

**Ayurveda Astrology Retreat**  
**May 24 - June 1, 2009**  
**Kauai, Hawaii**

**Sunday, May 24, 2009**

2:00PM – 3:30PM

**Registration Begins**

3:30PM – 4:30PM

**Opening Puja**

Acharya Ceyonswami

4:30PM – 6:00PM

***Muladhara Chakra and Yoga***

*Sraddhasagar*

The evening practice will be a yogic journey through the chakra system of diagnosis – 7 days and 7 chakras. Physical, mental and emotional symptoms reflect blockages that come from life experiences that have not been integrated. The class includes asanas, meditations upon a yantra and use of mantra to activate the chakra of the day.

6:00PM – 8:30PM

**Dinner on your own**

8:30PM – 9:30PM

**Orientation:** Welcome -

TBA ACVA Online Level I & Level II - Examination

**Monday, May 25, 2009**

7:00AM – 8:00AM

**Morning Yoga**

The morning practice will be hatha yoga-based beginning with planetary mantras for the day, followed by simple stretching and opening through sun salutations and other asanas.

8:00AM – 9:00AM

**Ayurveda Breakfast**

9:30AM –12:30PM

### **Introduction to Karmic Theory & Medical Astrology**

Dayananda (Dennis M. Harness, Ph. D.)

This class will provide a basic philosophical foundation to the four levels of Karmic Theory:

- (1) Sanchita, (2) Prarabdhakarma, (3) Kriyamana and (4) Agama. We will also explore the significations of the planets, houses and signs in terms of Medical Astrology and Ayurveda.

Charts of saints as well as class participants will be utilized to demonstrate key concepts.

### **Personal Panchanga**

Komilla Sutton

The Personal Panchanga is the secret key in Vedic Astrology to understanding the deeper levels of your chart. Panchanga is the Indian Almanac used from ancient times to tabulate the effect of many diverse cosmic factors that influence the quality of the day. *Panch* means five, and *Anga* means limbs, so Panchanga literally means five limbs - or the five sources of energy that influence any given day through which the luminaries has to pass in order to reach consciousness.

The Panchanga of the day of the birth effects our physical energy, mental makeup, emotional connections, practical desires and our sense of security. It additionally tells of the gunas, Ayurvedic doshas, prakriti, chakras, the five great elements, dysfunctional or burnt signs, the good luck points, the lucky and unlucky planets, how to choose the right name, the best career options, relationship compatibility and much more. Panchanga gives so much more information about your personality, its strengths and weakness.

12:30PM – 1:30PM

### **Ayurveda Lunch**

**1:30PM – 4:30PM**

**Free Time**

**Tri Health Ayurveda Treatments Available**

4:30PM – 6:00PM

### **Svadhishthana Chakra and Yoga**

Sraddhasagar

The evening practice will be a yogic journey through the chakra system of diagnosis – 7 days and 7 chakras. Physical, mental and emotional symptoms reflect blockages that come from life experiences that have not been integrated. The class includes asanas, meditations upon a yantra and use of mantra to activate the chakra of the day.

6:00PM – 8:30PM

**Dinner on your own**

8:30PM – 9:30PM

### **Ayurvedic Treatment Methods**

Dr. Tanmay Goswami

Ayurveda treats body not disease, so we concentrate on keeping physical energies in balance and tissues healthy. The only medical system of world which works on rejuvenation is Ayurveda. Ayurveda believes not only is curing of diseases rather also on prevention. So this is complete treatment. Although Ayurveda treatment is not for senses rather it is for removal of disease factors from body.

So if we observe properly we will find that these three energies well connected and in any pathological or slight change in body, these all involve together, so it is very important to plan the food, life style in such a way that the flows of body (the Vata), the chemical energies of body (the pitta), the good condition of molecules of body (the Kapha) can be maintained.

So Dr Goswami will discuss how to maintain health by maintaining these energies by Ayurveda Treatments.

## **Tuesday, May 26, 2009**

7:00AM – 8:00AM

### **Morning Yoga**

8:00AM – 9:00AM

### **Ayurveda Breakfast**

9:30AM – 12:30PM

### **Ayurvedic Astrology**

Vamadeva (Dr. David Frawley)

We will discuss the place of Ayurveda as Vedic medical astrology both for chart examination and for recommendation of remedial measures. This will include how planets and signs relate to the biological humors or doshas of Ayurveda, and how health or disease is indicated by the houses and planetary placements in the chart. We will examine a number of charts to show how Ayurvedic considerations interface with those of Vedic astrology.

### **Advanced Ayurveda & Astrology**

Dr. Tanmay Goswami

Dr Goswami has worked on Combination of Ayurveda and Vedic Astrology as Genetics and Genetic Medicines, and at last he came to final conclusion that Medical Astrology is wonderful Study of Human Genetics done by great ancient Vedic Indian Scientist.

With the Help of Horoscope we can understand of human body's Genetic structure and on that basis, we can foresee the genetic active age of each and every organ and tissue of body.

As each cell, tissue & organ is based on our genes and these genes are under the influence of the rays of various planets. The movement of these planets influences the condition of genes of human body.

Whatever is in this Universe is in human body. So each and every star and planet has its influence of human body.

So Medical astrology helps to get horoscope which give very deep study of human body's functions. So this science helps in proper diagnosis and Treatment also.

Dr Goswami will give practical knowledge of this subject so those who are interested to gain this great ancient wisdom, are welcome.

12:30PM – 1:30PM

### **Ayurveda Lunch**

**1:30PM – 4:30PM**

**Free Time**

**Tri Health Ayurveda Treatments Available**

4:30PM – 6:00PM

### **Manipura Chakra and Yoga**

Sraddhasagar

The evening practice will be a yogic journey through the chakra system of diagnosis – 7 days and 7 chakras. Physical, mental and emotional symptoms reflect blockages that come from life experiences that have not been integrated. The class includes asanas, meditations upon a yantra and use of mantra to activate the chakra of the day.

6:00PM – 8:30PM

### **Dinner on your own**

8:30PM – 9:30PM

### **Ayurvedic Cooking**

Avani Sukhadia

This cooking class will discuss the correlation of Ayurveda and Astrology through food. We will demonstrate three simple Indian dishes that can pacify Vata, Pitta, and Kapha constitutions.

These dishes will also show how specific foods can be used as astrological remedies.

**Wednesday, May 27, 2009**

6:30AM – 7:30AM

**Morning Yoga**

7:30AM – 8:15AM

**Ayurveda Breakfast**

8:15AM – 12:30PM

**Hindu Temple Tour**

Located on 353 acres, this sanctuary is a theological seminary, publishing center, home of Iraivan Siva temple, and a destination for Hindus who come on pilgrimage from around the world. It is a traditional Saivite Hindu monastery-temple complex on Hawaii's Garden Island, dedicated to the divine within everyone and all things.

1:00PM – 2:00PM

**Ayurveda Lunch**

**1:30PM – 4:30PM**

**Free Time**

**Tri Health Ayurveda Treatments Available**

4:30PM – 6:00PM

**Anahata Chakra and Yoga**

Sraddhasagar

The evening practice will be a yogic journey through the chakra system of diagnosis – 7 days and 7 chakras. Physical, mental and emotional symptoms reflect blockages that come from life experiences that have not been integrated. The class includes asanas, meditations upon a yantra and use of mantra to activate the chakra of the day.

6:00PM – 8:30PM

**Dinner on your own**

8:30PM – 9:30PM

**Vast Differences and Marked Similarities: A Study of Triplets Born Minutes Apart**

Susie Patterson, M.A.

This will show how and why from a medical astrology perspective 3 babies suffered each in their own individual ways. This is a study of this author's siblings who were resuscitated by their own pediatrician father. It is a well documented history of the lives of siblings who each encountered vastly different karmic patterns.

**Thursday, May 28, 2009**

7:00AM – 8:00AM

**Morning Yoga**

8:00AM – 9:00AM

**Ayurveda Breakfast**

9:30AM – 12:30PM

**Yogic Secrets of the Dark Goddess**

Yogini Shambhavi

"Yogic Secrets of the Dark Goddess" unfolds the mystic beauty of Kali, the most powerful, but misunderstood of the great goddesses of India. The book is a living experience of the Goddess, both at a personal level and throughout the world of Nature. It unfolds a vast panorama of insight, devotion, mantra and meditation that propels the reader into a new vision of reality beyond life and death. Probably the most comprehensive and innovative examination of Ma Kali in recent decades, the book reveals all dimensions of life and consciousness in Kali's transformative dance.

9:30AM – 12:30PM

**Ayurveda Astrology Chart Analysis**

Dr. Goswami

Dr. Goswami will analyze client and participant's Natal charts in the light of Ayurveda influences.

12:30PM – 1:30PM

**Ayurveda Lunch**

**1:30PM – 4:30PM**

**Free Time**

**Tri Health Ayurveda Health Treatments Available**

4:30PM – 6:00PM

**Vishuddha Chakra and Yoga**

Sraddhasagar

The evening practice will be a yogic journey through the chakra system of diagnosis – 7 days and 7 chakras. Physical, mental and emotional symptoms reflect blockages that come from life experiences that have not been integrated. The class includes asanas, meditations upon a yantra and use of mantra to activate the chakra of the day.

6:00PM – 8:30PM

**Dinner on your own**

8:30PM – 9:30PM

### **Healing Chants**

Laura Harness (Lalita Devi)

During this evening program Laura shares with us the healing, transformative power of Vedic chant. Building upon a foundational understanding of "OM," we will meditate and tone the bija sounds of the chakras in preparation for a heart-opening, joyful kirtan. Bring your instruments, drums, voices and celebrate the Divine with song!

## **Friday, May 29, 2009**

7:00AM – 8:00AM

### **Morning Yoga**

8:00AM – 9:00AM

### **Ayurveda Breakfast**

9:30AM – 12:30PM

### **Mantras, Rituals & Deities as Vedic Astrology Remedial Measures**

Vamadeva (Dr. David Frawley) & Yogini Shambhavi

The main Vedic astrology remedial measures are on the spiritual side with mantras, rituals and deities. Shambhavi will discuss how these measures are used and recommended, particularly in India today, where astrological temples remain popular and are commonly used to seek relief from life's many possible afflictions, as well as to promote good fortune and spiritual growth.

### **Advanced Medical Astrology**

Christina Collins

Christina Collins –will be presenting the 36 medical divisions (Drekkanas) of a chart. This Drekkana system is different than the Drekkana divisional varga chart which is used for delineating the siblings or brothers and sisters of an individual. By applying the current transits, and observing the triggered natal planets in Vimshottari Dasa (i.e. If they are in play.) you can predict not only what illnesses or accidents are likely, but when they will potentially occur! The PowerPoint presentation of this classroom seminar is also available at [jyotish@indra.com](mailto: jyotish@indra.com).

12:30PM – 1:30PM

### **Ayurveda Lunch**

**1:30PM – 4:30PM**

**Free Time**

**Tri Health Ayurveda Health Treatments Available**

4:30PM – 6:00PM

### **Ajna Chakra and Yoga**

Sraddhasagar

The evening practice will be a yogic journey through the chakra system of diagnosis – 7 days and 7 chakras. Physical, mental and emotional symptoms reflect blockages that come from life experiences that have not been integrated. The class includes asanas, meditations upon a yantra and use of mantra to activate the chakra of the day.

6:00PM – 8:30PM

### **Dinner on your own**

8:30PM – 9:30PM

### **Ecstatic Poetry and Music of Lalla, Mirabai and Kabir**

Gabrielle Young

## **Saturday, May 30, 2009**

7:00AM – 8:00AM

### **Morning Yoga**

8:00AM – 9:00AM

### **Ayurveda Breakfast**

9:30AM – 12:30PM

### **Arishta Yogas and Case Studies in Medical Astrology**

Vaughn Paul Manley, M.A.

Arishta yogas are planetary combinations of misfortune, and their presence or absence in the natal chart are important indicators for the overall health of an individual. They also become activated during the dashas of planets that form these yogas, which is a valuable method for predicting the timing of illness. This class focuses on learning to identify and assess the strength of Arishta Yogas to cause illness. We will do this by analyzing a variety of case studies of celebrities and ordinary people alike dealing with such illnesses as Alzheimer's, Cancer, Leukemia, and others.

### **Dreamscape: Accessing the Inner Realms of Consciousness**

Susie Patterson, M.A.

A method for building your own "inner landscape". This will show how to create one's own sacred space and also how to contact the "inner Guides" who are always with us and are just waiting for us to reach out to them for healing practices. This is a direct connection to one's own Higher Self and also to the entities who can best assist us on our journey towards consciousness.

12:30PM – 1:30PM

### **Ayurveda Lunch**

**1:30PM – 4:30PM**

**Free Time**

**Tri Health Ayurveda Health Treatments Available**

4:30PM – 6:00PM

**Sahasrapadma Chakra and Yoga**

Sraddhasagar

The evening practice will be a yogic journey through the chakra system of diagnosis – 7 days and 7 chakras. Physical, mental and emotional symptoms reflect blockages that come from life experiences that have not been integrated. The class includes asanas, meditations upon a yantra and use of mantra to activate the chakra of the day.

6:00PM – 8:30PM

**Dinner on your own**

8:30PM – 9:30PM

**The Power of Mantra as a Remedial Measure for Health**

Vaughn Paul Manley, M.A.

Mantra means 'to heal or protect the mind.' Since all karma stems from our thoughts, mantras provide a powerful method for reversing the trends of our karma by directly effecting our mind with positive healing vibrations. This is the primary reason why they've been traditionally recommended as remedial measures by the sages of India. This class will cover the theory and practice of mantras, and focus on the ones that are particularly effective for health issues.

**Sunday, May 31, 2009**

7:00AM – 8:00AM

**Morning Yoga**

8:00AM – 9:00AM

**Ayurveda Breakfast**

9:30AM – 12:30PM

**Closing - Panel Discussion:**

Questions and Answers

12:30PM – 1:30PM

**Ayurveda Lunch**

**Monday, June 1, 2009**

**Post Symposium Intensive**

7:00AM – 8:00AM

**Yoga**

8:00AM – 9:00AM

**Ayurveda Breakfast**

9:30AM – 12:30PM

**Inner Tantic Yoga (Part One)  
Healing through Nature, Shakti and Tantra**

Vamadeva (Dr. David Frawley) & Yogini Shambhavi

We will explore the inner yogic practices of Vedic astrology that relate largely to the greater Tantric tradition of mantra, yantra and Devata. We will examine how to connect with the planetary deities in an experiential manner, as part of the spiritual energies of the greater universe, as a means of both self-knowledge and of improving our karmas in life.

Such inner remedial measures are often superior to the use of gems in their effects and are much less expensive. They can be more effective than elaborate external yajnas, but do require some teaching and some inner receptivity for their proper application. Their efficacy rests upon a certain attitude, a recognition of the Divine presence in nature and an ability to work with the sacred powers of life in a practical manner. We will show how to understand the signature energy of the planets and how to adjust these in our own actions, our environment and in our sadhana or Yoga practice. This will open up an entire new range of understanding of remedial measures in Vedic astrology.

Shambhavi will specially discuss the use of such mantra remedial measures and well as her experience with planetary deities and planetary temples in India, particularly those devoted to the planet Saturn.

12:30PM – 2:00PM

**Ayurveda Lunch**

2:00PM – 5:00PM

**Inner Tantic Yoga (Part Two)  
Healing through Nature, Shakti and Tantra**

Vamadeva (Dr. David Frawley) & Yogini Shambhavi  
Continued From The Morning Session.

5:00PM – 8:00PM

**Dinner on your own**

**For More Information:** [lorigauger@vedicastrology.org](mailto:lorigauger@vedicastrology.org) or [dayanandaji@gmail.com](mailto:dayanandaji@gmail.com)  
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