

ABOUT

FIRST AUSTRALIAN NATIONAL SYMPOSIUM OF AYURVEDA AND YOGA

The Australasian Association of Ayurveda Inc. is proud to present the first Symposium of Ayurveda and Yoga to the general public, scholars and professional practitioners of Ayurvedic medicine. The Symposium will be held from Friday 4th till Sunday 6th October, 2013, in the Fullarton Park Centre, 411 Fullarton Road, Fullarton (Adelaide), South Australia. The theme of this inaugural Symposium is "Ancient Traditions for Modern Times". Three main topics will be discussed during this Symposium, and will demonstrate the relevance of these topics in our modern lifestyle:

1. Panchakarma (Five methods of detoxification)
2. Yoga
3. Mental Health according to Ayurveda

Although Ayurveda and Yoga originated in ancient India, they are as relevant today as they have been for thousands of years. Both Ayurveda and Yoga are based on universal principles and their ultimate aim is to help mankind achieve spiritual union with the Infinite. They transcend both time and space, and so their relevance is timeless.

While Ayurveda deals with the physical imbalances of the universal energies - Air (Vata), Fire (Pitta), Water and Earth (Kapha) - and shows ways to harmonize these essential forces of life in the body and mind, Yoga develops pathways through the body and mind to unite with the Divine.

Although material wealth has never been so abundant there are many serious health issues we now face, including restlessness, unhappiness and other mental health issues, and chronic conditions such as obesity, asthma, and diabetes. While we build bigger hospitals to accommodate patients, the numbers suffering from these conditions continues to increase steadily.

People are now conditioned to believe they do not have enough time to consume healthy foods, and so eat fast foods on the run; a perfect way of accumulating toxins in the body, and one of the main causes of many metabolic diseases.

During the Symposium different papers on Panchakarma will be presented, and these will explore how this ancient science of detoxification can be enormously helpful in driving toxins from the system and establishing a state of health and balance.

In terms of mental health, the Symposium will use Ayurveda to examine conditions such as depression, anxiety, fear and insecurity, which can lead to many other severe diseases.

This symposium will explore how Ayurveda and Yoga can increase the quality of physical and mental health, resulting in a more satisfying and fulfilling life.

ORGANISING COMMITTEE

Chairperson	Dr. Krishna Kumar
Co-chairperson	Ms Juliette Parkin
Secretary	Dr. Vishal Bhalla
Joint Secretary	Ms Deborah Goss
Finance & Registration	Ms Carolyn Watkins
Co-ordinator	Ms Sue Whitfield
Publicity & Marketing	Ms Meredith Russell
Time Keeper	Ms Margaret Daly

Interstate Co-ordinators:

Dr. Mahesh Kalra (VIC), Dr. Indu Narayan (NSW)
Dr. Sanjoti Parikh (QLD)

Cost of Participation

Members	\$350.00	
Non Members	\$400.00	
Concession (Proof required)	\$300.00	
Early Bird (Members)	\$320.00	(Exp 31st July)
Early Bird (Non Members)	\$350.00	(Exp 31st July)
Spot Registration	\$400.00	
Students (Proof required)	\$200.00	
Part Participation (Day Registration)	\$200.00	

All Meals Included

Refunds	30th July	90%
	31st August	50%
	15th Sept	25%

Contact Details

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Presented by
THE AUSTRALASIAN ASSOCIATION
OF AYURVEDA INC

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THE AUSTRALASIAN
ASSOCIATION OF AYURVEDA INC
Presents

THE FIRST AUSTRALIAN NATIONAL

AYURVEDA & YOGA

S Y M P O S I U M

ANCIENT TRADITIONS FOR MODERN TIMES

Presented by Eminent National and International Speakers

Fri. 4th - Sun. 6th OCTOBER 2013

Fullarton Park Centre
411 Fullarton Road, Fullarton, South Australia

Proudly sponsored by



DAY 1

FRIDAY 4TH OCTOBER

TIME	SESSION
12.30 - 1.30pm	Lunch
2.00 - 3.30pm	AAA AGM
3.30 - 4.00pm	Registration
4.15 - 4.30pm	Dhanwantari Puja
4.30 - 5.00pm	Tea Break Networking
5.00 - 6.00pm	Inauguration - Welcome Speeches/Explanation of the Programme. Briefing on the proceedings of the Symposium.
6.30 - 8.30pm	Dinner

DAY 2

SATURDAY 5TH OCTOBER

TIME	SESSION - PANCHAKARMA
7.00 - 7.15am 7.15 - 7.45am	Dhanwantari Puja / Guru Stotram Yoga Practice
8.00 - 8.30am 8.45 - 9.00am	Registration / Breakfast Welcome Announcement of Programs 1st Scientific Session: Presentation of paper on Panchakarma - Its significance Lecture - Purva Karma (Preparatory Process) Q&A
10.30 - 10.45am 10.45 - 11.30am 11.30 - 12.15pm	Tea Break Lecture - Vamana (Emesis) Q&A Lecture - Virechana (Purgative) Q&A
12.30 - 1.30pm 1.30 - 2.00pm	Lunch Lecture - Nasya (Neti, Nasal Drops Dhumrapan etc) Q&A
2.00 - 3.00pm	Lecture - Basti (Medicated Enema) Other procedures: • Shirodhara • Shirobasti • Katibasti • Hritbasti • Uttarbasti Q&A
3.00 - 4.00pm	Lecture - Raktamokshana (Blood Letting) Pashchat Karma (Daily Discipline & Dietary Regimen post Panchakarma). Q&A
4.00 - 4.15pm 4.30 - 5.30pm	Tea Break Interactive session with all lecturers and the participants Panel Discussion
5.30 - 5.45pm	Summary of Day - Next Day Program
6.00 - 7.30pm	Dinner

DAY 3

SUNDAY 6TH OCTOBER

TIME	SESSION - YOGA & MENTAL HEALTH
7.00 - 7.15am 7.15 - 7.45am	Dhanwantari Puja / Guru Stotram Yoga Practice
8.00 - 8.30am 8.45 - 9.00am	Registration / Breakfast Welcome Announcement of Programs Lecture - Yoga Origin, Meaning and Aim of Yoga • The Yoga Sutras of Patanjali - an insight into truth. • Ashtanga Yoga incorporating: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyaana & Samadhi.
9.00 - 10.30am	1. Karma Yoga - Yoga of Action 2. Bhakti Yoga - Yoga of Devotion 3. Jnana Yoga - Yoga of Knowledge 4. Raja Yoga - Yoga of Meditation
10.30 - 10.45am 10.45 - 12.15pm	Tea Break Lecture / Demonstration- Yoga / Meditation Guided Meditation: 15 Min. together with the participants When mind rests, it gets exercised; it gets its nourishment. Mind is then invigorated. You become calmer, you become patient, and you become alert in Peacefulness. Q&A
12.30 - 1.30pm 1.30 - 3.45pm	Lunch Mental Health Stress is not only bad for the body and the mind; it also causes us to bury our true nature. Lecture • Stress in Modern Life • Depression • Autism Q&A
3.45 - 4.00pm 4.00 - 5.00pm	Tea Break Closing Ceremony

