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AAPNA's

3rd International Ayurveda Conference

Ayurveda for Women's Health

Post Conference Workshops

Hilton Boston/Woburn, 2 Forbes Road, Woburn, MA 01801

USA

August 15, 2011



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Monday, August 15, 2011

| | |
|----------------------------|---|
| 7:00 AM – 8:00 AM | Breakfast |
| 8:00 AM – 10:00 AM | Master Del Pe, Experiential Workshop: <i>Harmonizing The Power, Love and Light in Women</i> (2.0 CEU) |
| 10:00 AM – 11:00 AM | Break |
| 11:00 AM – 12:30 PM | Practical Demonstrations of Principles and Applications of Ayurveda for Women's Health, Healing & Wellness (1.5 CEU) <ul style="list-style-type: none">• <i>Yoga for Women's Health - Nurturing Apana Vayu</i> - Sandra Nicht, The Well-Seasoned Woman, MD, USA• <i>Balancing Hormones with the Use of Aromatherapy</i> - Sonia Elisa Masocco - NM, USA• <i>Yoga for your Dosha</i> - Liliana Galvis, LilyPod Yoga, Montreal, Canada |
| 12:30 PM – 2:00 PM | Lunch |
| 2:00 PM – 4:00 PM | Yogi Shri Amrit Desai – <i>Experiential Workshop: The Role of Feminine Prana Shakti as Divine Mother: The Womb of Creation</i> (2.0 CEU) |
| 4:00 PM – 4:30 PM | Break |
| 4:30 PM – 6:00 PM | Practical Demonstrations of Principles and Applications of Ayurveda for Women's Health, Healing & Wellness (1.5 CEU) <ul style="list-style-type: none">• <i>Weaving the Threads of Prana in Your Ayurveda Practice</i> - Suzanne Wells, Harmonic Earth, LLC, NY, USA• <i>Nano Yoga and Yoga Nidra</i> - Doug Hayward, Yoga in State College, PA, USA• <i>Harmonious Hormone Health Using Topical Medicated Ghee Applications</i> - Karyn A. Chabot, Sacred Stone Healing Center, CT, USA |
| 6:00 PM | Group Photo Closing Remarks |

Monday, August 15, 2011

Post Conference Workshops:

Practical Demonstrations of Principles and Applications of Ayurveda & Yoga for Women's Health, Healing & Wellness

7:00 – 8:00 AM

Breakfast



Please visit our sponsors' and exhibitors' tables during conference breaks and after meals to learn more about the wonderful products and services they offer.

8:00 – 10:00 AM

Harmonizing The Power, Love and Light in Women



Master Del Pe

Master Del Pe is a world-class expert in healing science, Aquarian Martial Arts Yoga Sciences (AMAYS) and is internationally known as a modern sage. He integrates the wisdom of the East with the practical knowledge of the West. His mission includes helping people live their greatest life and master life ahead of its time. Author of 5 best selling books, he is the Founder of MDP BElife and MDP Foundation and the architect of the BEinshape Program with 12 specializations including Diabetes, Heart Disease, Women's Health and HIV/AIDS.

Abstract: Master Del Pe's talk and practical workshop will offer a new breakthrough paradigm enabling women to manage their life and health and prevent imbalances in their relationships. This is accomplished by harmonizing vitality and power along with the heart and mind. By harmonizing will power with the love nature and creative intelligence, not only will health be empowered, but also women's financial sustainability, careers, social contribution, spirituality and capacity to be fulfilled will be enhanced. Master Del Pe will demonstrate and teach several easy-to-learn meditation and breath science techniques accompanied by powerful martial arts. These strategies increase women's internal stamina, boost their will power, heal their emotions, sharpen their minds and awaken the power of their soul.

2-Hour Workshop

Following the brief lecture, Master Del Pe will present a practical 2.5-hour workshop. Participants will experience a deeper understanding of Master Del Pe's philosophy and more in depth "Harmonizing the Power, Love and Light in Women" methodologies that can heal your past, transform your present and energize your future through a 4-step Strategy. The main objective of this course is to bring a practical philosophy along with pioneering strategies to balance one's life and be in charge of one's health and destiny.

10:00 – 11:00 PM
Break

11:00 – 12:30 PM

*Panel Discussion: Practical Demonstrations of Principles and Applications of Ayurveda
for Women's Health, Healing & Wellness:*

Topics:

- *Yoga for Women's Health - Nurturing Apana Vayu*
- *Balancing Hormones with the Use of Aromatherapy*
- *Yoga for Your Dosha*

Panel Members:

- Sandra Nicht, The Well-Seasoned Women, MD, USA
- Sonia Elisa Masocco - NM, USA
- Liliana Galvis, LilyPod Yoga, Montreal, Canada

Sandra Nicht



Sandra K. Nicht is a Registered Yoga Teacher from Yoga Alliance (E-RYT500) and Kripalu Certified Ayurvedic Yoga Specialist with many years of practice and teaching yoga, as well as two years of intensive study at Kripalu School of Ayurveda. She is a North America Associate Professional Member of Association of Ayurvedic Professionals of North America (AAPNA).

Yoga for Women's Health – Nurturing Apana Vayu

This will be an experiential workshop demonstrating how yoga asana can nurture and build the qualities of holding until the proper time for release (*apana vayu*). Pacifying excess vata in the body is important (via forward folds, calm and rhythmic gentle movements, etc.), but many women lose strength in the lower body as they age, and many younger women never develop it. Learn the principles behind yoga for building apana and pacifying vata, with no teaching experience necessary. The participants in the workshop will learn - joint mobilization (gentle rhythmic rotations for feet/ankles, head/neck, shoulders, wrists, spine, hips, knees), strength building and tension reduction for lower body (*utkatasana* variation

and *pashasana* variation), and forward bending (*pashimottanasana* variation, probably in the chair).

Sonia Masocco



Sonia Masocco is a North America Associate Professional Member of Association of Ayurvedic Professionals of North America (AAPNA) and Professional Member of National Ayurvedic Medical Association (NAMA), the National Association of Holistic Aromatherapy, as well as a member of the American Herbalists Guild. Faculty of the Ayurvedic Institute, she teaches Ayurvedic herbology and maintains a private practice in Albuquerque, New Mexico. Ms. Masocco has been involved in complementary and alternative health since 1997, at which time she also worked in an integrative health clinic in Hong Kong. Sonia Masocco's teaching style is dynamic and stimulating, making information come alive and demonstrating its relevance.

Balancing Hormones with the Use of Aromatherapy

For centuries, aromatherapy has been used to enhance health and beauty. With modern research, we can now use this power of plant medicine to address specific needs. In this presentation, you will understand the mechanisms of action of essential oils that are used to balance female hormones. You will also be exposed to methods of administration.

Liliana Galvis



Liliana was born in Bogota, Colombia. She studied at the University of Ottawa, followed by training in sports therapy specializing in massage and remedial bodywork at Raworth College of Natural and Sports Therapies, in Surrey, England. Liliana is a certified Ayurvedic Therapist, trained by Sri Sri Ayurveda in Quebec, Canada. Initially trained in hatha yoga, Liliana has been studying and following a series of different yoga practices combined with

remedial bodywork and pilates for the last 8 years both in Canada, England and Spain. Lilliana lives and works in Montreal, Canada.

Yoga For Your Dosha

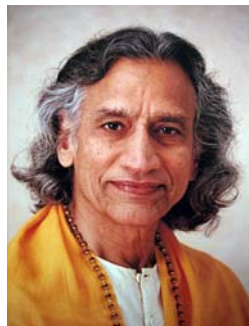
This workshop will be a practical way to learn and practice the right *asanas* and *pranayama* exercises for your dosha type. A basic introduction of the doshas with their properties will be given to set the tone and foundation for the session. Explore body and breath.

12:30 – 2:00 PM

Lunch

2:00 – 4:00 PM

The Role of Feminine Prana Shakti as Divine Mother: The Womb of Creation



*Yogi Shri Amrit Ji, Founder, Amrit Yoga Center,
Salts Springs, Florida, USA*

Yogi Shri Amrit Ji is an internationally recognized authority in the field of yoga and health and has authored many books on personal growth, health and transformation. He began teaching in 1960, making him one of the earliest pioneers of yoga in the West. He is the founder of the Kripalu Center for Yoga & Health. Today, more than 5,000 yoga teachers and thousands of healing professionals teach his methodology in more than 40 countries around the world. He continues to provide accredited professional Yoga Nidra and Yoga Teacher Trainings through the Amrit Yoga Institute in Salt Springs, FL. His innovative Amrit Method® teachings are universal, insightful, experiential and easily adaptable by everyone.

The Role of Feminine Prana Shakti as Divine Mother: The Womb of Creation

Women are usually intuitively connected with their motherly, caring, loving, compassionate heart center. These are the integrative, self-balancing, dominant female qualities, in-born in the prana body of both males and female, meaning that either can be dominated by male or female qualities, but females can generally access their connection to Divine Mother, *Prana Shakti*, more easily than males. The male consciousness operates aggressively through ego-mind, creating mental, emotional conflicts and stress and preventing us from

connecting to the in-born healing power of the Cosmic Mother, Prana Shakti. It can be the “door” for health, well being, and transformation for both sexes. Clearly, 85% of all illnesses such as anxiety, depression, insomnia, diabetes and obesity, represents just the surface symptoms, the cause of which remains hidden in the stress-producing, conflict-creating ego-mind. The entire body of the universe as well as our own body is animated by Shiva Consciousness and Cosmic Mother, Prana Shakti. This is the meaning of *Ardhanarishvar Shiva* that represents the union of Shiva and Shakti. This union is the experience of *Samadhi*. All human suffering is caused by the abusive use of Prana Shakti. She is the womb of creation that provides our sustenance, survival, health and well being. The purpose of the practice of both yoga and ayurveda is to initiate healing through the union of Shiva and Shakti, the representation of self-balancing, harmonizing, unifying forces of body, mind, heart and soul at the very core of our being. It restores balance between the male and female polarities of the rationalizing left brain and the intuitive right brain, *ida* and *pingala nadi*, sun and moon breath. In Sanskrit we call it *swasthya*, being established in the Self, the Shiva Consciousness.

4:00 – 4:30 PM

Break

4:30 – 6:00 PM

Panel Discussion: Practical Demonstrations of Principles and Applications of Ayurveda for Women’s Health, Healing & Wellness

Topics:

- *Weaving the Threads of Prana in Your Ayurveda Practice*
- *Nano Yoga and Yoga Nidra*
- *Harmonious Hormone Health Using Topical Medicated Ghee*

Panel Members:

- Suzanne Wells, Harmonic Earth, LLC, New York, USA
- Doug Hayward, Yoga in State College, Pennsylvania, USA
- Karyn A. Chabot, Sacred Stone Healing Center, Connecticut, USA

Suzanne Wells



Author Suzanne Wells is a writer, musician and poet, and instructs in the yoga and Ayurveda traditions. She conducts workshops and classes so as to sow the seeds of ancient wisdom deep in the hearts of students and readers, so they may shine forth brilliantly. Her

forthcoming book is "*One Wing the Book*", and other writings include articles on yoga, ayurveda, mothering, writer's angst, music, and art.

Weaving the Threads of Prana in Your Ayurveda Practice

Ayurveda is a sister science of yoga and was intended to be practiced with her. We will discuss how to enkindle reverence for the great medical science of ayurveda in union with the practice of yoga. When a client is properly educated with simple yoga tenets, she is empowered to comply with ayurveda recommendations and seek further education and treatment. The blending of Vedic sciences is powerful and allows ayurvedic practitioners to offer clients a greater variety of treatment plans. Practical and philosophical discussion on how to return a sense of reverence to the study the ayurveda vidya brings realization of her benevolent gift of connecting with nature deeply. Clients respond to this and become motivated to seek further possibilities of healing with ayurveda.

Doug Hayward



Doug Hayward is a yoga instructor at Penn State University in State College, PA. The studio is open for the purpose of introducing yoga to the students of Penn State and the Central Pennsylvania Community. Doug is an E-RYT 200 and RYS 200 through Yoga Alliance.

Nano Yoga

Pada I of the *Yoga Sutras* of Patanjali states: The Word of Ishvara, is AUM (or OM). This is the *Pranava*. Through the sounding of the Word and reflection upon its meaning, the Way is found. In Nano Yoga, we incorporate the sound of OM into the five movements based on the Five Tibetans. Pada 1 further states: From this comes the realization of the Self (the soul) and the removal of all obstacles. To overcome the obstacles and their accompaniments, the intense application of the will to some one truth (or principle) is required. Also the peace of the *chitta* is also brought about by the regulation of the *prana* or life breath. During Nano Yoga we are taught to regulate the breath in relation to the movements of the body and to stay focused on the breath by listening to and feeling the breath while we are in motion. Going back to Pada 1, we learn that the mind can be trained to steadiness through those forms of concentration that have relation to the sense perceptions. During the repetition phase of Nano Yoga, we are trained to become aware of the extremities (fingers and toes) and to use the same as a method of counting as opposed to a mental counting of the repetitions. Through this practice we achieve a tri-binding life experience that cleanses the body and stills the minds, and, when this super-contemplative state is reached, the yogi acquires pure spiritual realization through the balanced quiet of the *chitta* (also adapted from Pada 1).

Each participant will be instructed in the movements, the method of counting, the timing and duration of the breath as well as the incorporation of the sound of OM into the practice.

Karyn A. Chabot



I opened Sacred Stone Healing Center the year I graduated from the Ayurvedic Institute in 1997. I cognized Sacred Stone Massage Therapy, was the first to bring Hot Stone Massage to the East Coast, have trained over 1,000 Sacred Stone Therapists, and my classes are approved by the NCBTMB. I hold a BS in Alternative Health from Goddard College. I was an adjunct faculty professor at Bristol Community College in Rhode Island and have created 7 instructional DVDS and manuals on ayurvedic bodywork. I am a nationally certified yoga instructor, a candidate for a master's degree in Vedic science at MUM and a mother of an amazing 20 year-old daughter.

Harmonious Hormone Health: Using Topical Medicated Ghee Applications to Achieve Hormone Balance

"Hormone precursors" are found in *Shatavari*, *Vidari* and *Ashwaganda* and do not interfere with the body's natural intelligence. Many symptoms, such as peri- and post- menopausal symptoms, sagging breasts, fibrocystic breasts, systemic ama, emotional trauma and more can be alleviated with medicated ghees. Instructions for application, preparation, incorporating an infusion of prana and specific circular direction for desired outcome will be given. This workshop outlines the koshas and connections amongst the breasts, the emotional body and the heart basti, with a focus on the role of ashoka, as well as benefits, precautionary measures and contraindications. Scientific studies show the efficacy of topical creams and lotions for specific medical conditions. Learn why the skin of the *artarva* and *shukra dhatus* allow for the most effective penetration of medicated ghees. Three female ayurvedic practitioners will give testimonials on the effects and experiences of topical applications with medicated ghee for women: Gauri Trainor, Karyn Chabot & Jessica Ferrol. Questions and answers will follow.

6:00 PM
Closing Ceremony



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annual international conferences:

4th International Ayurveda Conference
Skin, Spa & Beauty through Ayurveda
September, 2012
Los Angeles, CA, USA

5th International Ayurveda Conference
Ayurveda for All
September, 2013
Cruise Line (TBD)

6th International Ayurveda Conference
Healing the Mind through Ayurveda
September, 2014
Austin / Dallas, TX

7th International Ayurveda Conference
Ayurvedic Healing through Herbs & Minerals
September, 2015
Seattle, WA

8th International Ayurveda Conference

Ayurvedic Diet and Nutrition

September, 2016

Chicago, IL

9th International Ayurveda Conference

Healing Chronic Diseases through Ayurveda & Vedic Sciences

September, 2017

Denver, CO

10th International Ayurveda Conference

Ayurveda & Panchakarma

September, 2018

San Francisco, CA

11th International Ayurveda Conference

Ayurveda & Weight Loss

September, 2019

New York, NY

12th International Ayurveda Conference

Ayurveda & Yoga: Sister Sciences in Healing

September, 2020

Atlanta, GA

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Note: The conference program is subject to change without any prior notification.