oct 19, 2015 Ayurvedic Tongue Analysis Course, Jean-Elizabeth Ayurveda Wellness Center, Orlando, Florida, USA

Oct 20 – 22, 2015 Ayurveda Wellness Center, Coopersburg, PA, USA

Oct 23 & 24, 2015 Marma Therapy Course, Santosha Yoga and Wellness Center, Cranston, Rhode Island, USA

Oct 25 & 26, 2015 Ayurvedic Pulse Technique Course, Women’s Wellness Center, Portsmouth, Rhode Island, USA

Oct 27 – Nov 5, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Nov 6 – 21, 2015 India – Panchakarma and Advanced Clinical training for International University of Yoga and Ayurveda students, Greens Ayur Center, Kerala, India

Nov 22 – 26, 2015 Net working with ayurvedic and integrative health professionals in India

Nov 27 – 29, 2015 Co-Organized 16th International Conference “Shalakyam Manthana”, Belagavi, Karnataka, India
Presented Paper on – “Scope and Practice of Shalakyam in abroad”

Nov 30 – Dec 2, 2015 Net working with ayurvedic professionals in Hyderabad, Telengana, India

Dec 2 & 3, 2015 Traveled from India to USA

Dec 4 – 5, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Dec 7 – 14, 2015 Panchakarma Therapies at Amrit Yoga Institute, Salt Springs, Florida, USA

Dec 15 – 18, 2015 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Dec 19 & 20, 2015 Taught Marma Therapy Course, Ayurvedic Wellness Center, Coopersburg, PA

Dec 21 – 31, 2-15 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

2014:

Jan 1- 4, 2014 Saginaw, MI, USA

Jan 5 – 18, 2014 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Jan 19 – 29, 2014 Ayurveda Lifestyle Consultant Program, Amrit Yoga Institute, Salt Springs, FL, USA

Jan 30 – 31, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA

Feb 1 – 13, 2014 Ayurvedic Panchakarma Training, Madurai, Tamil Nadu, India

Feb 14, 2014 Travel from Madurai to Lucknow, India

Feb 15 – 16, 2014 Ayurveda & Lifestyle Disorders Conference, Lucknow, India

Feb 17, 2014 Free Medical Camp for Needy, Lucknow, India

Feb 18 – 19, 2014 New Delhi, India

Feb 20, 2014 Lecture at Choudary Brahma Prakash Ayurveda Charak Sansthan, New Delhi, India

Feb 21 – 24, 2014 New Delhi, Agra, India

Feb 25 – Mar 2, 2014 Hyderabad, Telangana, India

Mar 3 – 9, 2014 Tangutur, Prakasam District, Andhra Pradesh, India

Mar 10, 2014 Lecture - Swami Jayendra Saraswati Ayurvedic College, Chennai, Tamil Nadu, India

Mar 11, 2014 Chennai, Tamil Nadu, India

Mar 12, 2014 Mumbai, Maharashtra, India

Mar 13, 2014 Lecture – Dr. D.Y. Patil Ayurvedic College and Research Institute, Mumbai, India

Mar 14-15, 2014 Travel Mumbai to USA
 Mar 17 – 20, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA
 Mar 21, 2014 Radio Talk with Dr. Vijay Jain hosted by Linda Sechrist, Florida, USA
 Mar 22 – Apr 2, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA
 Apr 3 – 6, 2014 Teaching – Respiratory Diseases Management - at Mount Madonna College of Ayurveda, California, USA
 Apr 7 – 8, 2014 Ayurveda Wellness Consultations at Dr. Denise Tarasuk Office, Campbell, California, USA
 Apr 9 -28, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA
 Apr 29, 2014 The Habits of Happy People – CE – Bethlehem, Pennsylvania, USA - April 2014
 Apr 30 – May 18, 14 Ayurveda Wellness Consultations, Coopersburg, PA, USA
 May 19-23, 2014 Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA, USA
 May 24 – 26, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA
 May 27 – Jun 3, 2014 Ayurvedic Lifestyle Consultant Training Module 3 & 4 – Amrit Yoga Institute, Salt Springs, FL, USA
 Jun 4 – 8, 2014 Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA, USA
 Jun 9 – Jul 3, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA
 Jul 4 – 6, 2014 Organized 11th International Conference on “Ayurveda and Yoga for Optimum Health” The Art of Living Retreat Center, Boone, North Carolina, USA
 Jul 7 – 13, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA
 Jul 14 – 18, 2014 Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA, USA
 Jul 19, 2014 Lecture – Vishwa Hindu Parishad, Pennsylvania, USA
 Jul 20 – 25, 2014 Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA, USA
 Jul 26 – Aug 3, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA
 Aug 4 – 13, 2014 Ayurvedic Lifestyle Consultant Training Module 5 & 6 – Amrit Yoga Institute, Salt Springs, FL, USA
 Aug 14 – 15, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA
 Aug 16 – 17, 2014 Ayurveda Wellness Consultations at Befit Yoga, Camp Hill, PA, USA
 Aug 18 – 23, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA
 Aug 24, 2014 Azad Radio Talk – Shathayushbhava – interviewed by Dr. Dhanada Kulkarni, Texas, USA
 Aug 25 – 31, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA
 Sep 1 – 5, 2014 Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA, USA
 Sep 6 – Sep 29, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA
 Sep 30, 2014 Telephone Interview with Dr. Brittle about: Pain Management Naturally, Pennsylvania, USA
 Oct 1, 2014 Energy Healing Science – BeWell Science Basic Course with Dr. Richaritha Gundlapalli, MD – Continuing Education, Pennsylvania, USA
 Oct 2 – 13, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA

Oct 14 – 18, 2014 Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA, USA

Oct 19 – 26, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA

Oct 27 – 31, 2014 Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA, USA

Nov 1 & 2, 2014 Taught Marma Therapy Course for Massage Therapists and Health Professionals, Ayurveda Wellness Center, Coopersburg, PA, USA

Nov 3 – 12, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA

Nov 13 – 17, 2014 Ayurveda Wellness Consultations, Cooking Class, Ayurvedic Beauty Workshop, Marma Therapy Workshop at Agame Yoga and Meditation Center, Baton Rouge, Louisiana, USA

Nov 18 – 24, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA

Nov 25 – 29, 2014 Panchakarma Therapies at Ayurveda Wellness Center, Coopersburg, PA, USA

Nov 30 – Dec 11, 14 Ayurveda Wellness Consultations, Coopersburg, PA, USA

Dec 12 – 14, 2014 Organized 12th International Conference on “Spirituality and Healing in Ayurveda and Yoga” in Hindu Society of Central Florida, Orlando, FL, USA

Dec 15, 2014 Organized 13th International Conference on “Energy Healing Science” with Dr. Richaritha Gundlapalli, M.D. in Hindu Society of Central Florida, Orlando, FL, USA

Dec 16 – 19, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA

Dec 20 & 21, 2014 Taught Marma Therapy Course for Massage Therapists and Health Professionals, Ayurveda Wellness Center, Coopersburg, PA, USA

Dec 22, 2014 New York, USA

Dec 23 – 31, 2014 Ayurveda Wellness Consultations, Coopersburg, PA, USA

2013:

Jan 1 - 11, 2013 Ayurveda Wellness Consultations, Coopersburg, PA, USA

Jan 12, 2013 Ayurvedic Marma Therapy course - 8 hour CEU for Massage Therapists - Ayurveda Wellness Center, Coopersburg, PA, USA

Jan 13 - Feb 8, 2013 Ayurveda Wellness Consultations, Coopersburg, PA, USA

Feb 9 - 10, 2013 Travel to India with 9 delegates from USA and Canada for educational training program.

Feb 11 - 13, 2013 Travel to Agra and networking with Jiva Ayurveda and interaction with health professionals in New Delhi, India

Feb 14, 2013 Travel to Hyderabad, Andhra Pradesh, India

Feb 15 - 17, 2013 Organized AAPNA's 6th International Conference on "Interface Between Ayurveda and Evidence Based Medicine (EBM)" in collaboration with Pragati Resorts, Hyderabad, Andhra Pradesh, India

Feb 18, 2013 Free Integrative Medical Camp for Needy at Proddatur Village, Hyderabad City Outskirts, provided free medicine and bone mineral density (BMD) test for more than 250 patients.

Feb 19 - 22, 2013 Travel to Tirupathi, Vellore - Sripuram Golden Temple, Chennai

Feb 23 - Mar 8, 2013 150-hours Panchakarma Training in Kerala, India

Mar 9 - 10, 2013 Travel from India to USA

Mar 11 - 27, 2013 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Mar 28, 2013 Travel to Vancouver, Canada
 Mar 29, 2013 Free Lecture on "Ayurveda and Women's Health" at Whole Foods, Vancouver, Canada
 Mar 30 & 31, 2013 Taught Ayurvedic Pulse Technique Course at Vancouver, Canada
 Apr 1 & 2, 2013 Networking with Ayurvedic professionals and Meeting with Dr. Khalsa, President, Boucher Institute of Naturopathic Medicine, Vancouver, Canada
 Apr 3, 2013 Travel from Vancouver, Canada to San Jose, USA
 Apr 4, 2013 Ayurvedic Wellness Consultations offered at Dr. Denise Tarasuk, ND's office, Campbell, CA, USA
 Apr 5 - 7, 2013 Teaching at Mount Madonna College of Ayurveda - "Ayurvedic Management of Respiratory Disorders" for certificate students, Watsonville, CA, USA
 Apr 9, 2013 Travel to Las Vegas to organize AAPNA conference.
 Apr 10, 2013 Travel from Las Vegas to Allentown, PA, USA
 Apr 11 – 22, 2013 Ayurveda Wellness Consultations, Coopersburg, PA, USA
 Apr 23, 2013 Attended 1-hour Webinar on Integrative Therapies for Joints, Tendons, and Ligaments by Martin Gallagher, M.D., D.C., conducted by Douglas Laboratories, PA, USA
 Apr 23 – May 18, 13 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 May 19, 2013 Vegan, Gluten Free, Lactose Free Cooking Class at Twin Ponds Integrative Health Center, Brieningville, PA, USA
 May 20 – 23, 2013 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 May 24 – 28, 2013 Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
 May 29, 2013 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 May 30 – Jun 4, 2013 Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
 Jun 5, 2013 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Jun 6 – 7, 2013 Ayurvedic Wellness Consultations, Vancouver, Canada
 Jun 8 – 9, 2013 Organized AAPNA's 7th International Conference on Ayurveda & Metabolic Disorders, The University of British Columbia, Vancouver, Canada
 Jun 10 – 17, 2013 Travelled to Alaska – Disney Cruise
 Jun 18 – 19, 2013 Travelling from Vancouver, Canada to PA, USA
 Jun 20, 2013 Travelling to Los Angeles, CA
 Jun 21- 23, 2013 Teaching Kerala Ayurveda Academy – Kayachikitsa II & III programs at Los Angeles, CA, USA
 Jun 24, 2013 Travelling from Los Angeles, CA to Pennsylvania, USA
 Jun 25 – 29, 2013 Panchakarma Therapies, Ayurveda Wellness Center, Coopersburg, PA, USA
 June 30 – Jul 12, '13 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Jul 13, 2013 Reiki Healing Method Level 1 training, Ayurveda Wellness Center, Coopersburg, PA, USA
 Jul 14 – Aug 1, 2013 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

2012:

- Jan 1, 2012 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
- Jan 2 - 3, 2012 Travelled to India
- Jan 4, 2012 Meeting with Assistant Director, CCRAS, Podar Medical Center, Mumbai
- Jan 5 – 7, 2012 Participated and Presented a paper on “Clinical Efficacy of Panchakarma Therapy in Musculo Skeletal Disorders”, World AYU 2012 Conference, Pune, India
- Jan 8, 2012 Participated National Seminar on Music Therapy as a Special Guest and received Award of Appreciation from Sursanjeevan Music Trust, Mumbai, India
- Jan 9 – 10, 2012 Delivered lecture at Pragati Resorts, Hyderabad, India
- Jan 11, 2012 Meeting with Dr. C.N. Murthy, President of National Medical Association (NMA) created International Alliance with AAPNA in Vijayawada, Andhra Pradesh, India
- Jan 12 – 16, 2012 Tangutur – Stay with Family and spend time at International Institute of Integrative Medicine, Tangutur, Andhra Pradesh, India
- Jan 17, 2012 Conducted Free Integrative Medical Camp for Needy at IIIM, Tangutur and seen 400 patients and distributed free medicines and conducted diagnostic tests with Ayurvedic & Homeo Doctors and Sangamitra Hospital Doctors and nursing staff, Ongle, Andhra Pradesh, India
- Jan 18, 2012 Travelled to Bangalore, Karnataka, India
- Jan 19, 2012 Meeting with Principal, Kalabhairava Ayurvedic College, Bangalore, India
- Jan 20, 2012 Visitation of SDM Ayurvedic College, Hassan, Karnataka, India
- Jan 21, 2012 Visitation of GJ Patel Ayurvedic College and Research Institute, Anand, Gujarat State, India
- Jan 22, 2012 Networking with Ayurvedic Professionals in Ahmedabad, Gujarat State, India
- Jan 23, 2012 Meeting with Vice Chancellor, Director, Dean and Post Graduate Staff and Students of Gujrat Ayurved University, Jamnagar, India
- Jan 24, 2012 Meeting with All India Ayurvedic Graduates Association, New Delhi and All India Post Graduates Association, New Delhi and discussed about the International Alliance with AAPNA, USA
- Meeting with Dr. Pratap Chauhan, Director of Jiva Ayurveda, Faridabad, Near New Delhi, India
- Jan 25, 2012 Meeting with Dr. SK Sharma, Advisor and Dr. Manoj Nesari, Joint Advisor, Indian Systems of Medicine (ISM), AYUSH, New Delhi.
- Meeting with Dr. D. Ramesh Babu, Director General and Dr. N. Srikanth, Assistant Director of CCRAS, New Delhi, India

Meeting with Dr. Ananad Gudiwada, Director of CGHS, New Delhi, India
Meeting with Dr. Raj Mann, Medical Officer, Delhi Municipal Corporation, New Delhi, India

Jan 26, 2012 Meeting with Dr. Nitin Agarwal, Director of Bliss Ayurveda, New Delhi, India
Meeting with Dr. G. Prabhakar Rao, Medical Officer, ESI Hospital, New Delhi
Meeting with Dr. Satyanarayana Dornala, Medical Officer, CGHS Hospital, New Delhi

Jan 27, 2012 Meeting with Herbal Hills Director, Mumbai, India
Delivered Special Guest Lecture at National Integrated Medical Association (NIMA), Mumbai, India
Created International Alliance with National Integrated Medical Association (NIMA), India with Association of Ayurvedic Professionals of North America (AAPNA), USA

Jan 28, 2012 Delivered lecture at Podar Ayurvedic Medical College, Mumbai, India
Delivered lecture at Association of Ayurvedic Professionals (AAP), Mumbai, India

Jan 29, 2012 Meeting with Mr. Sashank Sandu, Managing Director, Sandu Pharmaceuticals, Mumbai, India

Jan 30, 2012 Meeting with Dr. Vijay Chauhan and Directors of Piramal Group (Ayurveda Division), Mumbai, India

Jan 30 – 31, 2012 Travelled from Mumbai to USA

Feb 1 – 12, 2012 Ayurveda Wellness Consultations, Coopersburg, PA, USA

Feb 13 – 19, 2012 Panchakarma Therapy, Ayurveda Wellness Center, Coopersburg, PA, USA

Feb 20 – Mar 2, 2012 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Mar 3 – 4, 2012 Ayurvedic Pulse Diagnosis, Coopersburg, PA, USA

Mar 5 – 23, 2012 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Mar 24 & 25, 2012 Continuing Education - Fibromyalgia – “Demystifying the Unexplained Disorder” – 12 continuing education hours provided by Nancy M. Porambo, MS, CNMT, LMT (PA1), NCBTMB approved provider, Jim Thorpe, PA, USA

Mar 26 – 31, 2012 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Apr 1 – 5, 2012 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Apr 6 – 11, 2012 Panchakarma Therapies, Coopersburg, PA, USA

Apr 12 – 26, 2012 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Apr 27 – 29, 2012 Teaching – Respiratory Disorders Management Through Ayurveda, Mount Madonna College of Ayurveda, CA, USA

Apr 30, 2012 Ayurveda Wellness Consultations at Dr. Denise Tarasuk’s office, Campbell, CA, USA

May 1 – 20, 2012 Ayurveda Wellness Consultations at Coopersburg, PA, USA
 May 21, 2012 Continuing Education Training for Massage Therapist – How to Train Brain with New Habits
 May 22 – Jun 9, 2012 Ayurveda Wellness Consultations at Coopersburg, PA, USA
 Jun 10 – 15, 2012 Ocean City, New Jersey, USA
 Jun 16 – 24, 2012 Ayurveda Wellness Consultations at Coopersburg, PA, USA
 Jun 25 – 29, 2012 Panchakarma Therapy, Ayurveda Wellness Center, Coopersburg, PA, USA
 Jun 30 – Jul 15, 2012 Ayurveda Wellness Consultations at Coopersburg, PA, USA
 Jul 16 – 20, 2012 Panchakarma Therapy, Ayurveda Wellness Center, Coopersburg, PA, USA
 Jul 21 – 25, 2012 Ayurveda Wellness Consultations at Coopersburg, PA, USA
 Jul 26 – 29, 2012 Kerala Ayurveda Academy Teaching, Los Angeles, CA, USA
 Jul 30 – 31, 2012 Ayurveda Wellness Consultations at Coopersburg, PA, USA
 Aug 1 – 7, 2012 Panchakarma Therapy, Ayurveda Wellness Center, Coopersburg, PA, USA
 Aug 8 – 10, 2012 Ayurveda Wellness Consultations at Coopersburg, PA, USA
 Aug 11 – 12, 2012 Ayurveda Wellness Consultations at BiFit Yoga Center, Harrisburg, PA, USA
 Aug 13 – Sep 12, '12 Ayurveda Wellness Consultations at Coopersburg, PA, USA
 Sep 14 – 16, 2012 AAPNA's 4th International Ayurveda Conference organized on Skin, Spa and Beauty Through Ayurveda at The Westin Los Angeles, CA, USA
 Sep 17 – 21, 2012 Ayurveda Wellness Consultations at Coopersburg, PA, USA
 Sep 22 – 23, 2012 Ayurvedic Pulse Course Level 1 and Ayurveda Wellness Consultations organized by Yama Studio, Baltimore, MD, USA
 Sep 24 - Oct 7, 2012 Ayurveda Wellness Consultations at Coopersburg, PA, USA
 Oct 8 – 14, 2012 Panchakarma Therapy, Ayurveda Wellness Center, Coopersburg, PA, USA
 Oct 15 – 18, 2012 Ayurveda Wellness Consultations at Coopersburg, PA, USA
 Oct 19, 2012 Ayurveda for Women's Health Lecture – Yama Studio, Baltimore, PA, USA
 Oct 20 – 21, 2012 Ayurvedic Pulse Course Level 2 and Ayurveda Wellness Consultations organized by Yama Studio, Baltimore, MD, USA
 Oct 22 – 23, 2012 Ayurveda Wellness Consultations at Coopersburg, PA, USA
 Oct 24 – 28, 2012 Panchakarma Therapy, Ayurveda Wellness Center, Coopersburg, PA, USA
 Oct 29 – Nov 2, 2012 Ayurveda Wellness Consultations, Coopersburg, PA, USA
 Nov 3 – 4, 2012 AAPNA's 5th Conference organized on Integrative Medicine, Twin Ponds Integrative Health Center, Breinigsville, PA, USA
 Nov 5 – 8, 2012 Ayurveda Wellness Consultations, Coopersburg, PA, USA
 Nov 9 – 13, 2012 Ayurveda Wellness Consultations at Yoga Conference and Sewanti Wellness Center, Vancouver, Canada
 Nov 14 – 28, 2012 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Nov 29, 2012 Introductory Lecture on Ayurveda for Asian Pacific American Medical Student Association (APAMSA) of Jefferson Medical College, Philadelphia, PA, USA
 Nov 30 – Dec 6, 2012 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

2011:

Jan 1, 2011	Ayurvedic Wellness Consultations, Coopersburg, PA, USA
Jan 3-6, 2011	Ayurvedic Wellness Consultations, Coopersburg, PA, USA
Jan 7 – 9, 2011	Advanced Clinical Internship for Masters in Ayurveda Students at Mount Madonna College of Ayurveda, Watsonville, CA, USA
Jan 10 – 15, 2011	Ayurvedic Wellness Consultations, Coopersburg, PA, USA
Jan 17 – 22, 2011	Ayurvedic Wellness Consultations, Coopersburg, PA, USA
Jan 24 – 25, 2011	Ayurvedic Wellness Consultations, Coopersburg, PA, USA
Jan 26 – 27, 2011	Ayurvedic Consultations at Dr. Denise Tarasuk’s Office, Campbell, CA, USA
Jan 28 – 31, 2011	Ayurvedic Patho Physiology for Diploma Students in Ayurveda, Mount Madonna Institute of College of Ayurveda, CA, USA
Feb 1 – 5, 2011	Ayurvedic Wellness Consultations, Coopersburg, PA, USA
Feb 7 – 12, 2011	Ayurvedic Wellness Consultations, Coopersburg, PA, USA
Feb 14 – 19, 2011	Ayurvedic Wellness Consultations, Coopersburg, PA, USA
Feb 20 – 22, 2011	Ayurvedic Wellness Consultations, Coopersburg, PA, USA
Feb 23, 2011	AAPNA Teleconference Call on Legislation and Regulation of Ayurveda.
Feb 23-26, 2011	Ayurvedic Wellness Consultations, Coopersburg, PA, USA
Feb 28, 2011	Ayurvedic Wellness Consultations, Coopersburg, PA, USA
Mar 1- 5, 2011	Ayurvedic Wellness Consultations, Coopersburg, PA, USA
Mar 7-12, 2011	Ayurvedic Wellness Consultations, Coopersburg, PA, USA
Mar 14 – 19, 2011	Ayurvedic Wellness Consultations, Coopersburg, PA, USA
Mar 21-25, 2011	Ayurvedic Wellness Consultations, Coopersburg, PA, USA
Mar 26-27, 2011	Ayurvedic Pulse Technique Course, Coopersburg, PA, USA
Mar 28- Apr 1, 2011	Ayurvedic Panchakarma Therapy, Coopersburg, PA, USA
Apr 2, 2011	Ayurvedic Wellness Consultations, Coopersburg, PA, USA
Apr 3-10, 2011	Saginaw, Michigan, USA
Apr 11-15, 2011	Ayurvedic Panchakarma Therapy, Coopersburg, PA, USA
Apr 16, 2011	Ayurvedic Wellness Consultations, Coopersburg, PA, USA
Apr 18 - 24, 2011	Ayurvedic Wellness Consultations, Coopersburg, PA, USA
Apr 25, 2011	Travel to California, USA
Apr 26, 2011	Ayurvedic Wellness Consultations, Spa Dhara, Fremont, CA, USA
Apr 26, 2011	Complementary Seminar on Ayurveda – Modern Age, Spa Dhara, Fremont, CA, USA
Apr 27, 2011	Ayurvedic Wellness Consultations at Dr. Denise Tarasuk office, Campbell, CA, USA
Apr 28, 2011	Ayurvedic Wellness Consultations at Sohum Ayur Yoga Wellness Center, Sunnyvale, CA, USA

Apr 29-May 1, 2011 Ayurvedic Management of Respiratory Disorders, Mount Madonna Institute of Ayurveda, CA, USA

May 2, 2011 Return from California, USA

May 3, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

May 4-7, 2011 **Yoga and Vibrant Health** – Canyon Ranch, Lenox, MA, USA
 Digestion & Nutrition Part 1 - Lecture
 Digestion & Nutrition Part 2 - Lecture
 10 Top Spices for Optimum Health – Lecture
 Hand-on Cooking Class

May 9-10, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

May 11, 2011 Travel to San Francisco, CA, USA

May 12-15, 2011 Teaching – Kaya Chikitsa 3 - Respiratory and Cardio Vascular Systems of Management Through Ayurveda – Kerala Ayurveda Academy, Foster City, CA, USA

May 16, 2011 Ayurveda Wellness Consultations, Spa Dhara, Fremont, CA, USA

May 17-19, 2011 Ayurveda Wellness Consultations, Coopersburg, PA, USA

May 20, 2011 Travel to Dallas, TX, USA

May 21-22, 2011 Ayurvedic Lectures, Consultations for AshaJyothi USA – fund raising activity for children in India

May 23, 2011 Travel to Allentown, PA, USA

May 24 – 27, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

May 28, 2011 Health Seminar – Ayurveda and Medical Weight Loss – Teaching with Ajay N. Kiri, MD, Ayurveda Wellness Center, Coopersburg, PA, USA

May 29 – Jun 16, '11 Ayurveda Wellness Consultations, Coopersburg, PA, USA

Jun 17-19, 2011 New York, NY, USA

June 20 – July 1, '11 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

July 2 – 3, 2011 Ayurvedic Pulse Technique Course, Ayurveda Wellness Center, Coopersburg, PA, USA

July 4 – 15, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

July 16, 2011 Ayurvedic & Medical Weight Loss with Dr. Ajay Kiri, MD, Ayurveda Wellness Center, Coopersburg, PA, USA

July 18 – 22, 2011 Ayurvedic Panchakarma Therapy, Coopersburg, PA, USA

July 23 – 28, 2011 Ayurvedic Panchakarma Therapy, Coopersburg, PA, USA

July 29 – Aug 10, '11 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Aug 11 – 15, 2011 AAPNA's 3rd International Ayurveda Conference on Women's Health Through Ayurveda, Hilton Boston / Woburn, MA, USA

Aug 16 -17, 2011 Boston, MA, USA

Aug 18 – 24, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Aug 25 – Sep 5, 2011 Saginaw, MI, USA

Sep 6 – 30, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Oct 1 – 2, 2011 Ayurvedic Pulse Technique Course, Ayurveda Wellness Center, Coopersburg, PA, USA

Oct 3 -8, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Oct 9 – 13, 2011 Panchakarma Therapy, Ayurveda Wellness Center, Coopersburg, PA, USA

Oct 14, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Oct 15 – 16, 2011 Ayurvedic Marma Therapy Course, Ayurveda Wellness Center, Coopersburg, PA, USA

Oct 17 – 21, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Oct 22 – 23, 2011 Ayurvedic Pulse Technique Course, The Westin Los Angeles Airport, CA, USA

Oct 24 – 29, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Oct 30, 2011 Ayurveda Lecture on Ayurveda for Yoga Teachers and Practitioners, Yoga Loft, Bethlehem, PA, USA

Oct 31 – Nov 3, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Nov 4, 2011 Lecture – Fundamentals of Ayurveda for Yoga Teachers and Students, Sundari Yoga, Stroudsburg, PA, USA

Nov 5 – 11, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Nov 12 – 18, 2011 Panchakarma Therapy, Ayurveda Wellness Center, Coopersburg, PA, USA

Nov 19 – 20, 2011 Marma Therapy Course for Massage Therapists and Yoga Teachers, Amrita Yoga Institute, Salts Springs, FL, USA

Nov 21, 2011 Jacksonville, FL, USA

Nov 22 – 24, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Nov 25 – 27, 2011 Panchakarma Therapy, Ayurveda Wellness Center, Coopersburg, PA, USA

Nov 28 – Dec 2, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Dec 3 – 4, 2011 Ayurvedic Pulse Technique Course, Oklahoma, OK, USA

Dec 5 – 9, 2011 Panchakarma Therapy, Ayurveda Wellness Center, Coopersburg, PA, USA

Dec 10 – 11, 2011 Marma Therapy Course, Ayurveda Wellness Center, Coopersburg, PA, USA

Dec 12 – 18, 2011 Panchakarma Therapy, Ayurveda Wellness Center, Coopersburg, PA, USA

Dec 19 – 23, 2011 Panchakarma Therapy, Ayurveda Wellness Center, Coopersburg, PA, USA

Dec 24 – 31, 2011 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

2010:

Jan 1-7, 2010 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Jan 10, 2010 Ayurvedic Detoxification and Vegetarian Cooking Workshop, Twin Ponds Integrative Health Center, LLC, Breinigsville, PA, USA

Jan 12-14, 2010 Ayurvedic Wellness Consultations, Campbell, CA, USA

Jan 15-17, 2010 Ayurvedic Management of Respiratory Diseases – Mount Madonna College of Ayurveda, Watsonville, CA, USA

Jan 18-21, 2010 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Jan 25-28, 2010 Free Integrative Medical Camp for Poor at International Institute of Integrative Medicine, Tangutur, Andhra Pradesh, India

Jan 29, 2010 Free Integrative Medical Service to Physically Handicapped Kids at Asha Jyothi, USA Center at Hanuman Junction, Vijayawada, Andhra Pradesh, India

Feb 1 -13, 2010 Ayurvedic Intensive Panchakarma Therapies for USA students and doctors at Ayu Greens, Mahe, Calicut District, Kerala, India

Feb 20,21, 2010 BAMS graduates (1982-88) batch reunion at International Institute of Integrative Medicine (IIIM), Tangutur, Andhra Pradesh, India

Mar 5-14, 2010 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Mar 15, 2010 Introduction to Ayurveda for 4th year Medical Students at Hershey Medical School, Hershey, Pennsylvania, USA

Mar 16 – 25, 2010 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

Mar 26-28, 2010 Introduction and workshop on Panchakarma at Seva Dharma Institute of Ayurveda, Miami, FL, USA

Mar 29-Apr 16, '10 Ayurvedic Wellness Consultations, Coopersburg, PA

Apr 19, 2010 Ayurveda and Dental Care – Academic Conference Call, AAPNA (Association of Ayurvedic Professionals of North America), USA

Apr 20-27, 2010 Ayurvedic Wellness Consultations, Coopersburg, PA

Apr 28 – May 1, '10 **Yoga & Vibrant Health, Canyon Ranch, MA, USA**

- April 28, 2010 - Lecture: Ayurveda Nutrition, Canyon Ranch, Lenox, MA, USA
- April 28, 2010 - Lecture: Ayurveda and Optimal Weight, Canyon Ranch, Lenox, MA, USA
- April 29, 2010 - Lecture: Ayurveda and Direction, Canyon Ranch, Lenox, MA, USA
- April 29, 2010 - Hand-on cooking class: Eating for Vibrant Health: Ayurvedic Cooking, Lenox, MA, USA
- April 30, 2010 - Eating with the Seasons: Ayurvedic Cooking, Canyon Ranch, MA, USA
- April 30, 2010 - Ayurveda for Radiant Skin, Canyon Ranch, MA, USA
- May 1, 2010 - Ayurveda: Bringing It Home, Canyon Ranch, MA, USA

May 3- 5, 2010 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

May 7-9, 2010 Clinical Internship Training at Mount Madonna Institute's College of Ayurveda, Watsonville, CA, USA

May 10-11, 2010 Ayurvedic Wellness consultations with Dr. Denise Tarasuk, Campbell, CA, USA

May 13- 15, 2010 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

May 16, 2010 Visit to Somerset and Monroe Township, New Jersey, USA

May 17 – June 5, '10 Ayurveda Wellness Consultations, Coopersburg, PA, USA

Jun 6, 2010 Ayurvedic Cooking Class – Twin Ponds Integrative Health Center, PA, USA

Jun 7 -11, 2010 Ayurveda Wellness Consultations, Coopersburg, PA, USA

Jun 12 – 15, 2010 Visit to Pittsburg, PA, USA

Jun 16 – 24, 2010 Ayurveda Wellness Consultations, Coopersburg, PA, USA

Jun 25-27, 2010 Ayurveda & Ashtanga Yoga 4th Retreat – Camp Thompson, Gardens, PA, USA

Jun 28- Jul 2, 2010 Ayurvedic Panchakarma Therapy, Ojas, LLC, Ayurveda Wellness Center, Coopersburg, PA, USA
 July 3 - 4, 2010 Visit to New York, NY, USA
 July 5 – 9, 2010 Ayurvedic Panchakarma Therapy & Ayurvedic Wellness Consultations, Ojas, LLC, Ayurveda Wellness Center, Coopersburg, PA, USA
 July 10 – 11, 2010 Ayurvedic Wellness Consultations, Ojas, LLC, Ayurveda Wellness Center, Coopersburg, PA, USA
 July 12 – 18, 2010 Ayurvedic Panchakarma Therapy & Ayurvedic Wellness Consultations, Ojas, LLC, Ayurveda Wellness Center, Coopersburg, PA, USA
 July 19 – Aug 26, '10 Ayurvedic Wellness Consultations, Ojas, LLC, Ayurveda Wellness Center, Coopersburg, PA, USA
 Aug 27 – 30, 2010 Ayurvedic Management of Stress, Seva Dharma Institute of Ayurveda Inauguration, Miami, FL, USA
 Aug 31 – Sep 25, '10 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Sep 26, 2010 Ayurvedic Vegetarian Cooking Workshop, Twin Ponds Integrative Health Center, Breinigsville, PA, USA
 Sep 27 – Oct 6, '10 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Oct 7 – 10, 2010 AAPNA's 2nd International Ayurveda Conference in Miami, FL, USA on Anti-Aging and Rejuvenation Through Ayurveda
 Oct 11-15, 2010 Royal Caribbean Cruise Line – Majesty of The Seas – Family time in Bahamas
 Oct 16 -23, 2010 Ayurvedic Wellness Consultation, Coopersburg, PA, USA
 Oct 24, 2010 Ayurvedic Vegan, Gluten-free Cooking Class, Twin Ponds Integrative Health Center, Breinigsville, PA, USA
 Oct 25, 2010 Attended IECSC – International Esthetics, Cosmetics, Spa Conference, Philadelphia, PA, USA
 Oct 26 – Nov 5, '10 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Nov 6 – 12, 2010 Ayurvedic Panchakarma Therapy and Consultations, Ayurveda Wellness Center, Coopersburg, PA, USA
 Nov 13, 2010 Lecture: Ayurveda in 20th Century: India Festival, Saraswati Mandal, New York, NY, USA
 Nov 14 – 19, 2010 Ayurvedic Panchakarma Therapy and Consultations, Ayurveda Wellness Center, Coopersburg, PA, USA
 Nov 20 – Dec 5, 2010 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Dec 6 – 10, 2010 Ayurvedic Panchakarma Therapy and Consultations, Ayurveda Wellness Center, Coopersburg, PA, USA
 Dec 11 -12, 2010 Ayurveda Wellness Consultations, Coopersburg, PA, USA
 Dec 13, 2010 Lecture, Introduction to Ayurveda for employees of PPL, Allentown, PA, USA
 Dec 14 – 31, 2010 Ayurveda Wellness Consultations, Coopersburg, PA, USA

2009:

Jan 1 – 8, 2009 Ayurvedic Wellness Consultations, Ojas, LLC. Ayurveda Wellness Center, Coopersburg, PA, USA
 Jan 9-11, 2009 Ayurvedic Management of Respiratory Diseases – Mount Madonna College of Ayurveda, CA, USA

Jan 12 – 16, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Jan 17-18, 2009 Ayurvedic Wellness Consultations, Riverdale, NJ, USA
 Jan 19, 2009 How to Practice Ayurveda in North America – AAPNA’s 11th
 Teleconference call presentation
 Jan 19 – 22, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Jan 23-25, 2009 Ayurvedic Master’s Program – Mount Madonna College of Ayurveda, CA,
 USA
 Jan 26, 2009 Ayurvedic Wellness Consultations at Dr. Denise Tarasuk office,
 Campbell, CA, USA
 Jan 27 – Mar 6, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Mar 7 - 8, 2009 Ayurvedic Certification Program, Sai Ayurvedic College, Miami, FL, USA
 Mar 9 – 15, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 March 16, 2009 AAPNA 13th Academic Conference Lecture - Ayurvedic Management of
 Heart Diseases, Coopersburg, PA, USA
 Mar 17 – 19, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Mar 20-27, 2009 Ayurvedic Intensive Panchakarma Program, Coopersburg, PA, USA
 Mar 28, 29, 2009 New York Life Expo, New York, NY
 Mar 30 – Apr 3, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Apr 4, 2009 Ayurvedic Presentation for Physicians, Dauphin Medical Society,
 Harrisburg, PA, USA
 Apr 5 – 10, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Apr 11, 12, 2009 Ayurvedic Certification Program, Sai Ayurvedic College, Miami, FL
 Apr 13 – 16, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Apr 17 -19, 2009 Ayurvedic Clinical Internship, Mount Madonna College of Ayurveda, CA, USA
 Apr 21-30, 2009 Ayurvedic Intensive Panchakarma Program, Coopersburg, PA, USA
 May 1, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 May 2, 3, 2009 Ayurvedic Pulse Diagnosis, Sai Ayurvedic College, Miami, FL, USA
 May 4 – 14, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 May 15-17, 2009 Ayurvedic Clinical Internship, Mount Madonna College of Ayurveda, CA, USA
 May 18, 19, 2009 Ayurvedic Wellness Consultations at Dr. Denise Tarasuk office,
 Campbell, CA, USA
 May 20 – 28, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 May 29 - 31, 2009 Ayurvedic Immersion Retreat, Twin Ponds Integrative Health Center,
 Breinigsville, PA, USA
 Jun 1 – 12, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Jun 13, 14, 2009 Ayurvedic Workshop, Consultations, Miami, FL, USA
 Jun 15 – 26, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Jun 27, 28, 2009 Ayurveda & Ashtanga Yoga 3rd Retreat, Camp Thompson, Gardeners, PA, USA
 Jun 29 – Jul 3, 2009 Ayurvedic Intensive Panchakarma, Coopersburg, PA, USA
 Jul 4 – 17, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Jul 18, 2009 Ayurvedic Wellness Consultations, Riverdale, NJ, USA
 Jul 19 – 31, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Aug 1, 2, 2009 Ayurvedic Pulse Technique, Twin Ponds integrative Health Center,
 Breinigsville, PA, USA
 Aug 3 – 19, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Aug 20-23, 2009 NAMA Annual Board Retreat, Sea Scape, Aptos, CA, USA

Aug 24, 25, 2009 Ayurvedic Wellness Consultation, Campbell, CA, USA
 Aug 26 – 29, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Aug 30, 2009 Ayurveda and Yoga Lecture, Bikram Yoga Center, Philadelphia, PA, USA
 Sep 1 – 22, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Sep 23-26, 2009 Ayurvedic Panchakarma Therapy, Ojas, LLC, Ayurveda Wellness Center, Coopersburg, PA, USA
 Sep 27 – Oct 11, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Oct 12 – 21, 2009 Ayurvedic Intensive 10 day Panchakarma Program at Ojas, LLC, Ayurveda Wellness Center, Coopersburg, PA, USA
 Oct 22 – 29, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Oct 30 - Nov 1, 2009 Coordinated National Ayurveda Convention organized by Association of Ayurvedic Professionals of North America, Inc. (AAPNA), Twin Ponds Integrative Health Center, Breinigsville, PA, USA
 Nov 2 – Dec 14, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Dec 15-19, 2009 Ayurvedic Panchakarma Therapy, Ojas, LLC, Ayurveda Wellness Center, Coopersburg, PA 18036, USA
 Dec 20 – 31, 2009 Ayurvedic Wellness Consultations, Coopersburg, PA, USA

2008:

Jan 1 – 10, 2008 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Jan 11-13, 2008 Ayurvedic Management of Respiratory Diseases, Mount Madonna Institute, College of Ayurveda, Watsonville, CA, USA
 Jan 14 – 18, 2008 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Jan 19, 2008 AAPNA Academic Conference Call Presentation- How to Practice Ayurveda in North America, Coopersburg, PA, USA
 Jan 20 – Mar 14, '08 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Mar 15, 2008 Ayurvedic Cooking Class, Twin Ponds Integrative Health Center, Breinigsville, PA, USA
 Mar 16 – 27, 2008 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Mar 28-30, 2008 Ayurveda Consultations, Riverdale, NJ, USA
 Mar 31 – Apr 2, '08 Ayurvedic Wellness Consultations, Coopersburg, PA, USA
 Apr 3, 2008 Ayurveda Healing with Dr. Shekhar & Lina Lopez, 13120 NW 7 Ter., Near Dolphin Mall, Miami, FL, USA
 Apr 4, 2008 Ayurvedic Wellness Consultations with Dr. Shekhar & Lina Lopez, Near Dolphin Mall, Miami, FL, USA
 Apr 5, 6, 2008 Ayurvedic Pathology and Pulse diagnosis, Sai Ayurvedic School of Miami, FL, USA
 Apr 7-9, 2008 Ayurvedic Wellness Consultations, Purusha Center LLC, Cape Coral, FL, USA
 Apr 10, 2008 Ayurvedic Healing for Yoga Teachers, Florida Yoga Institute, 9480 Corkscrew Palms Circle, Suite 6, Estero FL, USA
 Apr 12, 13, 2008 Teaching - Roga Nidana (Disease Pathology), Dinacharya Institute, New York, NY, USA
 Apr 14 – 25, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Apr 26, 2008 Breakfast Seminar on Ayurvedic Healing, Twin Ponds Integrative Health Center, 628 Twin Ponds Road, Breinigsville, PA, USA
 Apr 27 – May 15, '08 Ayurvedic Wellness Consultations, Allentown, PA, USA

May 16-18, 2008 Ayurveda Consultations with Dr. Shekhar, Essence of Self, 6 G Haycock Ave, Riverdale, NJ, USA

May 19 – 20, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA

May 21-26, 2008 **Ayurveda Wellness Consultations & Lecture Series on Ayurveda**

- Lecture: Introduction to Ayurveda, Lecture: Ayurveda for
- Lecture: Fundamentals of Ayurveda, Digestion & Nutrition; Cooking class, Hilo, Hawaii

May 27 – Jun 18, '08 Ayurvedic Wellness Consultations, Allentown, PA, USA

Jun 19-22, 2008 National Ayurvedic Medical Association – Board of Directors – Retreat, Chicago, IL, USA

Jun 23 – Jul 4, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA

Jul 5, 6, 2008 Kaya Chikitsta III, Sai Ayurvedic School of Miami, FL, USA

Jul 7 – 24, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA

Jul 25-27, 2008 Ayurveda Consultations, Essence of Self, Riverdale, NJ, USA

Jul 28 – Sep 4, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA

Sep 5-8, 2008 Ayurveda wellness program, Jacksonville, FL, USA

Sep 9 – 10, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA

Sep 11, 2008 Ayurveda Presentation – Wellspring Spiritual Center, PA, USA

Sep 12-15, 2008 Ayurvedic lectures – Fundamentals of Ayurveda, Diet, Digestion, Nutrition; Herbs and spices for optimum health Ayurvedic wellness consultations, Ayus Yoga Center, Louisville, KY, USA

Sep 16 – 18, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA

Sep 19-21, 2008 Ayurveda & Ashtanga Yoga 2nd Retreat – Camp Thompson, Pine Grove Furnace State Park, 800 Pine Grove Road, Gardeners, PA, USA

Sep 22 – 25, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA

Sep 26-28, 2008 Ayurveda Consultations Essence of Self, Riverdale, NJ, USA

Sep 29 - 30, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA

Oct 1-3, 2008 Ayurvedic Wellness Consultations, Sai Ayurveda Wellness Center, Miami, FL, USA

Oct 4, 5, 2008 Ayurvedic Physiology, Sai Ayurvedic School of Miami, FL, USA

Oct 6 – 13, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA

Oct 14, 2008 Presentation on Ayurveda as Complementary and Integrative Medicine at Professional Development Program at Lehigh Carbon Community College (LCCC), Schnecksville, PA, USA

Oct 15, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA

Oct 16-19, 2008 NAMA 6th annual Conference, National Ayurvedic Medical Association 6th Annual Conference, Chicago, IL

Oct 20 – 22, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA

Oct 23 – 24, 2008 **Ayurveda Theme Week – Canyon Ranch, Lenox, MA, USA**

- Lecture on Ayurveda & Nutrition
- Lecture on Optimizing Weight
- Lecture on Ayurveda & Digestion
- Hands on Cooking

Oct 25 – 30, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA

Oct 31, 2008 Ayurvedic Wellness Consultations, Sai Ayurveda Wellness Center, Miami, FL, USA

Nov 1, 2, 2008 Ayurvedic certificate course, Sai Ayurvedic College, Miami, FL, USA
 Nov 3, 2008 Ayurvedic Wellness Consultations, Sai Ayurveda Wellness Center, Miami, FL, USA
 Nov 4 – Dec 4, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Dec 5-7, 2008 Advanced Ayurvedic Pathophysiology for MA degree students, Mount Madonna Institute's College of Ayurveda, Watsonville, CA, USA
 Dec 8 – 11, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Dec 12, 2008 Ayurvedic Wellness Consultations, Sai Ayurveda Wellness Center, Miami, FL, USA
 Dec 13, 14, 2008 Ayurvedic Certification Program, Sai Ayurvedic School of Miami, FL, USA
 Dec 15, 2008 AAPNA 10th Academic Conference Lecture – Common Respiratory Disorders – Ayurvedic Management, Allentown, PA, USA
 Dec 16 – 31, 2008 Ayurvedic Wellness Consultations, Allentown, PA, USA

2007:

Jan 1 – 5, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Jan 6, 7, 2007 Ayurvedic Wellness Consultations, Melrose, MA, USA
 Jan 8, 2007 Introduction to Ayurveda for Day Spa Therapists, Ame Day Spa Salon, Wynn, PA, USA
 Jan 9 – 19, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Jan 20-22, 2007 Ayurvedic Wellness Consultations, Riverdale, NJ, USA
 Jan 23 – 26, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Jan 27, 28, 2007 Ayurvedic Wellness Consultation and Cooking Classes, Endicott, NY, USA
 Jan 29 – Feb 11, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Feb 12 -Mar 3, 2007 Ayurvedic Pancha Karma Training for Health Professionals in Kerala, India
 Mar 4 – 30, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Mar 31 – Apr 2, 2007 Ayurvedic Wellness Consultations, Riverdale, NJ, USA
 Apr 3 – 21, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Apr 22, 2007 Introduction of Ayurvedic Dietetics and Introduction to Ayurvedic Marma Therapy, Open Center, NY, USA
 Apr 23 – 25, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Apr 26-29, 2007 **Ayurveda: Bliss & Balance in the Berkshires, Canyon Ranch, Lenox, MA, USA**
 Apr 26, 2007 7:30 – 9:00 PM – Lecture Ayurveda & Weight Loss
 Apr 27, 2007 9:00 – 10:30 AM – Ayurveda & Skin Care
 Apr 27, 2007 3:00 – 4:30 PM – Hands on cooking in Demo Kitchen
 Apr 27, 2007 7:30 - 9:00 PM – Lecture Ayurveda & Nutrition
 Apr 28, 2007 3:00 – 4:30 PM – Hands on cooking in Demo Kitchen
 Apr 30 – Jun 28, '07 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Jun 29-Jul 2, 2007 Ayurvedic Wellness Consultations, Riverdale, NJ, USA
 Jun 3 – Jul 5, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Jul 6-8, 2007 Ayurveda for Health & Wellness Lecture, Cooking Class, Wellness Consultations at Portland, ME, USA
 Jul 9 – 10, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Jul 11, 2007 Integrating Ayurveda for Optimum Health – Lecture at Air Products, Trexler Town, PA, USA

Jul 12 – 21, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Jul 22-24, 2007 National Ayurvedic Medical Association (NAMA) Board of Directors
 Retreat, Mount Madonna Institute, Watsonville, CA, USA
 July 25 – Sep 6, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Sep 7-9, 2007 Ayurvedic lecture, Consultations, Cooking class at Princeton, NJ, USA
 Sep 10 – 15, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Sep 16, 2007 Ayurvedic cooking class at Twin Ponds Integrative Health Center,
 Breinigsville, PA, USA
 Sep 17 – 20, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Sep 21-23, 2007 Ayurvedic lecture, consultations and cooking class at Purusha Center,
 Cape Coral, FL, USA
 Sep 24 – 29, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Sep 28-30, 2007 Ayurvedic Wellness Consultations, Riverdale, NJ, USA
 Oct 1 – 10, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Oct 11-14, 2007 Ayurvedic Etiology & Pathology, Mount Madonna Institute, College of
 Ayurveda, Watsonville, CA, USA
 Oct 15 – 18, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Oct 19-21, 2007 National Ayurvedic Medical Association (NAMA) 5th Annual Conference,
 Panchakarma Therapy – A boon for Chronic Diseases, Albuquerque, NM, USA
 Oct 22 – 26, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Oct 27, 2007 Ayurveda Wellness Consultations, consultations, at Life of Balance
 Ayurveda and Yoga, Portland, ME, USA
 Oct 28 – Nov 1, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Nov 2-4, 2007 Ashtanga Yoga / Ayurveda – Lecture, Yoga, Consultations, Cooking class
 at Lansdale, PA, USA
 Nov 5 – 9, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Nov 10, 11, 2007 Ayurvedic Kayachikitsa – 2 day intensive training for Certified Ayurveda
 Practitioners, Sai Ayurveda School, Miami, FL, USA
 Nov 12 – Dec 2, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Dec 1-2, 2007 Ayurvedic Psychology - 2-day intensive training for Certified Ayurveda
 Practitioners, at Sai Ayurveda School, Miami, FL, USA
 Dec 3-5, 2007 Ayurvedic wellness consultations, Purusha Center, Cape Coral, FL, USA
 Dec 6 – 31, 2007 Ayurvedic Wellness Consultations, Allentown, PA, USA

2006:

Jan 1-5, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Jan 6-8, 2006 Foundation Course on Ayurveda course at Ongoing Move, Hilton Head
 Island, SC, USA
 Jan 9 – Feb 10, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Feb 11-17, 2006 Pancha karma program, Kripalu Healing Arts, Lenox, MA, USA
 Feb 23, 2006 Lecture on Ayurveda: Acceptance of Complementary and Alternative
 Medicine, Psychology students, Penn State University, Reading, PA, USA
 Feb 24, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Feb 25-Mar 2, 2006 Pancha karma program, Kripalu Healing Arts, Lenox, MA, USA
 Mar 3, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Mar 4-5, 2006 Foundation Course on Ayurveda at Star Seed Yoga Center, Montclair, NJ, USA

Mar 6 – 30, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Mar 31-Apr 2, 2006 Introduction to Ayurveda Lecture & Ayurvedic Wellness Consultation, Essence of Self, Riverdale, NJ, USA
 Apr 3 – 7, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Apr 8-9, 2006 NAMA (National Ayurvedic Medical Association) Board Retreat, Mount Madonna, CA, USA
 Apr 10 – 21, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Apr 22, 2006 Ayurvedic Vegetarian Cooking Class, Open Heart Yoga Wellness Center, Trexlertown, PA, USA
 Apr 23 – 28, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Apr 29, 30, 2006 Sahaj Marg Meditation, National Gathering, Cleveland, OH, USA
 May 1 -19, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
 May 20, 2006 Ayurvedic Lecture at YMCA/YWCA, Ridgewood, NJ, USA
 May 21 – 22, 2006 Ayurvedic Wellness Consultations, Riverdale, NJ, USA
 May 23 – 26, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
 May 27-29, 2006 Ayurvedic Lecture and Ayurvedic Wellness Consultation, Bliss Yoga Shala, Jacksonville, FL, USA
 May 30 – Jun 5, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Jun 6, 2006 Introduction to Ayurveda and Shirodhara Understanding, Ame Day Spa Salon, Wynn, PA, USA
 Jun 7 – 10, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Jun 11, 2006 Ayurvedic Graduates Ceremony, Kripalu School of Ayurveda, Lenox, MA, USA
 Jun 12 – 16, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Jun 17, 2008 Ayurvedic Vegetarian Cooking Class, Bethlehem, PA, USA
 Jun 18 – 23, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Jun 24, 25, 2006 Ayurvedic Wellness Consultations, Oneonta, NY, USA
 Jun 26 – Jul 20, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Jul 21-24, 2006 Ayurvedic Wellness Consultations & Cooking Class, Riverdale, NJ, USA
 Jul 25 – Aug 10, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Aug 11-13, 2006 Ayurvedic Wellness Consultations, Oneonta, NY, USA
 Aug 14 – 15, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Aug 16, 2006 Ayurvedic Lecture, Air Products, Trexlertown, PA, USA
 Aug 17 – Sep 14, '06 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Sep 15-17, 2006 Ayurvedic Wellness Consultations, Riverdale, NJ, USA
 Sep 18-21, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Sep 22-24, 2006 National Ayurvedic Medical Association, 4th annual conference, NY– presentation on Gastro intestinal disorders leading to Vata diseases.
 Sep 25 – Oct 9, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Oct 10, 2006 Ayurvedic Shirodhara Training for Spa Therapists, Skin 'n Tonic, Paddlers Village, PA, USA
 Oct 11 – 19, 2006 Therapeutic and Integrative Massage Therapy Training at Lehigh Valley Healing Arts Academy, Emmaus, PA, USA
 Oct 20, 2006 Ayurveda and Weight Loss, presentation at Integrative Health Options (IHO), University of Medical Science (UMDNJ), Newark, NJ, USA
 Oct 21 – Nov 2, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA

Nov 3-5, 2006 Ayurvedic Wellness Consultation and Cooking Class, Endicott, NY, USA
 Nov 6 – 9, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Nov 10-12, 2006 Ayurvedic Wellness Consultations, Riverdale, NJ, USA
 Nov 13 – 15, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Nov 16-19, 2006 Ayurvedic Etiology and Pathology, Part I, Kripalu School of Ayurveda,
 Lenox, MA, USA
 Nov 20 – Dec 1, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Dec 3 - 13, '06 Therapeutic and Integrative Massage Training at Lehigh Valley Healing
 Arts Academy, Emmaus, PA, USA
 Dec 14-17, 2006 Ayurvedic Etiology and Pathology, Part II, Kripalu School of Ayurveda,
 Lenox, MA, USA
 Dec 18 – 31, 2006 Ayurvedic Wellness Consultations, Allentown, PA, USA

2005:

Jan 1 – Feb 9, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Feb 10, 2005 Lecture: Introduction to Ayurveda for Psychology students, Penn State
 University, Reading, PA, USA
 Feb 11, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Feb 12-18, 2005 Pancha karma program, Kripalu Healing Arts, Lenox, MA, USA
 Feb 19 – Mar 17, '05 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Mar 12-16, 2005 Fundamentals of Ayurveda, Ayurvedic Nutrition and Yoga course at
 Shakti Yoga Center, Kingston, Jamaica, West Indies
 Mar 18,19, 2005 Ayurvedic Foundation Course, Diet, Digestion and Nutrition and
 Therapeutic Benefits of Yoga Asanas Course taught at Lehigh Valley
 Yoga Center, Allentown, PA, USA
 Mar 20 – 26, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Mar 27- Apr 1, 2005 Pancha karma program, Kripalu Healing Arts, Lenox, MA, USA
 Apr 2 – 22, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Apr 23, 24, 2005 Foundation Course on Ayurveda for Massage Therapists at Lehigh Valley
 Healing Arts Academy, Emmaus, PA, USA
 Apr 25 – 30, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
 May 1-6, 2005 Pancha karma program, Kripalu Healing Arts, Lenox, MA, USA
 May 7 – 26, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
 May 27-29, 2005 Ayurvedic Anatomy & Physiology course at Kripalu School of Ayurveda,
 Lenox, MA, USA
 May 30 – Jun 18, '05 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Jun 19-24, 2005 Pancha Karma Program and Ayurvedic Wellness Consultations, Kripalu
 Healing Arts, Lenox, MA, USA
 Jun 25 – 28, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Jun 29, 30, 2005 Ayurvedic Pulse Technique course taught at Ayurvedic Academy, Seattle,
 WA, USA
 July 1 – Aug 10, '05 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Aug 11-14, 2005 Ayurvedic Etiology & Pathology course at Kripalu School of Ayurveda,
 Lenox, MA, USA
 Sep 15 – 17, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Sep 18-23, 2005 Pancha karma program, Kripalu Healing Arts, Lenox, MA, USA

Sep 24 – Oct 12, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Oct 13-15, 2005 Ayurvedic Digestion & Nutrition course at Kripalu School of Ayurveda, Lenox, MA, USA
 Oct 15-21, 2005 Pancha karma program, Kripalu Healing Arts, Lenox, MA, USA
 Oct 16 – Nov 12, '05 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Nov 13-18, 2005 Pancha karma program, Kripalu Healing Arts, Lenox, MA, USA
 Nov 19 – 25, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Nov 26- Dec 2, 2005 Pancha karma program, Kripalu Healing Arts, Lenox, MA, USA
 Dec 3 – 7, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Dec 8-11, 2005 Ayurvedic Herbology II course at Kripalu School of Ayurveda, Lenox, MA, USA
 Dec 12 – 31, 2005 Ayurvedic Wellness Consultations, Allentown, PA, USA

2004:

Jan 1 – 2, 2004 Ayurvedic Wellness Consultations, Allentown, PA, USA
 January 3, 4, 2004 Ayurvedic Physiology (Dosha Dhatu Mala Vigyan), Ayurveda Academy of Canada, Jeevan, 347 Bay Street, Suite 101, Toronto, Ontario, Canada
 Jan 5 – Feb 9, 2004 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Feb 10-11, 2004 Pancha Karma program, Kripalu Healing Arts, Lenox, MA, USA
 Feb 12 – 17, 2004 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Feb 18, 2004 Lecture: Introduction to Ayurveda at University of Pennsylvania Health System, Department of Medicine, Division of General Internal Medicine, 4th year medical students as part of the Bio scientific Basis of Complementary and Alternative Medicine, Philadelphia, PA, USA
 Feb 19 – Apr 13, '04 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Apr 14-22, 2004 Pancha karma Program, Kripalu Healing Arts, Lenox, MA, USA
 Apr 23 – May 1, '04 Ayurvedic Wellness Consultations, Allentown, PA, USA
 May 2-6, 2004 Pancha karma Program, Kripalu Healing Arts, Lenox, MA, USA
 May 7 – 15, 2004 Ayurvedic Wellness Consultations, Allentown, PA, USA
 May 16-21, 2004 Pancha karma Program, Kripalu Healing Arts, Lenox, MA, USA
 May 22 – Sep 11, '04 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Sep 12-16, 2004 Pancha karma Program, Kripalu Healing Arts, Lenox, MA, USA
 Sep 17, 18, 2004 Presentation: Ayurvedic Management of Common Respiratory Disorders and Ayurvedic Detoxification & Purification Procedures – Panchakarma at Orlando, FL, USA: Integrated Medicine educational program: Integrating Ayurveda into clinical practice for health care professionals of The American Association of Physicians of Indian Origin.
 Sep 19 – Oct 2, '04 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Oct 3-8, 2004 Pancha karma Program, Kripalu Healing Arts, Lenox, MA, USA
 Oct 9 – 30, 2004 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Oct 31-Nov 5, 2004 Pancha Karma Program, Kripalu Healing Arts, Lenox, MA, USA
 Nov 6 – 12, 2004 Ayurvedic Wellness Consultations, Allentown, PA, USA
 Nov 13, 14, 2004 Ayurvedic Psychology (Manasa Shastra): Ayurvedic Academy, Seattle, WA, USA
 Nov 15 – Dec 31, '04 Ayurvedic Wellness Consultations, Allentown, PA, USA

2003:

- Jan 1 – 10, 2003 Ayurvedic Wellness Consultations & Pancha Karma Therapies, Allentown, PA, USA
- Jan 11, 2003 Introduction to Ayurveda, Himalayan Yoga Meditation Center of New Jersey, Phillipsburg, NJ, USA
- Jan 12 – 24, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jan 25, 2003 Ayurvedic Nutritional Herbs and Spices for Optimum Health, Lenox Community Center, Lenox, MA, USA
- Jan 26, 2003 Ayurvedic Wellness Consultations, Lenox, MA, USA
- Jan 27 – Jan 31, '03 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Feb 1, 2003 Introduction to Ayurveda, Wyomissing, PA, USA
- Feb 2, 2003 Ayurvedic Wellness Consultations, Wyomissing, PA, USA
- Feb 3 – 21, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Feb 22, 2003 Introduction to Ayurveda, Living Well Yoga, Fleetwood, PA, USA
- Feb 23 – 28, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Mar 1, 2003 Ayurvedic Wellness Consultation, Himalayan Yoga Meditation Center of New Jersey, Phillipsburg, NJ, USA
- Mar 2 – 21, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Mar 22 & 29, 2003 Ayurvedic Pulse Technique – Level I, Macungie, PA, USA
- Mar 30 – Apr 7, '03 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Apr 8 & 9, 2003 Ayurvedic Digestion and Dietetics, Canyon Ranch in the Berkshires Health Resort, Lenox, MA, USA
- May 10, 2003 Introduction to Ayurveda, Macungie, PA, USA
- May 11 – 20, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
- May 21, 2003 Health & Happiness through Ayurveda and Art of Living, Macungie Community Center, Macungie, PA, USA
- May 22 – Jun 13, '03 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jun 14, 2003 Ayurveda for Women's Health, New Tripoli, PA, USA
- Jun 15 – 27, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jun 28, 2003 Fundamentals of Ayurveda, Wyomissing, PA, USA
- Jun 29 – Jul 18, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jul 19, 20, 2003 Advanced Ayurvedic Pulse Technique Course, Ayurvedic Academy, Seattle, WA, USA
- Jul 21 – 26, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Jul 27, 2003 Ayurvedic Cooking Workshop, New Tripoli, PA, USA
- Jul 28 – Aug 29, '03 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Aug 30, 2003 Ayurveda for Women's Health, 7 Senses Health Center, Fountain Hill, PA, USA
- Sep 1 – 6, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Sep 7, 2003 Ayurveda for Yoga Practitioners, Lehigh Valley Yoga Center, Allentown, PA, USA
- Sep 8 – 12, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA
- Sep 13, 2003 Introduction to Ayurveda, Yoga and Health in Bethlehem, Bethlehem, PA, USA
- Sep 14, 2003 Ayurvedic Cooking Workshop, Orefield, PA, USA
- Sep 15 – 26, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA

Sep 27, 2003 Ayurvedic Nutritional Herbs and Spices for Optimum Health, Lehigh Valley Yoga Center, Allentown, PA, USA

Sep 28 – Oct 17, '03 Ayurvedic Wellness Consultations, Allentown, PA, USA

Oct 18, 2003 Ayurveda for Women's Health, Wyomissing, PA, USA

Oct 19 – 24, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA

Oct 25, 2003 Ayurveda for Women's Health, Bloomsburg, PA, USA

Oct 25, 2003 Ayurvedic Nutritional Herbs and Spices, Bloomsburg, PA, USA

Oct 26, 2003 Ayurvedic Cooking Workshop, New Tripoli, PA, USA

Oct 27 – Dec 6, '03 Ayurvedic Wellness Consultations, Allentown, PA, USA

Dec 7, 2003 Ayurvedic Cooking Workshop, Open Heart Yoga and Wellness Center, Trexlertown, PA, USA

Dec 8 – 12, 2003 Ayurvedic Wellness Consultations, Allentown, PA, USA

Dec 13, 14, 2003 Ayurvedic Pulse Technique – Level I, Lenox Community Center, Lenox, MA, USA

2002:

Jan 1 – 26, 2002 Ayurveda Wellness Consultations, Allentown, PA, USA

Jan 27, 2002 Introduction to Ayurveda for Health & Wellness, Hindu Temple, Allentown, PA, USA

Jan 28 – Feb 18, '02 Ayurveda Wellness Consultations, Allentown, PA, USA

Feb 19, 2002 Fundamentals of Ayurveda – Lecture, Fleetwood, PA, USA

Feb 20 – Apr 6, '02 Ayurveda Wellness Consultations, Allentown, PA, USA

Apr 7 – 8, 2002 Ayurvedic Fundamentals – Course – Fountain Hill, PA, USA

Apr 9 – Jun 6, 2002 Ayurveda Wellness Consultations, Allentown, PA, USA

Jun 7, 2002 Importance of Diet in Ayurveda, Allentown, PA, USA

Jun 8 – Jul 21, 2002 Ayurvedic Wellness Consultations, PA, USA

Jul 22, 2002 Health & Wellness Through Ayurveda, New Tripoli, PA, USA

Jul 23 – Aug 28, '02 Ayurvedic Wellness Consultations, PA, USA

Aug 29 – 31, 2002 Ayurvedic Diet, Digestion and Nutrition – Course, Fountain Hill, PA, USA

Sep 1 – 26, 2002 Ayurveda Wellness Consultations, Allentown, PA, USA

Sep 27, 2002 Health & Wellness Through Ayurveda, Fountain Hill, PA, USA

Sep 28 – Nov 6, '02 Ayurveda Wellness Consultations, Allentown, PA, USA

Nov 7, 2002 Introduction to Ayurveda, Phillipsburg, NJ, USA

Nov 8 – 9, 2002 Ayurvedic Wellness Consultations, Phillipsburg, NJ, USA

Nov 10 – Dec 31, '02 Ayurvedic Wellness Consultations, Allentown, PA, USA

2001:

Jan 1 – Mar 23, 2001 India

Mar 24 -30, 2001 Advanced Pranic Healing & Pranic Psychotherapy Course, All India Pranic Healing Foundations Trust, Chennai, India

Mar 31 – Jul 31, '01 India

Aug 1 – 31, 2001 Yoga Instructor Certificate Course (YICC), Swami Vivekananda Yoga Research Center, Bangalore, India

Sep 1 - Dec 10, 2001 India

Dec 11 – 31, 2001 Macungie, PA, USA

2000:

Jan 1 – 21, 2000	Veda Intensive Program and Pancha Karma, Rejuvenation Program, Valkenburg, Limburg, The Netherlands
Jan 22 – 25, 2000	Self Pulse Reading for Good Health course for in-resident guests at Lancaster Health Center, Lancaster, MA, USA
Feb 12, 2000	Maharishi Vedic Approach to Health Consultations, Lancaster, MA, USA
Feb 13, 2000	Ayurveda for Optimum Health – Lecture, Seymour, CT, USA
Feb 14, 2000	Introduction to Ayurvedic Pulse Technique – Lecture - Litchfield, CT, USA
Feb 14, 2000	Introduction to Ayurvedic Nutrition – Lecture - Fairfield, CT, USA
Feb 14 – Mar 4, '00	Maharishi Ayurvedic Consultations, Lancaster, MA, USA
Mar 5, 2000	Introduction to Maharishi Ayurveda, Walkabout, New York, USA
Mar 6 – 9, 2000	Maharishi Vedic Approach to Health Consultations, Lancaster, MA, USA
Mar 10, 2000	Lecture – Maharishi Approach to Health, Atlanta, Georgia, USA
Mar 11 – 13, 2000	Ayurveda Consultations, Atlanta, Georgia, USA
Mar 14 – 16, 2000	Ayurveda Consultations, Lancaster, MA, USA
Mar 17, 2000	Lecture – Maharishi Vedic Approach to Health, Boston, MA, USA
Mar 18 - 19, 2000	Ayurvedic Consultations, Boston, MA, USA
Mar 20 – 23, 2000	Ayurvedic Consultations, Lancaster, MA, USA
Mar 24, 2000	Lecture – Maharishi Ayurveda, London, England
Mar 25 - 27, 2000	Maharishi Ayurveda Consultations, Ledburn, Buckinghamshire, England
Mar 28, 2000	Lecture – Maharishi Vedic Approach to Health for Chronic Diseases – Skelmersdale, Buckinghamshire, England
Mar 29 -30, 2000	Maharishi Ayurveda Consultations, Skelmersdale, Buckinghamshire, England
Mar 31, 2000	Lecture – Maharishi Vedic Approach to Diet, Digestion and Nutrition, Ledburn, Buckinghamshire, England
Apr 1 – 2, 2000	Maharishi Ayurveda Consultations, Roydon Hall, Kent, England
Apr 3, 2000	Maharishi Ayurveda Consultations, Ledburn, Buckinghamshire, England
Apr 4, 2000	Prevention for Optimum Health – Lecture, Badingham, Suffolk, England
Apr 5, 2000	Maharishi Ayurvedic Consultations, Badingham, Suffolk, England
Apr 6 – 9, 2000	Ayurveda Consultations, Ledburn, Buckinghamshire, England
Apr 10, 2000	Ayurveda Consultations, Richmond, London
Apr 11, 2000	Lecture – Maharishi Vedic Approach to Chronic Disease and Rasayana Program, London, England
April 12 – 16, 2000	Maharishi Vedic Consultations, London, England
Apr 17, 2000	Maharishi Ayurveda Lecture, Dublin, Ireland
Apr 18 – 19, 2000	Ayurvedic Self Pulse Reading for Good Health, Dublin, Ireland
Apr 20 - 25, 2000	Maharishi Ayurvedic Consultations, Dublin, Ireland
Apr 26 – 27, 2000	Maharishi Ayurveda Consultations, Ledburn, Buckinghamshire, England
Apr 28, 2000	Lecture: Maharishi Ayurveda & Wellness, Boston, MA, USA
Apr 29 – 30, 2000	Maharishi Ayurveda Consultations, Boston, MA, USA
May 1 – 8, 2000	Maharishi Panchakarma Program, Lancaster, MA, USA
May 9, 2000	Lecture: Maharishi Vedic Approach to Health, Boone, NC, USA
May 10 – 12, 2000	Ayurveda Consultations, Boone, NC, USA
May 13, 2000	Lecture – Maharishi Approach to Diet, Digestion and Nutrition, Lexington, KY, USA
May 14 - 15, 2000	Maharishi Ayurveda Consultations, Lexington, KY, USA

May 16 – 18, 2000 Maharishi Ayurveda Consultations, Boone, NC, USA
 May 19, 2000 Visit to Grandfather Mountain, NC, USA
 May 20, 2000 Maharishi Ayurveda Lecture on Health, Asheville, NC, USA
 May 21, 2000 Maharishi Ayurveda Consultations, Asheville, NC, USA
 May 22, 2000 Visit to Chimny Rock, NC, USA
 May 23 – 24, 2000 Consultations for Chronic Diseases, Boone, NC, USA
 May 25 – 26, 2000 Maharishi Vedic Approach to Health Consultations, Lancaster, MA, USA
 May 27 – 29, 2000 Maharishi Ayurveda Consultations, Boston, MA, USA
 May 30 – Jun 8, 2000 Vedic Panchakarma Program for Chronic Diseases, Boone, NC, USA
 Jun 9 – 11, 2000 Maharishi Vedic Training Program for Health Professionals, Boston, MA, USA
 Jun 12 – 24, 2000 Panchakarma for Chronic Diseases, Boone, NC, USA
 Jun 25, 2000 Maharishi Ayurveda Lecture, Atlanta, GA, USA
 Jun 26 - 30, 2000 Maharishi Ayurveda Consultations, Atlanta, GA, USA
 Jul 1 – 2, 2000 Maharishi Ayurveda Consultations, Avon Park, FL, USA
 Jul 3 – 5, 2000 Maharishi Vedic Approach to Health Consultations, Boone, NC, USA
 Jul 6 – 9, 2000 Maharishi Vedic Training Program for Health Professionals, Dallas, TX, USA
 Jul 10 – 26, 2000 Maharishi Panchakarma Program, Boone, NC, USA
 Jul 27, 2000 Lecture: Maharishi Vedic Approach to Health, Atlanta, GA, USA
 Jul 28 - Aug 3, 2000 Ayurvedic Consultations, Atlanta, GA, USA
 Aug 4 – 9, 2000 Ayurvedic Consultations, Lancaster, MA, USA
 Aug 10 – 14, 2000 Maharishi Ayurvedic Consultations, New York City, NY, USA
 Aug 15 – 17, 2000 Course on Diet, Digestion and Nutrition, Lancaster, MA, USA
 Aug 18, 2000 Lecture: Maharishi Vedic Approach to Health, Raleigh, NC, USA
 Aug 19 - 20, 2000 Maharishi Vedic Approach to Health Consultations, Raleigh, NC, USA
 Aug 21 – 31, 2000 Maharishi Panchakarma and Rejuvenation Program, Boone, NC, USA
 Sep 1 – 5, 2000 Maharishi Ayurveda Consultations, New York City, NY, USA
 Sep 6 – 15, 2000 Maharishi Panchakarma and Rejuvenation Program, Lancaster, MA, USA
 Sep 16, 2000 Lecture: Maharishi Vedic Approach to Health – Chronic Disease Program, Lancaster, MA, USA
 Sep 17 – Oct 5, 2000 Maharishi Ayurveda Consultations, Lancaster, MA, USA
 Oct 6 – 9, 2000 Maharishi Health Professionals Training Program, Avon Park, FL, USA
 Oct 10 – 15, 2000 Maharishi Ayurveda Consultations, Lancaster, MA, USA
 Oct 16 – 20, 2000 Maharishi Panchakarma Program, Avon Park, FL, USA
 Oct 21 – Oct 31, 2000 Maharishi Veda Intensive Program for Chronic Diseases, Lancaster, MA, USA
 Nov 1 – 15, '00 Maharishi Vedic Approach to Health Chronic Disease Program, Valkenburg, The Netherlands
 Nov 16, 2000 Lecture: Maharishi Ayurveda, Lisban, Portugal
 Nov 17 – 18, 2000 Maharishi Ayurveda Self Pulse Reading Course, Lisban, Portugal
 Nov 19 – 25, 2000 Maharishi Ayurveda Consultations, Lisban, Portugal
 Nov 26, 2000 Lecture: Maharishi Veda Intensive Program, Barcelona, Spain
 Nov 27 – 29, 2000 Course on Diet, Digestion and Nutrition for Optimum Health, Barcelona, Spain
 Nov 30 Dec 1, '00 Maharishi Ayurveda Consultations, Barcelona, Spain
 Dec 2, 2000 Lecture: Maharishi Ayurveda for Optimum Health, Madrid, Spain
 Dec 3 – 4, 2000 Maharishi Ayurveda Consultations, Madrid, Spain
 Dec 5 – Dec 8, 00 Maharishi Veda Intensive Program Consultations, Valkenburg, The Netherlands

Dec 9 – Dec 31, '00 India

1999:

Jan 1 – 12, 1999 Maharishi Panchakarma Program and Consultations, Vlodrop, The Netherlands
Jan 13 – 17, 1999 Maharishi Vedic Approach to Health Consultations, Valkenburg, The Netherlands
Jan 18 – May 22, '99 India
May 23 – Jun 12, '99 Maharishi Vedic Approach to Health Consultations, Valkenburg, The Netherlands
Jun 13, 1999 Visit to Leuven, Belgium
Jun 14 – 17, 1999 Maharishi Panchakarma & Rejuvenation Program, Valkenburg, The Netherlands
Jun 19, 1999 Lecture: Maharishi Ayurveda for Optimum Health, Montreal, Qubec, Canada
June 20 - 23, 1999 Maharishi Ayurveda Consultations, Montreal, Qubec, Canada
Jun 24 – 27, 1999 Course on Ayurvedic Pulse, Waterville, Qubec, Canada
Jun 28, 1999 Lecture: Maharishi Ayurveda for Natural Health, Ottawa, Ontario, Canada
Jun 29 - 1 Jul, 1999 Consultations – Maharishi Ayurveda, Ottawa, Ontario, Canada
Jul 2 – 3, 1999 Maharishi Ayurveda Consultations, Huntsville, Ontario, Canada
Jul 4, 1999 Lecture: Maharishi Ayurveda, Toronto, Ontario, Canada
Jul 5, 1999 Visit to Friend, London, Ontario, Canada
Jul 6 – 8, 1999 Course – Diet, Digestion and Nutrition, Toronto, Ontario, Canada
Jul 10, 1999 Lecture – Maharishi Vedic Approach to Health, Vancouver, British Columbia, Canada
July 11 – 13, 1999 Course on Self Pulse Reading, Vancouver, British Columbia, Canada
July 14 – 15, 1999 Maharishi Ayurveda Consultations, Vancouver, British Columbia, Canada
Jul 16 – 18, 1999 Maharishi Ayurveda Consultations, Edmonton, Alberta, Canada
Jul 19 – 20, 1999 Maharishi Ayurveda Consultations, Rock Creek, British Columbia, Canada
Jul 21 – 22, 1999 Maharishi Ayurveda Consultations, Kelnowa, British Columbia, Canada
Jul 23, 1999 Lecture: Maharishi Vedic Approach to Health, Victoria, British Columbia, Canada
Jul 24 - 25, 1999 Course on Ayurvedic Pulse Reading, Vicotria, British Columbia, Canada
Jul 26 – 30, 1999 Maharishi Ayurveda Consultations, Victoria, British Columbia, Canada
Jul 31 – Aug 1, 1999 Maharishi Ayurveda Consultations, Montreal, Quebec, Canada
Aug 2 – 3, 1999 Maharishi Ayurveda Consultations, Ottawa, Ontario, Canada
Aug 4 – 6, 1999 Maharishi Ayurveda Consultations, Moncton, New Bruswick, Canada
Aug 7 – 8, 1999 Course on Ayurvedic Pulse Reading, Montreal, Quebec, Canada
Aug 9 – 24, 1999 Maharishi Vedic Approach to Health – Panchakarma Program, Valkeburg, The Netherlands
Aug 25, 1999 Lecture: Maharishi Vedic Approach to Health, Skelmersdale, Lancashire, England
Aug 26 – 27, 1999 Course on Diet, Digestion and Nutrition, Skelmersdale, Lancashire, England
Aug 28 – 30, 1999 Maharishi Vedic Approach to Health Consultations, Skelmersdale, Lancashire, England
Aug 30 – 31, 1999 Maharishi Ayurveda Consultations, Badingham, Suffolk, England
Sep 1, 1999 Lecture: Maharishi Vedic Approach to Health, London, England

Sep 2 - 4, 1999	Maharishi Vedic Approach to Health Consultations, London, England
Sep 5 – 6, 1999	Course on Ayurvedic Pulse Rading, Mentmore, Buckinghamshire, England
Sep 7, 1999	Lecture: Ayurveda and Natural Health, London, England
Sep 8 - 10, 1999	Course on Prevention for Optimum Health, London, England
Sep 11 – 15, 1999	Maharishi Vedic Approach to Health Consultations, London, England
Sep 16 – 24, 1999	Maharishi Vedic Approach to Health Panchakarma and Rasayana Program, Valkenburg, The Netherlands
Sep 25, 1999	Lecture: Maharishi Perfect Health, Bad Ems, Rheinland Pflaz, Germany
Sep 26 – 28, 1999	Course on Self Pulse Reading, Bad Ems, Rheinland Pflaz, Germany
Sep 2 - Oct 3, 1999	Maharishi Ayurveda Consultations, Bad Ems, Rheinland Pflaz, Germany
Oct 4 – 9, 1999	Maharishi Vedic Panchakarma Program, Valkenburg, Limburg, The Netherlands
Oct 10, 1999	Lecture: Maharishi Vedic Approach to Health, Schleddehausen, Nidersachsen, Germany
Oct 11 – 14, 1999	Course on Diet, Digestion and Nutrition, Schleddehausen, Nidersachsen, Germany
Oct 15 - 27, 1999	Maharishi Vedic Panchakarma Program and Consultations, Schleddehausen, Nidersachsen, Germany
Oct 28, 1999	Maharishi Ayurveda Consultations, Munster, Nordrhein Westfalen, Germany
Oct 29 – Nov 2, '99	Maharishi Panchakarma Program and Consultations, Schleddehausen, Nidersachsen, Germany
Nov 3, 1999	Lecture: Maharishi Vedic Approach to Health, Hannover, Nidersachsen, Germany
Nov 4 – 5, 1999	Maharishi Ayurveda Consultations, Schleddehausen, Nidersachsen, Germany
Nov 6 – 7, 1999	Maharishi Vedic Approach to Health Consultations, Valkenburg, Limburg, The Netherlands
Nov 8, 1999	Lecture: Maharishi Ayurveda for Optimum Health, Glasgow, Scotland
Nov 9 – 10, 1999	Maharishi Ayurveda Consultations, Glasgow, Scotland
Nov 11 – 12, 1999	Course on Self Pulse Reading, Skelmersdale, Lancashire, England
Nov 13, 1999	Lecture: Maharishi Vedic Approach to Health, Skelmersdale, Lancashire, England
Nov 14 – 15, 1999	Maharishi Ayurveda Consultations, Skelmersdale, Lancashire, England
Nov 16, 1999	Lecture: Maharishi Vedic Approach to Health, London, England
Nov 17, 1999	Lecture: Maharishi Approach to Health for Health Professionals, Durham Medical Center, Durham, England
Nov 18 - 19, 1999	Maharishi Ayurveda Consultations, Durham, England
Nov 20 – 22, 1999	Maharishi Ayurveda Consultations, Badingham, Suffolk, England
Nov 23 – 24, 1999	Maharishi Ayurveda Consultations, Ledburn, Buckinghamshire, England
Nov 25 – 30, 1999	Course on Self Pulse Reading for Good Health, London, England
Dec 1 – 2, 1999	Maharishi Ayurveda Consultations, Skelmersdale, Lancashire, England
Dec 3, 1999	Lecture: Maharishi Ayurveda, Ledburn, Buckinghamshire, England
Dec 4 – 5, 1999	Maharishi Ayurveda Consultations, Rydon Hall, Kent, England
Dec 6, 1999	Maharishi Ayurveda Consultations, Richmond, London, England
Dec 7 – 8, 1999	Maharishi Ayurveda Consultations, Durham, England

Dec 9, 1999 Lecture: Maharishi Vedic Approach to Health, London, England
Dec 10 – 31, 1999 Maharishi Panchakarma Program, Valkenburg, Limburg, The Netherlands

1998:

Jan 1 – 11, 1998 Course on Self Pulse Reading and consultations, Bonn, Germany
Jan 12 – Feb 11, '98 Maharishi Panchakarma therapies and consultations, Valkenburg, The Netherlands
Feb 12 – 16, 1998 Course on Diet, Digestion and Nutrition, and Maharishi Ayurveda Consultations, Hamburg, Germany
Feb 17 – 26, 1998 Maharishi Vedic Approach to Health Chronic Diseases Program, Valkenburg, The Netherlands
Feb 27 – Mar 8, 1998 Maharishi Ayurvedic Consultations and Self Pulse Reading Course, Nurnburg, Germany
Mar 9 – 12, 1998 Maharishi Vedic Health Consultations, Valkenburg, The Netherlands
Mar 13 – May 6, '98 Maharishi Panchakarma Programs, Vlodrop, The Netherlands
May 7 – 8, 1998 Maharishi Ayurveda Consultations, Rennes, France
May 9 -10, 1998 Maharishi Ayurveda Consultations, Nantes, France
May 11 – Sep 1, 1998 Maharishi Panchakarma Programs, Vlodrop, The Netherlands
Sep 2 – 7, 1998 Maharishi Ayurveda Consultations, Toronto, Ontario, Canada
Sep 8, 1998 Visit to Niagara Falls, Ontario, Canada
Sep 9 – 10, 1998 Course on Diet, Digestion and Nutrition, Toronto, Ontario, Canada
Sep 11, 1998 Lecture: Maharishi Vedic Approach to Health, Ottawa, Ontario, Canada
Sep 12 - 17, 1998 Maharishi Ayurveda Consultations, Ottawa, Ontario, Canada
Sep 18, 1998 Lecture: Maharsihi Ayur-Veda, Edmonton, Alberta, Canada
Sep 19 - 20, 1998 Maharishi Ayurveda Consultations, Edmonton, Alberta, Canada
Sep 21, 1998 Lecture and consultations on Maharishi Ayurveda, Nelson, British Columbia, Canada
Sep 22, 1998 Maharishi Ayurveda Consultations, Nelson, British Columbia, Canada
Sep 23, 1998 Maharishi Ayurveda Consultations, Christina Lake, British Columbia, Canada
Sep 24, 1998 Maharshi Ayurveda Consultations, Rock Creek, British Columbia, Canada
Sep 25, 1998 Maharishi Ayurveda Consultations, Kelowna, British Columbia, Canada
Sep 26, 1998 Lecture: Maharishi Vedic Approach to Health, Vancouver, British Columbia, Canada
Sep 27 -Oct 2, '98 Course on Self Pulse Reading for Good Health, Vancouver, British Columbia, Canada
Oct 3, 1998 Lecture: Maharishi Vedic Approach to Health, Victoria, British Columbia, Canada
Oct 4 - 6, 1998 Maharishi Ayurveda Consultations, Victoria, British Columbia, Canada
Oct 7, 1998 Lecture: Maharishi Vedic Approach to Health, Compton, Quebec, Canada
Oct 8 - 15, 1998 Maharishi Ayurveda Consultations, Compton, Quebec, Canada
Oct 16, 1998 Lecture: Maharishi Ayurveda Consultations, Moncton, New Brunswick, Canada
Oct 17 – 18, 1998 Maharishi Ayurveda Consultations, Moncton, New Brunswick, Canada
Oct 19, 1998 Maharishi Ayurveda Consultations, Saint Louis, New Brunswick, Canada
Oct 20 - 22, 1998 Maharishi Ayurveda Consultations, Moncton, New Brunswick, Canada

Oct 23, 1998 Lecture: Maharishi Vedic Approach to Health, Ottawa, Ontario, Canada
 Oct 24 – Nov 3, '98 Maharishi Ayurvedic Course on Prevention and Maharishi Ayurveda Consultations, Ottawa, Ontario, Canada
 Nov 4 – 9, 1998 Maharishi Ayurveda Consultations, Vancouver, British Columbia, Canada
 Nov 10 -16, 1998 Maharishi Vedic Consultations and Course on Diet, Digestion and Nutrition, Victoria, British Columbia, Canada
 Nov 17 – 18, 1998 Maharishi Vedic Approach to Health, Valkenburg, The Netherlands
 Nov 19, 1998 Lecture: Maharishi Ayurveda, Rome, Italy
 Nov 20 - 22, 1998 Maharishi Ayurveda Consultations, Rome, Italy
 Nov 23 – 26, 1998 Maharishi Ayurveda Consultations, Cerivia, Italy
 Nov 27 – 28, 1998 Maharishi Ayurveda Consultations, Verona, Italy
 Nov 29, 1998 Maharishi Ayurveda Consultations, Carono, Italy
 Nov 30 – Dec 6, '98 Course on Self Pulse Reading for Good Health, Balluno, Italy
 Dec 7, 1998 Lecture: Maharishi Vedic Approach to Health, Brunate, Italy
 Dec 8 - 10, 1998 Maharishi Ayurveda Consultations, Brunate, Italy
 Dec 11 – 12, 1998 Maharishi Ayurveda Consultations, Torino, Italy
 Dec 13 – 14, 1998 Maharishi Ayurveda Consultations, Brunate, Italy
 Dec 15, 1998 Maharishi Ayurveda Consultations, Milano, Italy
 Dec 16, 1998 Maharishi Ayurveda Consultations, Brunate, Italy
 Dec 17 – 22, 1998 Course on Self Pulse Reading for Good Health, San Pellegrino, Italy
 Dec 23 – 31, 1998 Maharishi Vedic Approach to Health Panchakarma Program, Valkenburg, The Netherlands

1997:

Jan 1 – 21, 1997 Maharishi Ayurveda Consultations, Palo Alto, California, USA
 Jan 22 – Feb 22, '97 Maharishi Ayurvedic Courses, Consultations, Palo Alto, California, USA
 Feb 23 – 28, 1997 Maharishi Panchakarma Program, Vlodrop, The Netherlands
 Mar 1 – Jul 22, 1997 India
 Jul 23 – Aug 14, '97 Maharishi Vedic Approach to Health Consultations, Workshops, Training Programs, Vlodrop, The Netherlands
 Aug 15, 1997 Lecture: Maharishi Ayurveda for Perfect Health, Berlin, Germany
 Aug 16 - 23, 1997 Maharishi Ayurveda Consultations, Berlin, Germany
 Aug 24 – Oct 18, '97 Maharishi Vedic Approach to Health Consultations, Panchakarma Programs, Vlodrop, The Netherlands
 Oct 19 – 21, 1997 Maharishi Ayurveda Consultations, Stuttgart, Germany
 Oct 22 – 23, 1997 Maharishi Ayurveda Consultations, Vlodrop, Germany
 Oct 24 – 28, 1997 Course on Maharishi Yoga Asanans and Maharishi Consultations, Seelisburg, Switzerland
 Oct 29 – 30, 1997 Maharishi Ayurveda Consultations, Vlodrop, The Netherlands
 Oct 31, 1997 Lecture: Maharishi Ayurveda for Good Health, Rome, Italy
 Nov 1 - 5, 1997 Maharishi Ayurveda Consultations, Rome, Italy
 Nov 6 – 10, 1997 Maharishi Self Pulse Reading for Good Health and Consultations, Napoli, Italy
 Nov 11 – 16, 1997 Maharishi Ayurveda Consultations, Cervia, Italy
 Nov 17, 1997 Maharishi Ayurveda Lecture, Verona, Italy
 Nov 18 - 23, 1997 Maharishi Ayurveda Consultations, Verona, Italy
 Nov 24, 1997 Maharishi Ayurveda Consultations, Bologna, Italy
 Nov 25 – 26, 1997 Maharishi Ayurveda Consultations, Verona, Italy

Nov 27 – 30, 1997 Maharishi Ayurveda Consultations, San Pellegrino, Italy
 Dec 1, 1997 Maharishi Ayurveda Consultations, Milani, Italy
 Dec 2, 1997 Lecture: Maharishi Vedic Approach to Health, San Pellegrino, Italy
 Dec 3 - 7, 1997 Maharishi Ayurveda Consultations, San Pellegrino, Italy
 Dec 8, 1997 Maharishi Ayurveda Consultations, Bergamo, Italy
 Dec 9, 1997 Maharishi Ayurveda Consultations, Brunate, Italy
 Dec 10, 1997 Maharishi Ayurveda Consultations, Genova, Italy
 Dec 11 – 18, 1997 Maharishi Ayurveda Consultations, Brunate, Italy
 Dec 19 – 31, 1997 Maharishi Vedic Approach to Health Consultations, Valkenburg,
 The Netherlands

1996:

Jan 1 – Feb 8, 1996 Maharishi Vedic Approach to Health Consultations, Panchakarma
 Program, Valkenburg, The Netherlands
 Feb 9, 1996 Lecture: Maharishi Ayurveda, Berlin, Germany
 Feb 10 - 18, 1996 Course on Maharishi Diet, Digestion and Nutrition, and Maharishi
 Ayurveda Consultations, Berlin, Germany
 Feb 19 – 29, 1996 Maharishi Ayurveda Consultations, Valkenburg, The Netherlands
 Mar 1, 1996 Lecture, Maharishi Vedic Approach to Health, Saarbrucken, Germany
 Mar 2 - 11, 1996 Maharishi Vedic Approach to Health, Saarbrucken, Germany
 Mar 12 - Apr 23, '96 Maharishi Vedic Approach to Health, Vlodrop, The Netherlands
 Apr 24 – May 5, '96 Maharishi Self Pulse Reading Course, Regensburg, Germany
 May 6 – 8, 1996 Maharishi Ayurveda Consultations, Munchen, Germany
 May 9, 1996 Lecture: Maharishi Ayurveda, Berlin, Germany
 May 10 - 25, 1996 Maharishi Ayurveda Consultations, Self-Pulse Reading Course, Berlin,
 Germany
 May 26 – 28, 1996 Maharishi Ayurveda Consultations, Munchen, Germany
 May 29 – Jun 11, '96 Maharishi Ayurveda Consultations and Courses, Vlodrop, The
 Netherlands
 Jun 12, 1996 Lecture: Maharishi Ayurvedic Approach to Health, Dusseldorf, Germany
 Jun 13 – 27, 1996 Maharishi Panchakarma Program, Vlodrop, The Netherlands
 Jun 28, 1996 Lecture: Maharishi Ayurveda, Trinidad, West Indies
 Jun 29 – 30, 1996 Maharishi Self Pulse Reading Course, Trinidad, West Indies
 Jul 1 – 5, 1996 Maharishi Ayurveda Consultations, Trinidad, West Indies
 Jul 6 – 8, 1996 Maharishi Diet, Digestion and Nutrition Course, Trinidad, West Indies
 Jul 9 - 23, 1996 Maharishi Ayurveda Consultations, Trinidad, West Indies
 Jul 24, 1996 Lecture: Maharishi Vedic Approach to Health, Guadeloupe, Caribbean
 Islands
 Jul 25 – 28, 1996 Maharishi Ayurveda Consultations, Guadeloupe, Caribbean Islands
 Jul 29 – 31, 1996 Maharishi Self Pulse Reading Course, Guadeloupe, Caribbean Islands
 Aug 1 - 8, 1996 Maharishi Ayurveda Consultations, Guadeloupe, Caribbean Islands
 Aug 9 – Sep 11, 1996 Maharishi Ayurveda Consultations, Vlodrop, The Netherlands
 Sep 12, 1996 Lecture: Maharishi Ayurveda, Ashbury Park, New Jersey, USA
 Sep 13 - 16, 1996 Maharishi Ayurveda Consultations, Ashbury Park, New Jersey, USA
 Sep 17, 1996 Lecture: Maharishi Ayurveda, Brook Field, CT, USA
 Sep 18, 1996 Maharishi Ayurveda Consultations, Brook Field, CT, USA

Sep 19 – 22, 1996 Maharishi Ayurveda Consultations, Ashbury Park, New Jersey, USA
 Sep 23, 1996 Lecture: Maharishi Ayurveda, Bellevue, Washington, USA
 Sep 24 - Oct 3, 1996 Maharishi Ayurveda Consultations, Bellevue, Washington, USA
 Oct 4, 1996 Lecture: Maharishi Vedic Approach to Health, Boise, Idaho, USA
 Oct 5 - 9, 1996 Maharishi Ayurveda Consultations, Boise, Idaho, USA
 Oct 10 – 17, 1996 Maharishi Ayurveda Consultations, Chicago, Illinois, USA
 Oct 18 – 24, 1996 Maharishi Panchakarma Program and Consultations, Fairfield, Iowa, USA
 Oct 25 – 27, 1996 Maharishi Vedic Approach to Health, Indianapolis, Indiana, USA
 Oct 28 – 31, 1996 Maharishi Ayurveda Consultations, Chicago, Illinois, USA
 Nov 1 – 3, 1996 Maharishi Ayurveda Consultations, Omaha, Nebraska, USA
 Nov 4 – 5, 1996 Maharishi Ayurveda Consultations, Chicago, Illinois, USA
 Nov 6, 1996 Lecture: Maharishi Ayurveda, Detroit, Michigan, USA
 Nov 7 - 10, 1996 Maharishi Ayurveda Consultations, Detroit, Michigan, USA
 Nov 11 – 13, 1996 Maharishi Ayurveda Consultations, Chicago, Illinois, USA
 Nov 14 – 17, 1996 Maharishi Ayurveda Consultations, Seattle, Washington, USA
 Nov 18, 1996 Maharishi Ayurveda Consultations, Pacific Palisades, California, USA
 Nov 19 - 27, 1996 Maharishi Ayurveda Consultations, Pacific Palisades, California, USA
 Nov 28 – 30, 1996 Maharishi Ayurveda Consultations, Cobb Mountains, California, USA
 Dec 1 – 7, 1996 Maharishi Ayurveda Consultations, Palo Alto, California, USA
 Dec 8, 1996 Maharishi Ayurveda Consultations, San Jose, California, USA
 Dec 9 – 12, 1996 Maharishi Ayurveda Consultations, Sacramento, California, USA
 Dec 13 – 22, 1996 Maharishi Ayurveda Consultations, Palo Alto, California, USA
 Dec 23, 1996 Maharishi Ayurveda Consultations, San Francisco, California, USA
 Dec 24, 1996 Maharishi Ayurveda Consultations, Berkley, California, USA
 Dec 25, 1996 Visit to Yosemite, California, USA
 Dec 26 -27, 1996 Maharishi Ayurveda Consultations, Palo Alto, California, USA
 Dec 28 – 31, 1996 Maharishi Ayurveda Consultations, San Diego, California, USA

1995:

Feb 6 - 10, 1995 Course - Ayurvedic Pulse Technique for health professionals in Vienna, Austria.
 Feb 11-16, 1995 Ayurvedic consultations with Dr. Lothar Krenner, Vienna, Austria
 Feb 17-21, 1995 Ayurvedic Consultations with Dr. Walter Molk, Vienna, Austria
 Feb 22, 1995 Lecture on Maharishi Vedic Approach to Health – including Ayurveda for Medical Students, Szeged Medical School, Szeged, Hungary
 Feb 23 – 27, 1995 Ayurvedic Consultations and lectures for public, Szeged, Hungary
 Feb 28, 1995 Ayurvedic Nutrition lecture at Pécs, Hungary
 Feb 29, 1995 Ayurveda for Optimum Health Lecture, Pécs, Hungary
 Mar 1, 2, 1995 Ayurvedic Wellness Consultations at Pécs, Hungary
 Mar 3, 1995 Ayurvedic Lecture at Kecskemét Townhall, Kecskemét, Hungary
 Mar 4-7, 1995 Ayurvedic Pulse Technique course, Kecskemét, Hungary
 Mar 8, 1995 Lecture on Ayurveda and Maharishi Vedic Health, Budapest, Hungary
 Mar 9, 10, 1995 Ayurvedic Consultations, Budapest, Hungary
 Mar 11 & 12, 1995 Ayurvedic Pulse Technique course, Budapest, Hungary
 Mar 13 – 15, 1995 Ayurvedic Wellness Consultations with Dr. Walter Molk, Vienna, Austria
 Mar 16 – 20, 1995 Ayurvedic Diet, Digestion and Nutrition for general public, Vienna, Austria
 Mar 21-26, 1995 Ayurvedic Wellness Consultations with Dr. Lothar Krenner, Vienna, Austria

Mar 27 – 29, 1995 Yoga Asana Training, Kecskemét, Hungary
 Mar 30, 1995 Lecture: Ayurveda and Perfect Health, Kecskemét, Hungary
 Mar 31 – Apr 5, '95 Course – Ayurvedic Diet, Digestion and Nutrition, Meditation Group, Kecskemét, Hungary
 Apr 6, 1995 Lecture – Ayurvedic Home Remedies for optimum health, Pécs, Hungary
 Apr 7 – 13, 1995 Ayurvedic Wellness Consultations, Pécs, Hungary
 Apr 14 – 16, 1995 Course – Self Pulse Reading for Optimum Health for Health Professionals, Pécs, Hungary
 Apr 17, 1995 Lecture – Maharishi Vedic Approach to Health – Town Hall, Miskolc, Hungary
 Apr 18 -24, 1995 Ayurvedic Wellness Consultations – Maharishi Ayur-Veda Consultations, Miskolc, Hungary
 Apr 25, 1995 Lecture – Ancient Vedic Knowledge of India – Szeged, Hungary
 Apr 26, 1995 Meeting Budapest Mayor with Press Reporters, Budapest, Hungary
 April 27-28, 1995 Course – Self Pulse Reading for General Public, Szeged, Hungary
 Apr 29 – 30, 1995 Maharishi Vedic Approach to Health Consultations, Szeged, Hungary
 May 1, 1995 Lecture – Natural Approach to Health and Wellness for Meditators and Siddhas, Budapest, Hungary
 May 2 – 5, 1995 Ayurvedic Wellness Consultations, Budapest, Hungary
 May 6 – 9, 1995 Course – Self Pulse Reading for Optimum Health and Wellness, Budapest, Hungary
 May 10 Lecture – Maharishi Vedic Approach to Health for Chronic Diseases for Health Professionals, Szeged, Hungary
 May 11 – 13, 1995 Ayurvedic Wellness Consultations, Szeged, Hungary
 May 14 - 16, 1995 Course – Diet, Digestion and Nutrition, Szeged, Hungary
 May 17, 1995 Lecture – Healing Through Natural Way – An Maharishi Approach to Health – Nyíregyháza, Hungary
 May 18 – 20, 1995 Ayurvedic Wellness Consultations, Nyíregyháza, Hungary
 May 21 – 23, 1995 Course – Self Pulse Reading for Health and Wellness – Nyiregyhaza, Hungary
 May 24, 1995 Lecture – Maharishi Ayur-Veda – An Ancient Healing Arts – Hajdúszoboszló, Hungary
 May 25 – 30, 1995 Ayurvedic Wellness Consultations, Hajdúszoboszló, Hungary
 Jun 1-2, 1995 Course – Ayurvedic Diet, Digestion and Nutrition for Perfect Health – Hajdúszoboszló, Hungary
 Jun 3, 1995 Lecture – Maharishi Vedic Approach to Health, Szeged, Hungary
 Jun 4 – 8, 1995 Course on Ayurvedic Diet, Digestion and Nutrition, Szeged, Hungary
 Jun 9 – 11, 1995 Ayurvedic Wellness Consultations, Szeged, Hungary
 Jun 12, 1995 Lecture – Maharishi Approach to Health, Vienna, Austria
 Jun 13, 1995 Ayurvedic Wellness Consultations, Vienna, Austria
 Jun 14, 1995 Lecture – Maharishi Vedic Approach to Health, Baja, Hungary
 Jun 15, 1995 Ayurvedic Wellness Consultations, Baja, Hungary
 Jun 16 -17, 1995 Ayurvedic Wellness Consultations, Budapest, Hungary
 Jun 18-20, 1995 Course – Diet, Digestion and Nutrition in Ayurveda, Budapest, Hungary
 Jun 21, 1995 Lecture – Maharishi Ayurvedic Approach to Health, Pécs, Hungary
 Jun 22-23, 1995 Ayurvedic Wellness Consultations, Pécs, Hungary
 Jun 24-25, 1995 Course – Self Pulse Reading for Good Health, Pécs, Hungary
 Jun 26, 1995 Lecture – Maharishi Ayur-Veda, Miskolc, Hungary

Jun 27-28, 1995 Ayurvedic Wellness Consultations, Miskolc, Hungary
 Jun 29 -30, 1995 Course – Self Pulse Reading for Good Health, Kecskemét, Hungary
 Jul 1, 1995 Lecture – Importance of Maharishi Ayur-Veda – An Holistic Approach to Health, Budapest, Hungary
 Jul 2-4, 1995 Ayurvedic Wellness Consultations, Budapest, Hungary
 Jul 5 – 20, 1995 Tangutur, Andhra Pradesh, India
 Jul 21, 1995 Press Meet regarding development of Ayurveda in Abroad at Hyderabad, Andhra Pradesh, India
 Jul 22 – Aug 8, 1995 Maharishi Nagar, New Delhi, India
 Aug 9 – Sep 6, 1995 Maharishi Vedic Approach to Health – Chronic Disease program Training with Ashta Vaidyas from Divakaran Moos, Nambi, Valkenburg, The Netherlands
 Sep 7-8, 1995 Maharishi Vedic Approach to Health – Chronic Disease Program Consultations with Dr. J.R. Raju, Arona, Italy
 Sep 9-10, 1995 Maharishi Vedic Approach to Health – Chronic Disease Program Consultations with Dr. J.R. Raju, Verona, Italy
 Sep 11-12, 1995 Maharishi Vedic Approach to Health – Chronic Disease Program Consultations with Dr. J.R. Raju, Milano, Italy
 Sep 13, 1995 Maharishi Vedic Approach to Health – Chronic Disease Program Consultations with Dr. J.R. Raju, San Pelligrino, Italy
 Sep 14-15, 1995 Maharishi Vedic Approach to Health – Chronic Disease Program Consultations with Dr. J.R. Raju, Brescia, Italy
 Sep 16- Oct 26, 1995 Maharishi Vedic Approach to Health – Chronic Disease Program Consultations and Panchakarma Program with Ashta Vaidyas, Valkenburg, The Netherlands
 Oct 27, 1995 Lecture – Maharishi Vedic Approach to Health – Kiel, Germany
 Oct 28-31, 1995 Chronic Disease Program Consultations, Kiel, Germany
 Nov 1, 1995 Lecture – Maharishi Chronic Disease Program – Lubeck, Germany
 Nov 2-3, 1995 Chronic Disease Program Consultations, Lubeck, Germany
 Nov 4-5, 1995 Course – Self Pulse Reading for Good Health, Lubeck, Germany
 Nov 6, 1995 Lecture – Maharishi Chronic Disease Program for Health Professionals, Berlin, Germany
 Nov 7-10, 1995 Course – Self Pulse Reading for Good Health, Berlin, Germany
 Nov 11-15, 1995 Maharishi Vedic Approach to Health Consultations, Berlin, Germany
 Nov 16, 1995 Lecture – Maharishi Ayur-Veda, Potsdam, Germany
 Nov 17-18, 1995 Ayurvedic Consultations, Potsdam, Germany
 Nov 19, 1995 Lecture – Chronic Diseases and Management – Hildesheim, Germany
 Nov 20, 1995 Ayurvedic Wellness Consultations, Hildesheim, Germany
 Nov 21, 1995 Lecture – Maharishi Ayur-Veda, Braunschweig, Germany
 Nov 22-24, 1995 Course – Self Pulse Reading for Good Health, Braunschweig, Germany
 Nov 25, 1995 Ayurvedic Wellness Consultations, Braunschweig, Germany
 Nov 26, 1995 Lecture – Maharishi Vedic Approach to Health, Oberstenfield, Near Stuttgart, Germany
 Nov 27-28, 1995 Consultations on Maharishi Vedic Approach to Health, Oberstenfield, Near Stuttgart, Germany

- Nov 29-30, 1995 Course – Self Pulse Reading for Good Health, Oberstenfeld, Near Stuttgart, Germany
- Dec 1, 1995 Lecture – Ayurvedic Approach to Health and Wellness, Tubingen, Germany
- Dec 2-3, 1995 Consultations on Maharishi Vedic Approach to Chronic Diseases, Tubingen, Germany
- Dec 4-5, 1995 Course – Diet, Digestion, Nutrition for Optimum Health, Tubingen, Germany
- Dec 6, 1995 Ayurvedic Wellness Consultations, Heilbronn, Germany
- Dec 7, 1995 Lecture – Maharishi Vedic Approach to Health, Regensburg, Germany
- Dec 8-10, 1995 Consultations on Maharishi Approach to Chronic Diseases, Regensburg, Germany
- Dec 11, 1995 Lecture – Maharishi Ayur-Veda, Darmstadt, Germany
- Dec 16, 1995 Lecture: Maharishi Vedic Health, Saarbrucken, Germany
- Dec 17 – 18, 1995 Course on Self Pulse Reading, Saarbrucken, Germany
- Dec 19, 1995 Maharishi Ayurveda Consultations, Saarbrucken, Germany
- Dec 20 Lecture: Maharishi Vedic Approach to Health and Wellness, Frankenthal, Germany
- Dec 21 - 22, 1995 Maharishi Ayurveda Consultations, Frankenthal, Germany
- Dec 23 – 25, 1995 Ayurveda Consultations, See Bach (Black forest), Germany
- Dec 26, 1995 Lecture: Maharishi Vedic Approach to Health, See Bach, Germany
- Dec 27 – 31, 1995 Ayurveda Consultations, See Bach (Black forest), Germany

1994:

- Jan 1 – Aug 3, 1994 Lecturer, NKJ, Ayurvedic Medical College, Bidar, Karnataka, India
Private Practice – Ayurvedic Consultations in Bidar, Karnataka, India
- Aug 5 - Oct 31, 1994 Intensive Training in Maharishi Ayur-Veda and Vedic Approach to Health, Maharishi Nagar, New Delhi, India
- Nov 1, '94 -5 Feb, '95 Advanced Training in Maharishi Vedic Sciences, including Transcendental Meditation, Siddhi Programs, Advanced Techniques of Meditation with His Holiness Maharishi Mahesh Yogi, Vlodrop, The Netherlands

1993:

- Jan 1 – Dec 31, 1993 Lecturer, NKJ, Ayurvedic Medical College, Bidar, Karnataka, India
Private Practice – Ayurvedic Consultations in Bidar, Karnataka, India

1992:

- Jan 1 – Dec 31, 1992 Lecturer, NKJ, Ayurvedic Medical College, Bidar, Karnataka, India
Private Practice – Ayurvedic Consultations in Bidar, Karnataka, India

1991:

- Jan 1 – Dec 31, 1991 Lecturer, NKJ, Ayurvedic Medical College, Bidar, Karnataka, India
Private Practice – Ayurvedic Consultations in Bidar, Karnataka, India

1990:

- Jan 1 – Nov 10, '88 Studied Post Graduation (MD) 3rd year - in Ayurveda at Government Akhandanand Ayurvedic College and Hospital, Ahmedabad, India
- March 5, 1991 Banaras Hindu University, Institute of Medical Sciences, Varanasi, India, Paper Presented for Platinum Jubilee National Seminar on Recent Advances in Kayachikitsa,: “Efficacy of Ayurvedic Medicine in Bronchial Asthma”.
- May 2, 1991 Podar Ayurvedic Medical Institutions, Bombay, India, Paper Presented for Golden Jubilee 1941-1991: “Clinical Study of Devadaru Compound in Tamak Swasa”.

1989:

- Jan 1 – Dec 31, '88 Studied Post Graduation (MD) 2nd year - in Ayurveda at Government Akhandanand Ayurvedic College and Hospital, Ahmedabad, India

1988:

- Jan 1 – Jun 31, 1988 Houseman ship (Internist), Dr. A.L. Government Ayurvedic Hospital, Vijayawada, Andhra Pradesh, India
- Jul 4, 1988 Post graduation Examination at Gujarat Ayurved University, Jamnagar, India
- July 6, 1988 Post graduate Examination at Banaras Hindu University, Banaras, India
- July 15 – Aug 11, '88 Clinical Intern at Government Hospital in Machilipatnam, Krishna District, Andhra Pradesh, India
- Aug 12 – Dec 31, '88 Studied Post Graduation (MD) 1st year in Ayurveda at Government Akhandanand Ayurvedic College and Hospital, Ahmedabad, India

TRAVEL FROM 1994-2000 (THROUGH MAHARISHI VEDIC UNIVERSITY)

AUSTRIA

2/1995 – 3/1995

Taught Ayurveda courses, delivered lectures for general public, offered consultations at Vienna.

CANADA

9/1998 – 11/1998; 6/1999 – 8/1999; 11/2012; 2/2013

Offered Ayurvedic wellness consultations, lectures, workshops for general public, courses on Ayurvedic pulse technique; diet, digestion and nutrition; and Yoga Asanas at Toronto, Ottawa, Waterville, Huntsville (Ontario), Edmonton, Nelson, Christina Lake, Rock Creek, Kelowna, Vancouver, Victoria, (British Columbia) Compton, Waterville, Montreal (Quebec), Moncton, Saint Louis (New Brunswick)

ENGLAND

8/ 1999 – 1/2000; 3/2000 – April 2000

Offered Ayurvedic consultations, lectures, courses, workshops, and seminars for general public at Skelmersdale, Badingham, London, Mentmore, Durham, Ledburn, Buckinghamshire, Rydon Hall, and Richmond. Interviewed on BBC's breakfast television, several newspaper interviews.

FRANCE

5/1998

Offered Ayurvedic wellness consultations, lectures at Rennes, Nantes.

GERMANY

10/1995 – 6/1996; 10/1997; 1/1998; 10/1999 – 11/1999

Offered Ayurvedic consultations, lectures, seminars, workshops, courses on Ayurvedic pulse technique, Diet, digestion and nutrition, Ayurvedic prevention course, Yoga Asanas at Kiel, Lubeck, Berlin, Potsdam, Hildesheim, Braunschweig, Oberstenfeld, Heilbornn, Tubingen, Regensburg, Darmstadt, Saarbrucken, Bonn, Bad Ems, Frankenthal, Seebach, Munchen, Dusseldorf, Stuttgart, Schleddehausen, Munster, and Hannover.

GUADELOUPE

8/1996

Offered Ayurvedic consultations and lectures. Meeting with Mayor of Guadeloupe. Taught Ayurvedic Pulse Diagnosis course.

HUNGARY

4/1995 – 6/1995

Offered Ayurveda consultations, courses, workshops, seminars, and lectures, at Budapest, Debrecen, Miskolc, Szeged, Pécs, Gyor, Nyiregyhaza, Kecskemét, Szolnok, and Hajduszoboszlo. Meetings with Budapest and Kecskemét Mayors, appeared on television, newspaper interviews.

IRELAND

4/2000

Offered Ayurvedic consultations and lectures at Dublin.

ITALY

9/1995; 10/1997 – 12/1997; 11/1998 – 12/1998

Offered Ayurvedic wellness consultations, workshops, courses, seminars, lectures for general public and health professionals at Arona, Verona, Milano, San Pellegrino, Brescia, Bologna, Napoli, Rome, Cerivia, Carono, Balluno, Brunate Torino, and Genova.

JAMAICA

3/2005

Offered Ayurvedic educational courses, lectures and wellness consultations at Kingston, courses on fundamentals of ayurveda, diet, digestion and nutrition; Vegetarian Cooking Class and Ayurvedic Yoga course. Newspaper interviews.

PORTUGAL

11/2000

Offered Ayurvedic consultations and lectures at Lisbon.

SCOTLAND

11/1999

Offered Ayurvedic consultations and lecture at Glasgow.

SPAIN

12/2000

Offered Ayurvedic consultations and lectures at Madrid, and Barcelona.

SWITZERLAND

10/1997

Offered Ayurvedic consultations and Yoga Asana course.

THE NETHERLANDS

11/1994 – 1/1995; 8/1995 – 9/1995; 5/1996 – 6/1996

Completed advanced studies in Maharishi Vedic Medicine with Tony Nader, M.D., Ph.D., International President of Maharishi Ayur-Veda Universities. Offered courses on Ayurveda and Yoga, consultations, workshops, lectures, Panchakarma, consultations, Ayurveda training program for health professionals at Vlodrop, and Valkenburg.

TRINIDAD

6/1996 – 7/1996

Offered Ayurvedic wellness consultations, lectures for general public, diet, digestion and nutrition course, Ayurvedic pulse technique course, interviewed several newspaper interviews at Trinidad.

U.S.A.

9/1996 – 2/1997; 1/2000 – 3/2000; 4/2000 – 10/2000; 12/2001 to present

Offered consultations, lectures, workshops, seminars, courses on Ayurveda for general public, and health professionals at various states and cities around USA.

TESTIMONIALS

We have had the good fortune of meeting Dr. Shekhar Annambhotla and benefiting from his care. His years of authentic Ayurvedic medical training make his practice a special gift to any community- Keith Thompson, President, PBM, Waccabuc, New York

Knowing Dr. Shekhar Annambhotla as an Ayurvedic consultant and as a person was all the most rewarding. His advice on the way to follow Nature's rhythm complemented with some herbal food supplements brought peace and tranquility to my mind and has dissolved allergic disorders deeply rooted in me - Francesc Garriga, Ph.D., Molecular Genetics Barcelona, Spain

Atmosphere of joyful learning... Dedication to students and Ayurveda theory. Lisa Bryan, Yoga Instructor, Allentown, PA.

Dr. Annambhotla is obviously someone who cares very deeply about good health, diet, and Ayurvedic medical principles. As a patient with Hepatitis C, I have called on him regularly for advice and consultation, which he has given enthusiastically and freely. I look forward to a long, healing relationship- Steve Knox, Teacher, Lansdowne, Pennsylvania

Small group size that allowed moments for questions and reflection on what was taught... Sharing the delicious meal to expose us to Ayurvedic principles, tastes, and spices Erin C. Follweiler, Yoga Instructor and Nutritionist, Orefield, PA

Dr. Shekhar, I wanted to truly thank you for the time you took to administer the Panchakarma therapy this past June. I would have never thought an Ayurvedic Doctor of your qualifications and experience would be found in Eastern Pennsylvania. I have had numerous improvements in my health since the treatments concluded. The most pronounced and remarkable being in the quality of my sleep. I believe this to be related to the amazing Shirodhara therapy where the warm aromatic herbal oil slowly was drizzled on my forehead. During each session, I found myself melting into unconsciousness after just a few minutes. After thorough discussion with you, I am convinced that Shirodhara is one of the quickest ways for a layperson to enter into a meditative state and/or change the brainwave patterns into the more relaxed Alpha/Theta state. In the west this can be difficult. Even spending much time meditating cannot lead to the desired results, as the western mind can be like an unruly disobedient child, difficult to calm. I also believe the application of Shirodhara for people suffering from sleep problems and insomnia to have excellent potential- especially for those seeking a safe alternative from the dangerous and habit forming synthetics. Dr. Shekhar, please continue with the great work you are doing. I look forward to seeing you in India in January." Gabriel Lynch, PA

"I recently had a 12 day Pancha Karma experience that was set up and carried out by Dr. Shekhar. It was a very good experience because of the excellent care that I received. There were many positive things that happened and they happened because Dr. Shekhar was organized, diligent about answering questions and explaining things to me, and consistent about calling my home to see if I needed anything. Everything was handled in a kind and gentle manor. The treatments I received were done well. I loved the oil massages and new things that I got to try! Dr. Shekhar cooked lunch for me and each meal was delicious! It made me interested in his way of cooking and I will follow that up by attending one of his cooking classes. In the meantime, I'm experimenting at home. I notice some positive changes in my skin, my pulse is slower and I feel more peaceful, and, of course, the bowel movements/digestion seem to have improved." Cheryl, PA

"Thank you so much for the wonderful treatment. I appreciated the time that you took with me, as well as the kind and supportive words of encouragement and support as I released so much. You targeted directly the regions that needed the most help in a powerful, balanced, and nurturing fashion. Namaste." Christy, NY

"I am truly thankful for your accurate and competent medicines. My mom first time looked at a Doctor with faith and tried the medicines from yesterday! I massaged her shoulder and knees yesterday evening. She woke up without pain in her right arm for the first time in months! She

had no side reactions (laxative effects/ dizziness/ abnormal feelings, etc). I am very thankful to you and your knowledge to detect the problem of your patients. After few days, we will call you to inform her progress. We are very happy to see the good results from the first day. I hope she gets well soon. Again, thank you very much Dr. Shekhar for your kind and special service to us. Specially thank you for the kind discount that you gave us. Wish you good luck for your future and for helping the communities. Have a nice day. Thanking you, yours truly," Ameer, PA

"Thank you so much for your time and energy yesterday. It was very good to see you and I enjoyed our session very much. It was so generous of you to share your lunch with me and very much a surprise. Thank you for taking care of all of me! I know you said to take a bath with epsom salts when I got home, but I took a shower instead. I felt so relaxed when I got out of the shower that I laid down on my bed on my back and fell asleep for 30 to 40 minutes. I never sleep on my back, ever! So, that's how tired I was. I felt very invigorated and energized when I woke up and enjoyed the rest of my evening. I'm excited to keep going on this track. Thank you again for all of your support. I am feeling very encouraged about the path I'm on and about doing the work needed to stick to it." Sandy, PA

"I enjoyed the massage and steam very much, my body was so relaxed afterwards that it wouldn't let my mind go too fast. Also, I did not experience any night sweats last night during sleep, it was wonderful." Barbara, PA

"I thank you so much for the care and treatment you gave to me this week as part of my Pancha Karma treatment. You have so much knowledge, which you are also so able to share with humor and wit. Your kind and caring disposition makes you an excellent doctor. I feel privileged to have a consultation with you. I know Kripalu and other guests are lucky to have you. I appreciate also your careful attention to my situation. Your ability to pick out that, I needed to calm my nervous system. That means perfect sense to me. I hope all goes well for you on your days and weeks ahead and that I won your path again. Many thanks" Fran Henry, MA

"I wanted to let you know that I feel great since starting the herbs. I had a full period for the first time in 6 months and I have been going to the bathroom regularly in the mornings, also for the first time in my life!! My tongue is looking a bit cleaner. Thank you again so much for your help." Laney, Hawaii

"I am so relieved. My back feels so loose and at ease. No more achy-ness, or queasiness. Feels so good to not have that. Now I realize how tightly I've been holding it, my hips ached too, now that is gone. There is an ease in walking I've not had in a while. So many thanks for your treatment. My back is still wonderfully oily...I won't want to shower that away tomorrow! You are a good son!!!!!!!!!!!!!! Namaste," Linnea, PA

"Shekhar has the bedside manner of your best friend. He listens patiently with a cheerful demeanor, while showing unusual enthusiasm in wanting to solve my problems. His Ayurvedic remedies have greatly improved my energy level, digestion process, and elimination process. I eagerly anticipate being his patient for years to come and feel truly grateful I have met him." Vince, PA

"My experience with Pancha Karma was life changing! I haven't felt this good in over ten years. For the past ten years I have not been able to tolerate vegetables (even when cooked) or fruits. I have extreme difficulty with elimination, very constipated and recently much joint pain. My abdomen was so bloated I could hardly fit into my clothes. Also I craved sweets, especially when stressed, which is often. Dr. Shekhar is amazing!! He worked extremely hard to eliminate the toxins from my body. He tailored a program for me and my needs. I began to see results by day two. Elimination began to go smoothly, my abdomen is no longer bulging, and my joints are no longer bothering me. My eyes are not as dry and the lines in my brow are disappeared. My husband says I look good! I can enjoy vegetables and fruits - no more cramping or extreme gas and gas pain. I have more energy in the morning and all day. I was so relaxed Dr. Shekhar almost had to peel me off the table. Dr. Shekhar put his heart and soul into the preparation of meals every day. The food was excellent and satisfying and my craving of sugar has vanished. Dr. Shekhar performs the most amazing deep tissue massage I've ever experienced, again putting heart and energy into the healing of the body. Thank you for getting me on the path to healing and good health. I look forward to continuing the healing journey with you. Namaste." Valerie, PA

"I hope this note finds you in good health and with all being well with you and the family. I just wanted to say thank you! The body massage was so relaxing and soothing. I don't know why I did not do this sooner. I became more mentally focused and so relaxed that it inadvertently changed by relationships with those who are close to me. I can't wait for my next appointment. See you soon. Warmest Regards," Adjoa, PA

"I thought that each phase of this experience was so powerful. I especially liked laying on the floor and having my body release tension (that I didn't even know I had!) before beginning the massage. That allowed me to have a much deeper release a more powerful experience during the massage. Dr. Shekhar's prayer and blessing at the beginning of the session also allowed me to soften into the massage that my body could let go of layers of layers of deeply stoned tension. His gentle touch combined with his strong hands, the smell of the oils, the warmth of the oil on my body, and the vigorous kneading of muscles and Marma Points - all of these there resulted in my experiencing the deepest and most relaxing, most powerful massage I have ever had. I gained a better understanding of the tension stored in my body and yoga and Ayurveda work together to support us on this journey to awakening. I also experienced very quiet mind and the state of meditation at the end of the session - that is always life-changing." Karen C. Binghamton, NY

"It helps me be more aware of my body and spirit. It also helps me relax and feel better physically." Julie, PA

"This was my first experience with Ayurvedic massage and body work. I feel relaxed and grounded. Energized! Marma points - that the places that hurt the most are where my energy is blocked. Also that Dr. Shekhar realized from how I carry my body reflects my mind. I am going to remember that how I carry my body governs how my mind feels to feel open, strong and active. I must not hunch my shoulders and hang my neck." Sandy, PA

"During my time at MMI, I had the unique opportunity to learn from an Ayurvedic master, Dr. Shekhar Annambhotla. Although Dr. Shekhar began as my supervisor for our internship and

externship program, his time and efforts extended beyond, to prove him a dedicated and amazing mentor. Dr. Shekhar's door is always open for ayurvedic advice and his friendly demeanor, cheerful smile and loving heart extends to each of his students and his patients. He has the patience of a saint and teaches you not only to treat a patient, but to care for the person and to listen to your inner wisdom. I greatly appreciate all of Dr. Shekhar's expertise, time and talent in guiding me throughout my clinical training at MMI. I look forward to further learning from Dr. Shekhar on his incredible clinical internship in India in 2010. I am blessed to have him as a mentor and a friend. Namaste," Julie A. Cerrato, PhD, CYT, AP, CAT, Mount Madonna Institute College of Ayurveda

"Thank you for your guidance and wealth of knowledge that you shared during this internship. I really appreciate how dedicated you were to being available to us at any time of the day and your enthusiasm throughout this process! Your mentorship has greatly prepared me to begin my Ayurvedic practice. Namaste." Danielle Knight, Mount Madonna Institute – College of Ayurveda, Santa Cruz, California

"Thank You! So much for all your time and attention during the internship program. I found my consultations with you to be so informative. Your ability to help guide me to find the root source of imbalance with my clients was so effective. You explained so clearly how to communicate and navigate challenging subjects with my clients. Your patience, knowledge & experience have been an invaluable asset in my journey to being an effective Ayurvedic practitioner. Thank You Deeply and Sincerely," Pilar Chandler HHP, LMT, Mount Madonna Institute – College of Ayurveda, California

"I want to thank you for giving me so much support with my initial consultations for externship clients. The feedback you gave was great. With each client we discussed I learned new things and saw how you honed in on what was really key to making a program which will work for the client. I appreciate the practical perspective you bring to this task and the little suggestions that really help make the program customized and appropriate to the client. I feel confident I can give the program to the client and have them feel excited about their lifestyle changes and have them gain new understanding of how they are impacting their own health with certain habits and how the environment can be changed to create more support for them. I am looking forward to seeing the changes in the clients and what the follow-ups will be like." Christine Tykeson, LMT, Mount Madonna Institute – College of Ayurveda, California

"Dr. Shekhar is my advisor for my externship. I very much look forward to my calls with Dr. Shekhar. I appreciate his strong intuitive sense while advising me on my client's health plans. Dr. Shekhar has illuminating perspectives and his enthusiastic attitude makes him very approachable. Overall, I had a very positive & professional experience in which I was encouraged to be well-rounded in my approach to treating clients. I was acknowledged for my strengths and encouraged to build in areas overlooked. Thank you Dr. Shekhar for your time and support! Sincerely," Diana de Piñeres, Mount Madonna Institute's College of Ayurveda, San Francisco, CA

"Dear. Dr. Shekhar, I wish to express my gratitude and joy at having you as my supervisor during my internship program. It has been a great pleasure to have your knowledge and

expertise in a one on one setting. You have provided me with a deeper understanding of the study of Ayurveda, challenging me to consider many aspects of a client consultation, and helping me to develop & construct a well-rounded assessment. You recognize and readily praise my strengths yet equally steer my weaknesses in the right direction. I feel prompted to expand and grow confident in my own knowledge and awareness. Your teaching style is both professional yet approachable. It is clear that you have unlimited enthusiasm for supporting the students. I'm happy that Mount Madonna is able to count you as faculty and I know that your contribution is an asset to the program." Kalena O'Meally, CPFT , Ayurvedic Lifestyle Counselor Mount Madonna Institute – College of Ayurveda, California

"Recently I had the pleasure of being a student of Ayurveda at Mount Madonna Institute under the tutorship of Dr. Shekhar Annambhotla. Not only were his lectures and teaching style friendly, informative and full of experiential knowledge, Dr Shekhar made good on his promises to continue our education process by being available to answer questions and requests long after our classes were completed. This accessibility has made him one of our favorite teachers and is a remarkable testament to his dedication toward spreading the knowledge of Ayurveda in the West." Raven Jones, Mt. Madonna College of Ayurveda, Watsonville, California

"It has been an honor and a privilege to have Dr. Shekhar Annambhotla as my externship supervisor. Dr. Shekhar's extensive knowledge and practical experience of Ayurveda as well as current issues in conventional medicine have been invaluable in helping me to create effective recommendations for my externship clients. I especially appreciate Dr. Shekhar's understanding of diverse cultures. My clients represent a significant cross section of the many ethnic cultures living here in the San Francisco Bay Area. Dr. Shekhar could quickly understand some of the cultural lifestyle constraints that would occasionally come up and helped me to find the appropriate solutions for my clients to apply Ayurveda to their lives while staying true to their own backgrounds. Sincerely, " Suzanna Sarasvati, Mount Madonna Institute, College of Ayurveda Class of 2008-2009

"Presentation was magnificent. The food was excellent. The other people were a delight." D.M.W., Newtown Square, PA

"Hands on experience, easy to follow along with recipes printed. I was able to take notes. The meal at the end was the best." Judy M. Wolfe, PA

"The presentation was very personable and easy to follow. I enjoyed the food tremendously. Thank you very much for the chance to participate. It was an excellent workshop. Keep up the great work." Christopher A. Krause, Allentown, PA

"The food was delicious and seemed easy to prepare." K.H., Bethlehem, PA

*"He is the best. I liked the simple approach to cooking. Food was wonderful!"*Mary, Milford, NJ

*"The eating together at the end! The explanation of the food's properties as applied to your health."*K.C., Allentown, PA

"Interaction between students and teacher, opportunity to learn food yoga in a relaxing, joyful environment." Lisa Bryan, Allentown, PA

"Pleasant, enjoyable, humorous attitude while you were teaching us how to cook in healthy way." P.M., Phoenixville, PA

"Cheerfulness of presenter, learning about Ayurvedic food preparation, size of group, delicious food, an atmosphere of cheerful and positive regard for students." Vincent Morello, Phoenixville, PA

"Demonstration and giving us a hand at cooking our own pancake; the food!" Kelly Halverson, PA

"Good information, Good flavors, Good company." Carol Iannantuono, PA

"Hands on demonstration / tasting, greater awareness about the Ayurveda health benefits to cooking / eating." Marian Bressner, Allentown, PA

"Delicious and delightful! My body feels relaxed and nourished. The mind has been fed good information." Lisa Bryan, Allentown, PA

"Thank you for putting together the booklet with the recipes and room to write notes. The class was fantastic and the food delicious. It was beneficial to see you go through the cooking steps and for us to also participate." Valerie Morton, New Tripoli, PA

"Eating & Learning with hands on experience." Erin Follweiler, Orefield, PA

"In the past I have been intimidated by my Indian cookbooks. Your cooking class gave me the opportunity to "make friends" with new textures, tastes and spices. I learned that Indian cooking can be fast, simple and fun & Delicious! "Zing!" Lori Ziegler, Plymouth meeting, PA

"I was very pleased with the simplicity of the recipes. Ingredients used are healthy, easy to find, and cost efficient. Dishes were not time consuming." K. Z. Bethlehem, PA

"Interesting combination and tasty" L.K.Z, PA

"The food went well together and gave me a feeling of energy! The recipes to take home." Kelly Halverson, PA

"Loved the recipes, loved the explanations given for ingredients used in each dish, especially if it had medicinal value, instructor's enthusiasm and love for healthy living is infectious - makes you want to work at it." Anonymous, Madison, NJ

"I very much liked the hands-on cooking and seeing how doable Ayurvedic knowledge is to bring into my life. Like Yoga I can imagine gently introducing the Ayurvedic practices in my life style for the rest of my days." Julia Dillman, West Chester, PA

*"Hands-on + community of small group setting. Very integrated learning with moments of laughing, cooking, eating and sharing. Shekhar's energ-ee or ener-ghee - so beautiful to be around."*Padmasri, Berkeley Heights, NJ

*"Cooking presentation was fantastic! Presentation was very informative."*Penny Williams, Millington, PA

*"I liked the hands-on preparing meals with the group. I love the information Shekhar is willing to share. The theory is always wonderful and easy to assimilate."*Paula DiGregorio, West Chester, PA

*"Love the presentation filled with knowledge but presented in a simple way. It helps me to realize that cooking can be joyful and simple and can aspire to have wonderful health. Thank you for opening a new door for me"*Charo Cabello, West Chester, PA

*"I feel comfortable with you and your explanations. I am comfortable to ask questions."*B. K., West Chester, PA

*"Cooking class participation, I also was very impressed with Shekhar's knowledge of Ayurveda. I just really want to learn more!"*C.P., Downingtown, PA

*"Casual, friendliness, no rigidity, the class flowed nicely."*Andrew DiGregorio, West Chester, PA

*"Learning healthier ways to eat and a new perspective on foods."*L.M., Ringwood, NJ

*"Informal, friendly atmosphere, great food, very informative. It loved it all!"*Amy Morris, Bloomsburg, PA

*"I enjoyed the food preparation, conversation, delicious smells and interesting tastes. My love of Indian food is heightened once again by learning how to make some of these things. I liked watching the preparation since I cook nearly daily."*S.E.M., Bethlehem, PA

*"Very personal and friendly. Good food for the body and mind."*B.G., Bethlehem, PA

*"Learning how to prepare the wonderful and delicious dishes. Eating the wonderful foods. I found the class to be very inspiring to prepare Ayurvedic foods for my family. I also appreciated the suggestions to make preparation of foods easier."*Susan, Orefield, PA

*"Enjoyed the informative explanations of how food affects the different doshas."*T.K. Knouse, Reading, PA

*"The fun and joy, good company - fascinating information. Ease of food preparation. I truly enjoy Shekhar's light approach and sense of humor. The smells were wonderful and the taste even better."*F.B.S., Reading, PA

"Dr. Shekhar's willingness to patiently explain what and why he was doing. The course was well thought out and organized." Chef, Boston, MA

"Very informative, regarding when to eat, what to eat - about seasonal diet - makes sense. Discussion of different personalities - individual Rx." Jeannette Alsoi, Coopersburg, PA

"Reinforcement of self-care and awareness" M.L. Bethlehem, PA

"Your knowledge and company of everyone and life stage and how it is so true." S.B, Easton, PA

"Good general basic background information. Easy to understand a topic I only knew a little about. Gave me a lot to think about!" R.M. Pennsylvania.

"You are very knowledgeable. The presentation was clear and informative, and yet presenting style is very friendly and personable." Anitra Lahiri, New Hope, PA

"It gave me a deeper knowledge of the Ayurvedic way." L.M. Pennsylvania

"It was a thorough introduction to the overall concept of Ayurveda." Molly Priest Finley, Pennsylvania

"Very informative, great Powerpoint presentation." Anonymous

"Dr. Annambhotla's personal experience applying Ayurvedic concepts in his life and that of his patients". Anonymous

"Easy presentation relates well with oriental medicine - love the knowing of our connections in food / nature and body". Ondrea, Bethlehem, PA

"The opportunity to smile and laugh. Your explanations were very easy to understand and also to want to practice." Anna, Pennsylvania

"Knowing the three types and those energies and how they are synchronized with the times of the day." Padma, Marlboro, NJ

"Great information . . . a lot to think about." Christina, Allentown, PA

"It was very informative for someone with little knowledge of the subject." Jenny, Kutztown, PA

"Practical application of herbs." Amy, Bloomsburg, PA

"I enjoyed the anecdotal information and stories that highlighted the factual information about the herbs and spices." Ginny, PA

"Course was full of useful information and presented very well. I would highly recommend this course." Vicki, Bloomsburg, PA

"Dr. Shekhar is an excellent speaker, delivers the information in a very interesting way. Info is applicable to daily life." Amy, Reading, PA.

"I love the simple home remedies and benefits of spices." Paula, West Chester, PA

"Very comprehensive. The introduction was equally informative about many aspects of everyday life, conditions, and habits. How and why to change these was very illuminating, practical, and useful. Extraordinary workshop - so much more than I expected." Linnea, Wyomissing, PA

"It was another wonderful opportunity to learn from a real vaidya about this important branch of Ayurvedic medicine. I wish I could study with you much more often, my teacher and my friend." Jim, MS, CNS, Nutritionist at Canyon Ranch in the Berkshires, Lenox, MA

"Atmosphere of joyful learning, dedication to students and Ayurveda theory" Lisa, Allentown, PA

"Clear explanations, good slides, enthusiastic teaching style" Arti, Redmond, WA

"Small group size that allowed moments for questions and reflection on what was taught sharing the delicious meal to expose us to Ayurvedic principles, tastes, and spices." Erin, Orefield, PA

"Very interesting. Nice personality - easy to understand" Janice, Lenox, PA.

"It was a strong reinforcement and repetition to Swamini Mayatitananda's Wise Earth School, which I went to early October. Encouraged me to deepen my commitment to myself and my Sadhana". Julia, West Chester, PA

"I enjoyed the whole course. It was joyfully taught and I found it to be easily assimilated. Wonderful information to help clarify Vata, Pitta, Kapha and remedies that are simple to add for Women's health and longevity." Paula, West Chester, PA

"Topic information clearly presented. Lots of information. I felt the information shared was relevant to my current life cycle. I came away with many suggestions to help my transitional stage of life. Great. Thanks." K.A., Lenhartsville, PA.

"Explanation of what Ayurveda means. It was a good introduction to a new way to think about a healthy life style." M.G., New Tripoli, PA

"The simplicity of knowledge presented, the categories." Lynn Runge, Bloomsburg, PA

"Learning about the Doshas and hearing of the times of day they are present and suggestions on a healthier way to eat, sleep and live." S.P.D., PA

"Course material was very interesting and well presented. I can't wait to incorporate the information into my daily life!" Vicki Davenport, Bloomsburg, PA

"A wealth of practical ideas you can implement. Inspirational!" Ginny Mazzei, Benton, PA

"Information very interesting and new to me." D.P., Bloomsburg, PA

"Loved the ideas for everyday application - a gentle approach." Amy Morris, Bloomsburg, PA

"I liked the whole course and would like to learn more. Am interested in taking the year course and getting a certificate." Pamela, Reading, PA

"The setting - informal/friendly/comfortable environment - loved the tea/dates (Thank you). Liked the fact that we were able to ask questions - and have them answered! Knowledgeable instructor - presented in laymen terms." Cathryn, Wyomissing, PA

"I find that each massage is different and Dr. Shekhar seems to know exactly what area needs the most attention. And the attention always corresponds to where my problem is. My ankles, feet, calves are always so tight, so I have worked on exercising them, but Dr. Shekhar has let me know that this symptomatic of stress and blocked colon that can be improved by a cleansing regimen. The knowledge of symptoms and causes is great information to use to improve my problems. Dr. Shekhar spends just enough time and I am finding his questions about my experiences as a result of the changes I am making to the way I eat and drink to be helpful and insightful. A better growing understanding of the connectedness of the systems in the body, mind and intention. An appreciation for vegetarian foods, when I first came, I ate meat a practically every meal. Now I eat it once or twice a week. I am dedicating time to learning new ways to prepare foods without meats, meat flavorings." Rylando, Philadelphia, PA

"The full body oil massage was relaxing and wonderful. The body felt tension free and like butter. The mind was quiet and at ease. The importance of quieting the mind and taking care of the body. The body needs to get rid of toxins in order to function at a healthy level." Kara, PA

"Overall relaxation, stress relief, invigoration of whole self. Great information and education. Opportunity for future learning. Tools to improve my life experience" - Julie Wengard, PA

"The whole massage was done in very relaxed manner. No rushing, you took time and did it. Thanks a lot. I felt lightness of body after my massage therapy." Natarajan, Princeton, NJ

"I felt cared for a listened to. A very warm feeling (loved the massage!). A sense of being on the right track about doing something for myself and my health." Wendy, PA

"Deep relaxation and a feeling of being cleansed and rejuvenated. A feeling of starting new and refreshed. Being put on the right track to take care of my health. My body and mind feel peaceful and ready to handle the difficulties I face." Lori, Quakertown, PA

“Warm oil massage alleviated low back pain instantly. The Ayurvedic system really works to eliminate pain and system imbalance. Over time, I believe I will have no pain, high energy and physical, mental, emotional and psychological balance.” Rose Marie, Stroudsburg, PA

“I liked the consultation and the over all wellness program. I liked the hot oil massage. I have learned more about the body and its natural healing powers, but I would like to gain more knowledge about the body and oils” Stephanie, Hatfield, PA

“We talked about all day treatment with food like a day spa. This would be outstanding. I have to admit, the massage is my favorite part. Second favorite is the chi machine. I feel energy flowing to all parts of my body when I am done with the machine. I have been using recommended supplements and using some of the ayurvedic practices for a couple of years now. I find they balance me and I sleep better. It’s a health system that makes sense to me.... all natural. I feel very blessed that I was introduced to Dr. Shekhar for my health.” Donna Fleetwood, Mechanicsburg, PA

“Massage released tension I have had for years. Which is fantastic!. I felt relaxed, focused and energised when I was done. The care and compassion of Dr. Shekhar makes the experience worthwhile – more than a massage. I am calmer, focused, and in far less pain. Tightness that has been in my neck and thoracic area is finally gone. After speaking with Dr. Shekhar, I felt more aware of what my body is doing, how it is reacting, and how to tame the mental stress that cause my physical problems. Thank you.” Wendy Sheeran, Stroudsburg, PA

“The massage and steam were very energizing, and relaxing at the same time. And I liked the explanation of certain areas of my body that are experiencing pain, and what they are linked to inside my body. Dr. Shekhar was very informative, and I look forward to future treatments. Understanding of my body type, and how my system is out of balance, and why. I look forward to continuing my therapy, and getting rid of the toxins and improving my overall health. And of achieving the goal of bringing my system back in balance.” Christina Marino, Horshem, PA

“Truly listening and providing realistic objective and goals. Take your time and paying attention to the details.” Kathleen, Mechanicsburg, PA

“The massage felt very effective. I felt a lot of pressure being released. The steam afterwards was soothing for my sore muscles. I feel more relaxed and refreshed. Also the consultation made me aware of some diet and exercise changes. I can make to improve the overall function of my body.” - Kattina Barsik, Emmaus, PA

“The Marma Point Therapy class taught by Shekhar was very educational. The Marma points were explained and demonstrated by Shekhar. The energy and physiology of each point were explained. The program was divided into two days. The 107 marma points were covered. Shekhar divided the marma points into areas such as head, extremities, trunk, and back. He gave us enough time to learn pronunciation, location, use, and massage technique. We were able to practice on each other as well as having Shekhar’s demonstration on each of us. I felt confident in practicing after taking this class. The booklet provided is a wonderful reference for incorporating marma point massage into my Ayurvedic practice. Shekhar is a wonderful teacher

and ensures that his students understand the concepts and feel comfortable with the material presented". - Suzanne

"Shekhar's Marma Therapy Workshop allowed me to learn the names and locations of all of the marma points. It has been a great foundation for understanding and using marma points therapeutically. I appreciated his genuine kindness and helpful guidance". – Susanne, NY

"I want to thank you for the Marma Class. I am amazed that we walked out of a 2 day class being able to recite all 107 marmas from memory. What I appreciate about your classes is that you bring all the senses into the learning process from repeating the info, to pointing to the parts on our bodies and others, to reading the info and to listening to stories that drive the material home. You humor, stories, dedication to Ayurveda and chai tea always help to make a long day fly by. When possible, I would take any class you offered!" Lisa, NJ

"The Marma Therapy Course gave me an excellent opportunity to learn about the Marma points. Shekhar's teaching style and format made this course an enjoyable experience. I am successfully using the knowledge I gained from the course in my work with clients. " Neeraj, PA

"It is very fortunate for me to find Marma therapy course, taught by an authentically trained Ayurvedic physician, in drivable distance. Shekhar Annambhotla clearly displayed his vast experience in this science and presented the course in a manner where we could easily understand. The teaching didn't just limit to the course but he continued to guide and advises me in my studies after the course". Vimala, CT

"I loved the personal consultation and deeply appreciated the thorough discussion about my presen state, imbalances and solutions. The hot oil massage was definitely my favorite though! I felt a sincere connection to myself and the Divine. You made it a very comfortable space to open up like that. I have gained a better connection to myself, my body and my spirit. I feel physically better, mentally clearer and more confident in my decisions and actions." Melissa, PA

I entered my Pancha Karma experience with little expectation. I had trouble sleeping for blocks of time longer than one hour, my weight was creeping towards all time high levels, my primary physician had me on blood pressure medication to harness seemingly ever-increasing readings, my scalp had numerous pockets of eczema, my general energy levels were low, and stress appeared to be a constant drumbeat in my life.

So, I faithfully followed the weeks long preparation for PK with a change in diet and Dr Shekhar's supplements, leading up to the PK treatment itself. Dr. Shekhar's demeanor (friendly, relaxed, yet totally dedicated to his craft) put me at ease and allowed for a comfortable transition into a world of intervention that I had previously little contact with or knowledge of. It has been a wonderful journey. I am now eight weeks beyond my PK treatment and my life is considerably different. My sleep is now filled with dreams and I sleep restfully in three and four hour blocks; I have lost twelve pounds; my blood pressure is generally in the low category now (under 120/80) and I am no longer taking blood pressure medications; my scalp is almost entirely clear of the eczema, I have good energy for work and play; and my ability to handle the stresses at work is noticeably different.

I feel like I have a new lease on life. My friends all ask me what happened – and have commented on how healthy and slim I look, and one even asked if I had been training for a marathon. Thanks to Dr. Shekhar’s care I have been able to take careful control of my life. He helped instill in me a confidence that I could take care of myself and he helped provide the tools to create the change. Today, I eat differently; meditate daily and exercise regularly as I eagerly look forward to the next chapter of my life. - Bob Mehler, MA

“Dr. Shekhar, with his good humor and positive outlook, is readily available to provide clients with support and information through his wealth of knowledge of authentic Panchakarma. A few months after a 7 day program with Dr. Shekhar, the many benefits continue to unfold: I feel more energized, have vastly improved digestion, am able to easily sustain the initial weight loss, and best of all, many friends comment, “You look great!”

Dr. Shekhar modeled the Ayurvedic food traditions by cooking and serving delicious food, which inspired me to re-vamp my kitchen and food choices. Also, I experienced a powerful shift in my yoga practice due to the cleansing and rejuvenation methods of his Panchakarma treatments. If you are seeking a path to increased vitality and well-being, I highly recommend having Dr. Shekhar guide you.” - Lisa Enzer, M. Ed. Educator and Yoga Instructor, MA

“Thank you for your guidance to keeping my mind and body cleansed and balanced. The teas are unbelievable!” Jistine Reider, PA

