

Shekhar V. Annambhotla

B.A.M.S., M.D. in Ayurveda (India), C.M.T., Y.I.C.C., R.Y.T.
Ayurvedic Practitioner, Registered Yoga Teacher, Pranik Healer
Integrative Therapeutic Bodywork and Massage Therapist
Ayurveda Wellness Center – Ojas LLC
567 Thomas Street, Coopersburg, PA 18036, USA
Phones: 484.347.6110 (Mobile)
e-mail: doctorshekhar@gmail.com
website: www.ojas.us
www.aapna.org
www.i3monline.com



PROFESSIONAL SUMMARY

Ojas, LLC (Ojas Ayurveda Yoga Wellness Center), Coopersburg, Pennsylvania Founder & Director	7/2002 - Present
Association of Ayurvedic Professionals of North America (AAPNA), USA <i>Founding Director & Faculty Member</i>	5/2003 - Present
International Institute of Integrative Medicine (I3M) <i>Tangutur, Prakasam District, Andhra Pradesh, India</i> Founder & Medical director	6/2008 - Present
Light on Ayurveda Journal, Editorial Board Cotuit, MA	10/2007- Present
American School of Traditional Ayurveda (ASTA) <i>Founder & Director, Allentown, PA</i>	5/2007 – Present
National Ayurvedic Medical Association (NAMA), CA <i>Board of Directors & Practitioner Member</i>	11/2005 – Present
Kripalu School of Ayurveda, Lenox, Massachusetts <i>Faculty Member</i>	1/2005 – Present
Mount Madonna Institute: College of Ayurveda, Watsonville, CA <i>Faculty Member</i>	1/2007 – Present
Dosha Botanicals, Riverdale, NJ <i>Co-director & Principal Formula Developer of the</i> Three day cleanse for Optimum Health, a complete cleansing kit	4/2007 – 7/2008
AyurVideo Productions, LLC, Riverdale, NJ <i>Co-director</i>	8/2007 – 7/2008
Sai Ayurvedic School of Miami, FL <i>Faculty Member</i>	8/2007 – 4/2009
Ayurvedic Academy, Seattle, Washington <i>Adjunct Faculty Member</i>	7/2003 – 5/2006

EXPERIENCE

- 23 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

M. D. (Ayurved), 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)

B.A.M.S. (Bachelor of Ayurvedic Medicine & Surgery), 1988

Nagarjuna University, Andhra Pradesh, India

COMPLEMENTARY TRAINING

- 3/2007 Panchakarma Therapist Training – Greens Ayur Hospital, Azhiyoor, Kozhikode Dist., Kerala State, India
- 12/2006 Integrative bodywork and massage training Phase II (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
- 8/2006 Phoenix Rising Yoga Therapy – Stress to Bliss training Allentown, PA, USA
- 3/2004 Registered Yoga Teacher (R.Y.T.)
Yoga Alliance, 122 W. Lancaster Ave. Suite 204, Reading, PA 19607, USA
- 6/2003 Art of Living Course 1
Art of Living Foundation, founded by Sri Sri Ravi Shankar
- 8/2001 Yoga Instructors' Certificate Course (YICC)
Swami Vivekananda Yoga Anusandhana Samsthana, Indian Institute of Yoga, Bangalore, India

- 2/2001 Advanced Pranic Healing & Pranic Psychotherapy Course
All India Pranic Healing Foundations Trust, Chennai, India
- 12/1994 *Advanced Training Course Maharishi's Vedic Science and Approach to Health*
Maharishi Vedic University, Vlodrop, The Netherlands

CERTIFICATIONS

- Registered Yoga Teacher – 500 hours, Registration # 13423, Yoga Alliance, Clinton, MD
- Kripalu Yoga Teachers Association (KYTA), Registration # 5757, Lenox, MA
- 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

- **AMTA** (American Massage Therapy Association) # 196173, USA 2006
- **NAMA** (National Ayurvedic Medical Association), USA, 2002
- **AAPNA** (Association of Ayurvedic Professionals of North America), USA, 2003
- **AHHA** (American Holistic Health Association), USA, 2003

ACADEMIC APPOINTMENTS & CLINICAL PRACTICE

Ojas, LLC (www.ojas.us), Macungie, 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
Faculty Member

1/2005 - Present

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

Maharishi Vedic University, Vlodrop, The 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
Lecturer

1/1992 – 9/1994

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

Private Practice, Bidar, Karnataka, India
Ayurvedic Physician

1/1992 – 9/1994

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.

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

COURSES, LECTURES, PRESENTATIONS & CONSULTATIONS:

2010:

- | | |
|-----------------|---|
| Jan 10, 2010 | Ayurvedic Detoxification and Vegetarian Cooking Workshop, Twin Ponds Integrative Health Center, LLC, Breiningsville, 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 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 Theapies 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

2009:

Jan 9-11, 2009 Ayurvedic Management of Respiratory Diseases – Mount Madonna College of Ayurveda, CA

Jan 17-18, 2009 Ayurvedic Wellness Consultations, Riverdale, NJ

Jan 23-25, 2009 Ayurvedic Masters Program – Mount Madonna College of Ayurveda, CA

Jan 26, 2009 Ayurvedic Wellness Consultations at Dr. Denise Tarasuk office, Campbell, CA

Mar 7, 8, 2009 Ayurvedic Certification Program, Sai Ayurvedic College, Miami, FL

Mar 20-27, 2009 Ayurvedic Intensive Panchakarma Program, Coopersburg, PA

Mar 28, 29, 2009 New York Life Expo, New York, NY

April 4, 2009 Ayurvedic Presentation for Physicians, Doupin Medical Society, Harrisburg, PA

April 11, 12, 2009 Ayurvedic Certification Program, Sai Ayurvedic College, Miami, FL

April 17, 18, 19, 2009 Ayurvedic Clinical Internship, Mount Madonna College of Ayurveda, CA

April 21-30, 2009 Ayurvedic Intensive Panchakarma Program, Coopersburg, PA 18036

May 2, 3, 2009 Ayurvedic Pulse Diagnosis, Sai Ayurvedic College, Miami, FL

May 15, 16, 17, 2009 Ayurvedic Clinical Internship, Mount Madonna College of Ayurveda, CA

May 18, 19, 2009 Ayurvedic Wellness Consultations at Dr. Denise Tarasuk office, Campbell, CA

May 29, 30, 31, 2009 Ayurvedic Immersion Retreat, Twin Ponds Integrative Health Center, Breiningsville, PA

June 13, 14, 2009 Ayurvedic Workshop, Consultations, Miami, FL

June 27, 28, 2009 Ayurveda & Ashtanga Yoga Retreat, Camp Thompson, PA

June 29 – Jul 3, 2009 Ayurvedic Intensive Panchakarma, Coopersburg, PA

July 18, 2009 Ayurvedic Wellness Consultations, Riverdale, NJ

August 1, 2, 2009 Ayurvedic Pulse Technique, Twin Ponds integrative Health Center, Brieningsville, PA

Aug 20-23, 2009 NAMA Annual Board Retreat, Sea Scape, Aptos, CA, USA

Aug 24, 25, 2009 Ayurvedic Wellness Consultation, Campbell, CA, USA

Aug 30, 2009 Ayurveda and Yoga Lecture, Bikram Yoga Center, Philadelphia, PA, USA

Sep 23-26, 2009 Ayurvedic Panchakarma Therapy, Ojas, LLC, Ayurveda Wellness Center, Coopersburg, PA 18036

Oct 12 – 21, 2009 Ayurvedic Intensive 10 day Panchakarma Program at Ojas, LLC, Ayurveda Wellness Center, Coopersburg, PA 18036, 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, Brieningsville, PA, USA

Dec 15-19, 2009 Ayurvedic Panchakarma Therapy, Ojas, LLC, Ayurveda Wellness Center, Coopersburg, PA 18036, USA

2008:

Jan 11-13, 2008 Ayurvedic Management of Respiratory Diseases, Mount Madonna Institute, College of Ayurveda, Watsonville, CA, USA

Mar 15, 2008 Ayurvedic Cooking Class, Twin Ponds Integrative Health Center, Breiningsville, PA

Mar 28-30, 2008 Ayurveda Consultations with Dr. Shekhar, Essence of Self, 6 G Haycock Ave, Riverdale, NJ

Apr 3, 2008 Ayurveda Healing with Dr. Shekhar & Lina Lopez, 13120 NW 7 Ter., Near Dolphin Mall, Miami, FL

Apr 4, 2008 Ayurvedic Wellness Consultations with Dr. Shekhar & Lina Lopez, 13120 NW 7 Ter., Near Dolphin Mall, Miami, FL

Apr 5, 6, 2008 Ayurvedic Pathology and Pulse diagnosis, Sai Ayurvedic School of Miami, FL

Apr 7-9, 2008 Ayurvedic Wellness Consultations, Purusha Center LLC, 1213 SE 47th Terrace, Cape Coral, FL 33904

Apr 10, 2008 Ayurvedic Healing for Yoga Teachers, Florida Yoga Institute, 9480 Corkscrew Palms Circle, Suite 6, Estero FL 33928

Apr 12, 13, 2008 Teaching - Roga Nidana (Disease Pathology), Dinacharya Institute, New York

Apr 26, 2008 Breakfast Seminar on Ayurvedic Healing, Twin Ponds Integrative Health Center, 628 Twin Ponds Road, Breinigsville, PA 18031

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

May 21-26, 2008 Ayurveda Wellness Consultations
Lecture: Introduction to Ayurveda, Lecture: Ayurveda for
Lecture: Fundamentals of Ayurveda, Digestion & Nutrition; Cooking class, Hilo, Hawaii

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

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

Jul 25-27, 2008 Ayurveda Consultations, Essence of Self, 6 G Haycock Ave, Riverdale, NJ

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

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

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

Sep 19-21, 2008 Ayurveda & Ashtanga Yoga Retreat – Camp Thompson, Pine Grove Furnace State Park, 800 Pine Grove Road, Gardeners, PA 17324

Sep 26-28, 2008 Ayurveda Consultations Essence of Self, 6 G Haycock Ave, Riverdale, NJ

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

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

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

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

Oct 23 – 24, 2008 Ayurveda Theme Week – Canyon Ranch, Lenox, MA
Lecture on Ayurveda & Nutrition
Lecture on Optimizing Weight
Lecture on Ayurveda & Digestion
Hands on Cooking

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

Nov 1, 2, 2008 Ayurvedic certificate course, Sai Ayurvedic College, Miami, FL

Nov 3, 2008 Ayurvedic Wellness Consultations, Sai Ayurveda Wellness Center, Miami, FL

Dec 5-7, 2008 Advanced Ayurvedic Pathophysiology for MA degree students, Mount Madonna Institute's College of Ayurveda, Watsonville, CA

Dec 12, 2008 Ayurvedic Wellness Consultations, Sai Ayurveda Wellness Center, Miami, FL

Dec 13, 14, 2008 Ayurvedic Certification Program, Sai Ayurvedic School of Miami, FL

2007:

Jan 6, 7, 2007 Ayurvedic Wellness Consultations, Melrose, MA

Jan 8, 2007 Introduction to Ayurveda for Day Spa Therapists, Ame Day Spa Salon, Wynn, PA

Jan 20-22, 2007 Ayurvedic Wellness Consultations, Riverdale, NJ

Jan 27, 28, 2007 Ayurvedic Wellness Consultation and Cooking Class, Endicott, NY

Feb 12 -Mar 3, 2007 Ayurvedic Pancha Karma Training for Health Professionals in India

Mar 31 – Apr 2, 2007 Ayurvedic Wellness Consultations, Riverdale, NJ

Apr 22, 2007 Introduction of Ayurvedic Dietetics and Introduction to Ayurvedic Marma Therapy, Open Center, NY

Apr 26-29, 2007 Ayurveda: Bliss & Balance in the Berkshires, Canyon Ranch, Lenox, MA
 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

Jun 29-Jul 2, 2007 Ayurvedic Wellness Consultations, Riverdale, NJ

Jul 6-8, 2007 Ayurveda for Health & Wellness Lecture, Cooking Class, Wellness Consultations at Maine, Portland

Jul 11, 2007 Integrating Ayurveda for Optimum Health – Lecture at Air Products, Trexlertown, PA

Jun 22-24, 2007 National Ayurvedic Medical Association (NAMA) Board of Directors Retreat, Mount Madonna Institute, Watsonville, CA

Sep 7-9, 2007 Ayurvedic lecture, Consultations, Cooking class at Princeton, NJ Sep 7-9, 2007

Sep 16, 2007 Ayurvedic cooking class at Twin Ponds Integrative Health Center, Brienigsville, PA

Sep 21-23, 2007 Ayurvedic lecture, consultations and cooking class at Purusha Center, Cape Coral, FL

Sep 28-30, 2007 Ayurvedic Wellness Consultations, Riverdale, NJ Sep 28-30, 2007

Oct 11-14, 2007 Ayurvedic Etiology & Pathology, Mount Madonna Institute, College of Ayurveda, Watsonville, CA

Oct 19-21, 2007 National Ayurvedic Medical Association (NAMA) 5th Annual Conference, Panchakarma Therapy – A boon for Chronic Diseases, Albuquerque, NM

Oct 27, 2007 Ayurveda Wellness Consultations, consultations, at Life of Balance Ayurveda and Yoga, Portland, ME

Nov 2-4, 2007 Ashtanga Yoga / Ayurveda – Lecture, Yoga, Consultations, Cooking class at Lansdale, PA

Nov 10, 11, 2007 Ayurvedic Kayachikitsa – 2 day intensive training for Certified Ayurveda Practitioners, Sai Ayurveda School, Miami, FL Nov 10, 11, 2007

Dec 3-5, 2007	Ayurvedic wellness consultations, Purusha Center, Cape Coral, FL
Dec 1-2, 2007	Ayurvedic Psychology - 2-day intensive training for Certified Ayurveda Practitioners, at Sai Ayurveda School, Miami, FL
2006:	
Jan 6-8, 2006 Island, SC	Foundation Course on Ayurveda course at Ongoing Move, Hilton Head
Feb 23, 2006	Lecture on Ayurveda: Acceptance of Complementary and Alternative Medicine, Psychology students, Penn State University, Reading, PA
Feb 11-17, 2006	Pancha karma program, Kripalu Healing Arts, Lenox, MA
Feb 25-Mar 2, 2006	Pancha karma program, Kripalu Healing Arts, Lenox, MA
Mar 4-5, 2006	Foundation Course on Ayurveda at Star Seed Yoga Center, Montclair, NJ
Mar 31-Apr 2, 2006	Introduction to Ayurveda Lecture & Ayurvedic Wellness Consultation, Essence of Self, Riverdale, NJ
Apr 8-9, 2006	NAMA (National Ayurvedic Medical Association) Board Retreat, Mount Madonna, CA
Apr 22, 2006	Ayurvedic Vegetarian Cooking Class, Open Heart Yoga Wellness Center, Trexlertown, PA
Apr 29,30, 2006	Sahaj Marg Meditation, National Gathering, Cleveland, OH
May 20-22, 2006	Ayurvedic Lecture at YMCA/YWCA, Ridgewood, NJ, May 19, 2006 and Ayurvedic Wellness Consultations, Riverdale, NJ
May 27-29, 2006	Ayurvedic Lecture and Ayurvedic Wellness Consultation, Bliss Yoga Shala, Jacksonville, FL
Jun 6, 2006	Introduction to Ayurveda and Shirodhara Understanding, Ame Day Spa Salon, Wynn, PA
Jun 11, 2006	Ayurvedic Graduates Ceremony, Kripalu School of Ayurveda, Lenox, MA
June 17, 2008	Ayurvedic Vegetarian Cooking Class, Bethlehem, PA
June 24, 25, 2006	Ayurvedic Wellness Consultations, Oneonta, NY

Jul 21-24, 2006	Ayurvedic Wellness Consultations & Cooking Class, Riverdale, NJ
Aug 11-13, 2006	Ayurvedic Wellness Consultations, Oneonta, NY
Aug 16, 2006	Ayurvedic Lecture, Air Products, Trexlertown, PA
Sep 15-17, 2006	Ayurvedic Wellness Consultations, Riverdale, NJ
Sep 22-24, 2006	National Ayurvedic Medical Association, 4 th annual conference, NY– presentation on Gastro intestinal disorders leading to Vata diseases.
Oct 10, 2006	Ayurvedic Shirodhara Training for Spa Therapists, Skin ‘n Tonic, Paddlers Village, PA
Oct 20, 29006	Ayurveda and Weight Loss, presentation at Integrative Health Options (IHO), University of Medical Science (UMDNJ), Newark, NJ
Nov 3-5, 2006	Ayurvedic Wellness Consultation and Cooking Class, Endicott, NY
Nov 10-12, 2006	Ayurvedic Wellness Consultations, Riverdale, NJ, November 10-12, 2006
Nov 16-19, 2006	Ayurvedic Etiology and Pathology, Part I, Kripalu School of Ayurveda, Lenox, MA
Dec 14-17, 2006	Ayurvedic Etiology and Pathology, Part II, Kripalu School of Ayurveda, Lenox, MA,
2005:	
Feb 10, 2005	Lecture: Introduction to Ayurveda for Psychology students, Penn State University, Reading, PA
Feb 12-18, 2005	Pancha karma program, Kripalu Healing Arts, Lenox, MA
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
Mar 12-16, 2005	Fundamentals of Ayurveda, Ayurvedic Nutrition and Yoga course at Shakti Yoga Center, Kingston, Jamaica, West Indies
Mar 27- Apr 1, 2005	Pancha karma program, Kripalu Healing Arts, Lenox, MA
Apr 23, 24, 2005	Foundation Course on Ayurveda for Massage Therapists at Lehigh Valley Healing Arts Academy, Emmaus, PA

May 1-6, 2005 Pancha karma program, Kripalu Healing Arts, Lenox, MA

May 27-29, 2005 Ayurvedic Anatomy & Physiology course at Kripalu School of Ayurveda, Lenox, MA

Jun 19-24, 2005 Pancha karma program, Kripalu Healing Arts, Lenox, MA

Jun 29, 20, 2005 Ayurvedic Pulse Technique course taught at Ayurvedic Academy, Seattle, WA

Aug 11-14, 2005 Ayurvedic Etiology & Pathology course at Kripalu School of Ayurveda, Lenox, MA

Sep 18-23, 2005 Pancha karma program, Kripalu Healing Arts, Lenox, MA

Oct 13-16, 2005 Ayurvedic Digestion & Nutrition course at Kripalu School of Ayurveda, Lenox, MA

Oct 15-21, 2005 Pancha karma program, Kripalu Healing Arts, Lenox, MA

Nov 13-18, 2005 Pancha karma program, Kripalu Healing Arts, Lenox, MA

Nov 26- Dec 2, 2005 Pancha karma program, Kripalu Healing Arts, Lenox, MA

Dec 8-11, 2005 Ayurvedic Herbology II course at Kripalu School of Ayurveda, Lenox, MA

2004:

January 3, 4, 2004 Ayurvedic Physiology (Dosha Dhatu Mala Vigyan), Ayurveda Academy of Canada, Jeevan, 347 Bay Street, Suite 101, Toronto, Ontario, Canada, M5H 2R7

Feb 10-11, 2004 Pancha Karma program, Kripalu Healing Arts, Lenox, MA

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, February 18th, 2004.

Apr 14-22, 2004 Pancha karma Program, Kripalu Healing Arts, Lenox, MA

May 2-6, 2004 Pancha karma Program, Kripalu Healing Arts, Lenox, MA

May 16-21, 2004 Pancha karma Program, Kripalu Healing Arts, Lenox, MA

Sep 12-16, 2004 Pancha karma Program, Kripalu Healing Arts, Lenox, MA

Sep 17, 18, 2004 Presentation: Ayurvedic Management of Common Respiratory Disorders and Ayurvedic Detoxification & Purification Procedures – Panchakarma at Orlando, FL: Integrated Medicine educational program: Integrating Ayurveda into clinical practice for health care professionals of The American Association of Physicians of Indian Origin.

Oct 3-8, 2004 Pancha karma Program, Kripalu Healing Arts, Lenox, MA

Oct 31-Nov 5, 2004 Pancha karma Program, Kripalu Healing Arts, Lenox, MA

Nov 13, 14, 2004 Ayurvedic Psychology (Manasa Shastra): Ayurvedic Academy, Settle, WA

2003:

January 11, 2003 Introduction to Ayurveda, Himalayan Yoga Meditation Center of New Jersey, Phillipsburg, NJ

Jan 25, 2003 Ayurvedic Nutritional Herbs and Spices for Optimum Health, Lenox Community Center, Lenox, MA

Jan 26, 2003 Ayurvedic Wellness Consultations, Lenox, MA

Feb 1, 2003 Introduction to Ayurveda, Wyomissing, PA

Feb 2, 2003 Ayurvedic Wellness Consultations, Wyomissing, PA

Feb 22, 2003 Introduction to Ayurveda, Living Well Yoga, Fleetwood, PA

Mar 1, 2003 Ayurvedic Wellness Consultation, Himalayan Yoga Meditation Center of NJ, Phillipsburg, NJ

Mar 22 & 29, 2003 Ayurvedic Pulse Technique – Level I, Macungie, PA

Apr 8 & 9, 2003 Ayurvedic Digestion and Dietetics, Canyon Ranch in the Berkshires Health Resort, Lenox, MA

May 10, 2003 Introduction to Ayurveda, Macungie, PA

May 21, 2003 Health & Happiness through Ayurveda and Art of Living, Macungie Community Center, Macungie, PA

Jun 14, 2003 Ayurveda for Women’s Health, New Tripoli, PA

Jun 28, 2003 Fundamentals of Ayurveda, Wyomissing, PA

Jul 19 & 20, 2003 Advanced Ayurvedic Pulse Technique Course, Ayurvedic Academy, Seattle, WA

Jul 27, 2003 Ayurvedic Cooking Workshop, New Tripoli, PA

Aug 30, 2003 Ayurveda for Women's Health, 7 Senses Health Center, Fountain Hill, PA

Sep 7, 2003 Ayurveda for Yoga Practitioners, Lehigh Valley Yoga Center, Allentown, PA

Sep 13, 2003 Introduction to Ayurveda, Yoga and Health in Bethlehem, Bethlehem, PA

Sep 14, 2003 Ayurvedic Cooking Workshop, Orefield, PA

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

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

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

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

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

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

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

1991

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".

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

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 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, Pecs, Gyor, Nyiregyhaza, Kecskemet, Szolnok, and Hajduszoboszlo. Meetings with Budapest and Kecskemet 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. News paper 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:

NJ - Asbury Park, Phillipsburg, Ringwood, Riverdale

CT - Hartford, Brookfield, Fairfield

WA - Bellevue, Seattle

ID – Boise

IL – Chicago

IW – Fairfield

NE – Omaha

MI - Detroit, Saginaw, Ann Arbor

CA - Pacific Palisades, Palo Alto, San Jose, San Francisco, Berkeley, San Diego

MA - Lancaster, Lenox, Boston

KY – Lexington

NC - Boone, Ashville

GA - Atlanta, Rome

FL - Avon Park, Miami, Jacksonville

TX – Dallas

NY - New York

KY – Louisville

PA - Macungie, Allentown, Harrisburg, Reading, Wyomissing, Orefiled, Breingingsville, Coopersburg

HI - Hilo, Pahoia