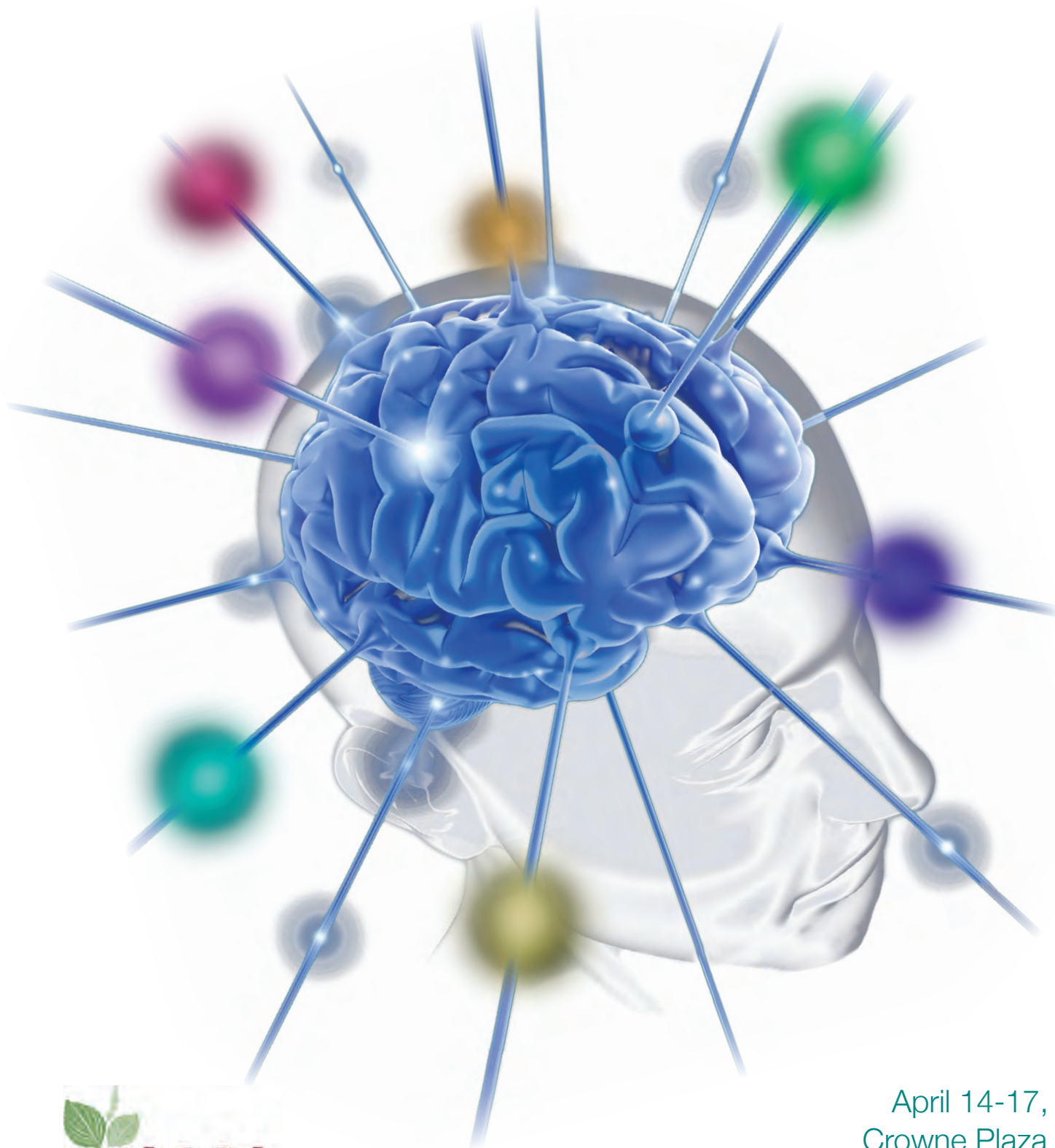


# Healthy Body, Healthy Brain, Higher Consciousness Through Ayurveda

**8th Annual NAMA Conference**



April 14-17, 2011  
Crowne Plaza Hotel  
Cherry Hill, New Jersey  
[www.ayurveda-nama.org](http://www.ayurveda-nama.org)



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Dear Ayurvedic Community,

*Welcome to the Eighth Annual National Ayurvedic Medical Association Conference!*

These conferences are a unique opportunity to spend time with practitioners from across the street, across the country, and around the world, to gather together collected centuries of experience and wisdom.

We represent a group of holders of lineages and teachings collectively known as Ayurveda. As Ayurvedic students and practitioners, as people who have fallen in love with these principles that are ancient and modern, timeless and eternal, and beyond limit, we have the gift of being exposed to this information and the responsibility to share it with others. The annual National Ayurvedic Medical Association Conference is a time to come together in fellowship and community with others immersed in Ayurveda—and to recommit to our personal practice, our study, our teaching, and our work with the larger community.



It is heartwarming to think that this is the eighth time that we as a group have made the commitment to make this pilgrimage across the freeway, the country, or the planet, to be in each others' presence, to share what is known about Ayurveda and what is ground-breaking and to explore the depths of the different angles of the practice.

Many of us may be the lone practitioner in an area. We may live with people who find our routines mysterious, our predilections for ghee puzzling. When we unite, we can break bread with our comrades, with like-minded and hearted souls who understand the finer points of ojas and can talk to us about the dhatus.

The 2011 Conference Committee has been working on the programming and various details for this conference since the end of 2009. With all of the preparation, it's hard to believe that the actual day has finally arrived. And in this gathering, the most important aspect is the participation of all of you.

Since our inaugural event in Florida in 2003, some of the most heartwarming moments during these events are the spaces within talks when an "aha" moment is recognized; when a connection is made in a corridor, an inspiration is shared that then carries us through the rest of the year, wafting through our practices like the scent of jasmine carried upon the wind.

We are each other's community, the family of those who have discovered Ayurveda, and who are given the gifts of the practice. It is an honor to participate with all of you in this growing and vibrant fellowship. Thank you to all of the sponsors, speakers, exhibitors, attendees, and volunteers for your service allowing this event to happen.

May the banquet of this weekend feed us throughout the year.

With Gratitude,

Felicia Marie Tomasko, RN

*Chair, 2011 NAMA Conference Committee*

*On behalf of the Committee and the NAMA Board of Directors*



Healthy Body, Healthy Brain,  
Higher Consciousness Through Ayurveda



## PROTECTING THE INTERESTS OF THE AYURVEDIC PROFESSION

### Vision Statement

NAMA is the voice of the Ayurvedic community that empowers individuals, communities and humanity to achieve health and well being through Ayurveda.

### Mission Statement

The National Ayurvedic Medical Association is a national organization representing the Ayurvedic profession in The United States of America. Its mission is to preserve, protect, improve and promote the philosophy, knowledge, science and practice of Ayurveda for the benefit of humanity.

### Purpose

The purpose of the Association is to provide leadership within the Ayurvedic profession and to promote a positive vision for Ayurveda and its holistic approach to health and wellness. We will carry out our mission by creating and implementing a dynamic strategic plan to ensure the professional growth and success of Ayurveda.

Come by the NAMA table and find out how you can: Get involved with NAMA and help our profession grow. NAMA's work is done through its committees. If you are interested in volunteering to work on a committee, or helping out with a project or task, please let us know. The active committees are:

- Membership
- Communications
- Standards
- Ethics
- 2012 NAMA Conference
- Nominations and Elections

For more details about our organization or to join, visit us on the web at [www.ayurveda-nama.org](http://www.ayurveda-nama.org).



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NOTICE: Photographs may be taken throughout the conference. These may be used by NAMA in future publications and/or on NAMA websites.

All session presentations will be audio taped by Backcountry Productions. Stop by the NAMA center table to order recordings of any of the open sessions. Practicums will not be recorded. [www.backcountry-productions.com](http://www.backcountry-productions.com)



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### **MOTHER MAYA (MAYA TIWARI)**

**Keynote Address: Saturday, 7:40-8:40 PM, Grand Ballroom A-B**  
**Ahimsa In Ayurveda**

Mother Maya is the embodiment of peace and an extraordinary spiritual teacher. For a quarter of a century, she has been transforming thousands of lives with her healing presence. In December, 2009, Mother Maya appeared alongside the Dalai Lama as a Major Speaker at the Parliament of World's Religions, Melbourne, Australia. She has been a Keynote Speaker at numerous humanitarian and inter-faith conferences, such as the Global Peace Congress of Women's Spiritual Leaders in Geneva, Switzerland. Mother Maya is the founder of Wise Earth School of Ayurveda, and the Mother Om Mission. She is a bestselling author of *Ayurveda: A Life of Balance*; *Ayurveda: Secrets of Healing*; and the Nautilus nominated, *The Path of Practice*; *Women's Power to Heal through Inner Medicine*; and her latest book, *The Living Ahimsa Diet: Nourishment for Life*. Her books are published in several languages and have all received notable acclaim.



### **PANDIT RAJMANI TIGUNAIT, PHD**

**Welcome: Thursday, 7:40-8:40 PM, Riverside Pavilion**  
**Ayurveda – The Meeting Ground of Tradition and Science**

Chairman and Spiritual Head of the Himalayan Institute, Pandit Rajmani Tigunait is the successor to Sri Swami Rama. Family tradition gave him access to a vast range of spiritual wisdom preserved in both the written and oral traditions. As a young man, he lived and studied with renowned adepts before meeting his spiritual master, Swami Rama of the Himalayas. Panditji is fluent in Vedic and Classical Sanskrit and has an encyclopedic knowledge of the scriptures. He holds a doctorate in Sanskrit from the University of Allahabad, and another in Oriental Studies from The University of Pennsylvania. Author of 14 books running the gamut from scholarly analysis and scripture translation to spiritual biographies and practical advice on applying yogic concepts to the problems of daily life. Lecturing and teaching worldwide for more than 30 years, Pandit Tigunait is also the inspiration for the Institute's rural empowerment projects and the motivating force behind the HI Community Centers taking root in Asia and Africa.



### **CHRISTINE HORNER, MD**

**Plenary Session: Saturday, 8:30-10 AM, Grand Ballroom A-B**  
**Restoring Balance After Cancer Treatment**

Dr. Christine Horner is a board certified and nationally recognized surgeon, author, expert in natural medicine, professional speaker and a relentless champion for women's health. She spearheaded legislation in the 1990's that made it mandatory that insurance companies pay for breast reconstruction following mastectomy. She is the author of *Waking the Warrior Goddess: Dr. Christine Horner's Program to Protect Against and Fight Breast Cancer*, winner of the Independent Book Publishers Award 2006 for "Best Book in Health, Medicine, and Nutrition."



### **VASANT LAD, BAMS, MASC**

**Closing Remarks: Sunday, 2:15-3:15 PM, Grand Ballroom A-B**  
**Entering Into the Heart of the Patient with the Flame of Love and the Light of Knowledge**

Dr. Vasant Lad, received the degree of Bachelor of Ayurvedic Medicine and Surgery (B.A.M.S.) from the University of Pune in Pune, India in 1968 and a Master of Ayurvedic Science (M.A.Sc.) from Tilak Ayurved Mahavidyalaya in Pune in 1980. For 3 years he served as Medical Director of the Ayurveda Hospital in Pune. He also held the position of Professor of Clinical Medicine at the Pune University College of Ayurvedic Medicine where he was an instructor for more than a decade. In 1984, he founded and began as Director of The Ayurvedic Institute in Albuquerque, New Mexico. Dr. Lad is the author of many books and articles and is respected throughout the world for his knowledge of Ayurveda.



## Practicum Schedule: Thursday



### **Bahya Snehana: Hands on Tool for Connecting Body/Mind and Spirit** Thursday, 1-5 PM, Crystal 1-2

Ayurveda defines, ayu or life, as the intelligent coordination of atma (the soul), manas (the mind), indriyas (the senses) and sharira (the body), with the totality of life. Ayurveda focuses on maintaining a balanced, integrated relationship among them. Imbalance, whether physical, mental or emotional, arises when there is a disconnection between the subjective/non-physical and the objective/physical areas of life. Bahya Snehana (external oleation) is a tool that is used to help integrate the four pillars of life when imbalance has appeared in the body/mind complex, through eliminating ama and malas and coordinating the five pranic flows. This practicum will include a review of Vata and its subdoshas with particular attention on creating stability of mind. The theory behind snehana treatment and the herbal oils used will be addressed and will be followed by two hours of demonstration and in-depth exploration of this important tool.

**DR. SUNIL JOSHI, BAMS, MD (AYU)**, is a world renowned Ayurvedic physician from Nagpur, India. He serves on the advisory board of the Chopra Center for Well Being and has spoken at Columbia University, the National College of Naturopathic Medicine, and the National Institutes of Health in Washington DC. Currently, Dr. Joshi is involved in supporting the expansion of Ayurveda throughout North America, Europe, and South Africa, focusing a majority of his time teaching and practicing at his two primary centers in India and Albuquerque, New Mexico.



### **The Trinity of Yoga, Ayurveda, & Tantra Sadhana** Thursday, 1-5 PM, Crystal 3

The concept of swastha reveals that health and living in the Self are the Essence of Therapy. By deepening and personalizing the Sadhana, healing qualities within the practitioners are enlivened. Sensitivity is the essence of the evolution of the practitioner into a multi-kosha healer. Realization of the trinity of Yoga, Ayurveda, and Tantra manifest the Yoni Mudra. All spiritual practices are embodied in this Source that represents the Serenity, Compassion and Love of the Divine Mother. The root is seeking sattvic tridosha continuously as a spiritual lifestyle. This 4-hour, interactive practicum will include practices and teachings that promote the end of separation from Self. Please bring a yoga mat to the class.

**MUKUNDA STILES** began a spiritual practice in 1969 and was initiated into the Tantric Siddha lineage in 1974. Through this format he was introduced to Ayurveda, Yoga, and Tantra as a lifestyle. He is the author of Structural Yoga Therapy, Ayurvedic Yoga Therapy, Tantra Yoga Secrets, and a devotional rendering of the Yoga Sutras of Patanjali.

**CHINNAMASTA STILES** worked as an ICU Pediatric Nurse for 13 years in Holland. She studied end of life counseling with psychiatrist Michael Murphy, the founder of the hospice movement. She is certified as a Structural Yoga Therapist. She studied with Kiran Vyas at Tapovan Ayurvedic/Yoga Center in Normandy. Her spiritual practices in Tantric Yoga led her to Mukunda, where they deepened their Sadhana as consorts. This evolution results in her presence spontaneously conveying uplifting Grace.

## Thursday Evening Schedule

6:00-9:00 PM, Riverside Pavilion

Gather for dinner and join with NAMA for the annual Membership meeting and awards presentations.



### **Conference Opening Remarks by:** **Pandit Rajmani Tigunait** 7:40-8:40 PM

### **Ayurveda – The Meeting Ground of Tradition and Science**

**PANDIT TIGUNAIT** will highlight the major differences between Ayurvedic principles of healing and the allopathic model of curing disease, and the strengths of each. His discussion will focus on two major points: The physical and mental health conditions of people in both developing and developed countries, and the crucial role Ayurveda can play by serving humanity with health care, which – in the truest sense – is healing, affordable, and sustainable.

The importance of staying connected with the tradition in which Ayurveda is rooted; the value of increased interaction with vaidyas, who are custodians of time-honored family and spiritual traditions; and the benefits of creating a bridge between this age-old Ayurvedic knowledge and the modern system of health care.



### Effective Utilization of Limited Ayurvedic Herbs in Clinical Practice

Friday, 2-6 PM, Crystal 3

Remedies of herbal origin have been an indispensable part of Ayurvedic therapeutics. Variations with respect to combining, synergism, posology, time, method and vehicle of administration of the herbs play a pivotal role in efficacy and safety of these herbal remedies. A single herb can be successfully utilized in multiple pathologies while changing its method of preparation, vehicle of administration, etc. It is crucial for a practitioner of Ayurveda to be acquainted with the skills of formulating simple formulas using a few highly effective herbs. This hands-on presentation will introduce practitioners of Ayurveda to keys to identify phytochemicals present in the herbs and the understanding of its effectiveness in multiple preparations and methods of administration .

**DR. PARLA JAYAGOPAL** received his Bachelors degree in Ayurvedic Medicine and Surgery (B.A.M.S.) from Bangalore University, India, and a Doctor of Medicine in Ayurveda (M.D. Ayu) from Rajive Gandhi University of Health Sciences, India. He has a specialty in herbology. He worked as a chief resident Physician in Indus Valley Ayurvedic Center in Mysore. Currently he is working as Assistant Professor and Chair of Ayurvedic Medicine at American University of Complementary Medicine in Beverly Hills, California. He has traveled extensively and has presented in several national and international conferences. He also serves as a board member of the California Association of Ayurvedic Medicine (CAAM).



### Mapping the Layers of Consciousness: The Yoga of Transformation and Neuro-biofeedback

Saturday, 2:15-6:15 PM, Crystal 3

Marty will present a model of Yoga Science and its relationship to current scientific understanding of the brain and nervous system. In the didactic portion a complete discussion of the model to include the neuroscience of yoga, the neuropsychology of yoga, and the neurotheology of yoga. In the hands on portion there will be a full discussion and demonstration of the practical application of this information using Neuro-Biofeedback as a tool to facilitate self transformation and meditation training. Neuro-biofeedback equipment will be used in the demonstration and hands on portion of this session.

**MARTY WUTTKE, CNP** is a pioneer in combining multiple protocols of Neurofeedback therapy as an intervention for depression, traumatic brain injury, nicotine dependence, eating disorders, chronic pain, anxiety, chemical dependency and alcoholism. He develops, researches, and teaches protocols for Neurofeedback application with ADD/ADHD, learning disabilities and developmental disorders, autoimmune disorders, and stress related disorders. With over 30 years of research and application of yogic science of consciousness, ayurvedic medicine, holistic nutrition and meditation, he is uniquely qualified in combining the wisdom and methods of ancient traditions with advanced technologies as a way to facilitate healing, personal growth and the awakening process.



*Join representatives from Yoga Alliance on Friday morning from 8:00 - 8:45 AM in Crystal 3 room where they will have an open discussion about what is happening in the Yoga world and answer questions about current events. Morning tea service will be provided.*

Some of the weekend presentations are eligible for Yoga Alliance Continuing Education Credit. Check at the NAMA Center for qualified courses.

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# Special Morning Yoga & Meditation Sessions



Please bring a mat or towel for yoga sessions. Plan to arrive a few minutes early at morning sessions.

FRIDAY



**Friday, 7-8 AM**  
Yoga with **SHARI FRIEDRICHSEN**  
in the Terrace Room

Shari has been teaching yoga for over three decades. She is a key facilitator at the teacher training programs at Santa Monica Yoga and the Himalayan Institute. Shari has studied asana and meditation with respected teachers like Pandit Rajmani Tigunait, Amma Sri Karunamayi, B.K.S. Iyengar, and Judith Lasater. As a subtle anatomy expert, her unique style integrates the breath, proper alignment, and visualizations to draw the student deep into the inner experience of each posture.



**Friday, 7-8 AM**  
Meditation with **ALAKANANDA MA**  
in the Crystal Ballroom

Set your intention and make the most of your day by joining your energy with others for the morning meditation. Alakananda Ma graduated as a physician from St. Bartholomew's Hospital Medical College in 1976. One of the first Western physicians to dedicate her life to Ayurveda, Ma has been practicing Ayurveda since 1989 and is the principal teacher of Alandi Ayurveda Gurukula.

SATURDAY



**Saturday, 7-8 AM**  
Yoga with the **STILES**  
in the Terrace Room

Join Chinnamasta and Mukunda Stiles to begin your day. As a follow up offering to their pre-conference practicum session, they will provide a deeper journey into the wisdom and healing of yoga.



**Saturday, 7-8 AM**  
Meditation with **DR. VASANT LAD**  
in the Crystal Ballroom

An opportunity to set your intention and focus your attention for the day. Join with **NAMA Board of Advisors** member, Vasant Lad for your morning meditation.

SUNDAY



**Sunday, 7-8 AM**  
Yoga with **LARISSA HALL CARLSON**  
in the Terrace Room

Larissa Hall Carlson, a 500-hour Kripalu Yoga teacher, Ayurvedic Lifestyle Consultant, Ayurvedic Yoga Specialist, and Reiki practitioner, is Program Leader and Ayurvedic Yoga Specialist for the Kripalu Institute for Extraordinary Living's (IEL). Larissa has taught yoga, meditation, pranayama, and yogic philosophy for the Tanglewood Music Center, Berkshire Opera Company, Juilliard School, and Boston Conservatory. She is also Staff Manager, Yoga Educator, and Assistant to the Dean for Kripalu's School of Ayurveda. Creator of the CDs *Meditative Yoga Flow: A Kripalu Sadhana* and *Ayurvedic Pranayama and Meditation for the Doshas*, she teaches workshops, directs yoga trainings, and provides Ayurvedic consultations.



**Sunday, 7-8 AM**  
Meditation with **DR. LIGHT MILLER**  
in the Crystal Ballroom

Enjoy the connection with fellow attendees for this final morning of the conference. Join Dr. Light Miller as she creates a sacred space to begin your day. Dr. Light Miller and Dr. Bryan Miller teach aromatherapy, Ayurveda, and tantra and conduct programs in Pancha Karma, Kaya Kalpa, and Rasayana. Her books include *Ayurveda & Aromatherapy*, *Ayurvedic Remedies for the Whole Family*, and *Ayurvedic Curative Cuisine for Everyone*. She runs a clinic and gurukula in Hollywood, Florida: [ayurvedichealers.com](http://ayurvedichealers.com).

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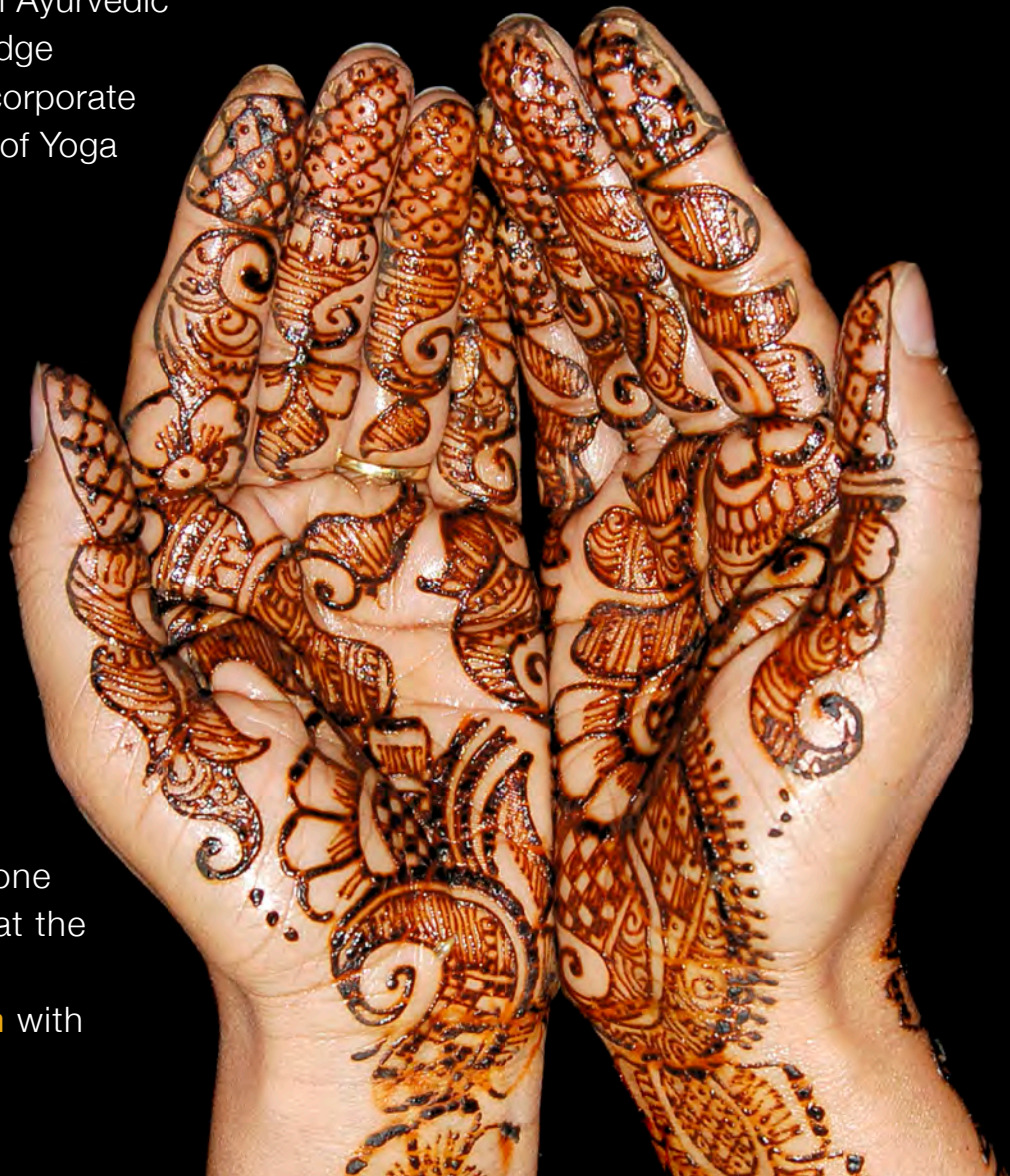
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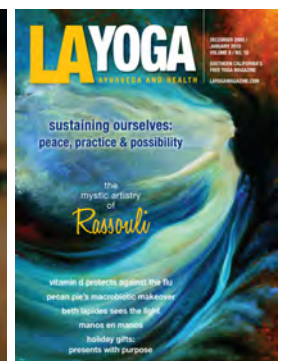
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## Welcome and Opening Panel:

Friday, 8:45-10:00 AM, Grand Ballroom A & B

### Subtle Body / Physiological Body

How to integrate body/mind/spirit in practice: When we do this, how is our consciousness affected? What happens to the individual? What happens to the world as a community?



Dr. Sunil Joshi, Vaidya Rama Kant Mishra, and Dr. Christine Horner; moderated by Dr. Anne (Sharada) Meneghetti



### Ayurveda and Yoga Therapy in Conventional Medicine

Friday, 10:15 AM-12:15 PM, Crystal 1-2

Ayurveda and Yoga Therapy improve health and well being; as Yoga helps with physical, mental, and spiritual enlightenment and Ayurveda helps with perfect health. Ayurveda and Yoga Therapy can be used for disease prevention, rehabilitation, adjunct therapy, and may cure certain chronic diseases, when combined with conventional therapy. As most diseases manifest with an acute onset, conventional therapy should begin at that time, along with lifestyle modification through Ayurveda and Yoga Therapy. This will gradually improve one's underlying condition and chronic use of drugs can be slowly withdrawn.

**DR. DILIP K. SARKAR, MD, FACS, D.AYUR** is an expert in Yoga Therapy who combines his 40-year experience in Conventional Medicine with his knowledge of Integrative Medicine, including Ayurveda and Yoga Therapy. He serves on several healthcare boards and is a Member of NAMA, a Member of IAYT, and Fellow of AAIM. He is a Certified Ayurvedic Practitioner, and teaches classes in Yoga Therapy, Ayurvedic wellness, and Integrative Medicine. Currently, he is Executive Director, School of Integrative Medicine, Taksha Institute, in Virginia.

## Breakout Sessions



### Understanding the Human Brain: Ayurvedic-chemistry of the Nervous System

Friday, 10:15 AM-12:15 PM, Crystal 3

Despite all the technological advances, much about the human brain still remains a mystery. Recent findings regarding the structure, function and physiology of the human brain indicate that (a) age-related memory loss is not solely due to neuronal loss, (b) brain aging is related to chemical changes in the brain and, (c) the rate at which the brain ages may be hastened or slowed by lifestyle changes. In this presentation which will be supported by peer reviewed research work, Ram will discuss the (1) Nervous System, Brain Aging and Neurodegenerative diseases (2) Factors that hasten or delay brain aging (3) Ayurvedic interpretation of the nervous system, and (4) Therapeutics including Medhya Rasayanas and their role in rejuvenating the brain.

**RAMMOHAN RAO, CAS, PHD** comes from a family of Ayurvedic practitioners and Vedic teachers in India tracing back to the illustrious Vedic-acharya Rishi Kaundinya. Ram completed the academic training at the California College of Ayurveda (CCA) and received his certification as Clinical Ayurvedic Specialist. Ram is also a dedicated Hatha yoga practitioner and is a RYT from Yoga Alliance USA. In his spare time he offers consultations in YAMP techniques (Yoga, Ayurveda, Meditation & Pranayama). Ram holds a PhD degree in Biochemistry and Neurosciences and works as a Research Associate Professor at the Buck Institute for Age Research, Novato, CA.

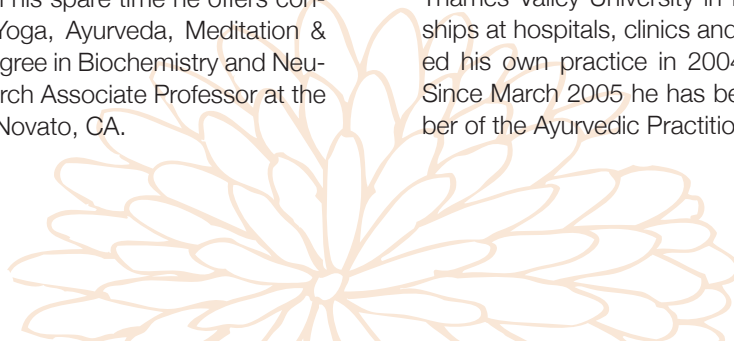


### Panchakama – Process Work for Clearing Body, Mind and Emotions

Friday, 10:15 AM-12:15 PM, Terrace Room

Panchakarma is a process of profound clearing for body, mind and emotions that provides space for flexibility, new possibilities and the purposeful creation of a reality one wishes to experience. It allows for the examination of one's values and belief systems, which enables one to consciously choose what is 'working' and discard what is no longer of use. Panchakarma also increases the depth and authenticity of one's relationships - both with self and others. This presentation will focus on how to create an energetic space in one's health practice that facilitates transformative processes for deep insight, release and healing on all levels.

**SASCHA KRIESE, BA HONS. (AYU)** began his studies in Ayurveda and pulse reading in 1998 with his mentor Dr. Naram in Mumbai. Having completed an Ayurvedic degree course at Thames Valley University in London and several clinical internships at hospitals, clinics and private practices in India, he started his own practice in 2004 together with his wife Rebecca. Since March 2005 he has been working as an executive member of the Ayurvedic Practitioners Association (APA).





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### Pancha Karma

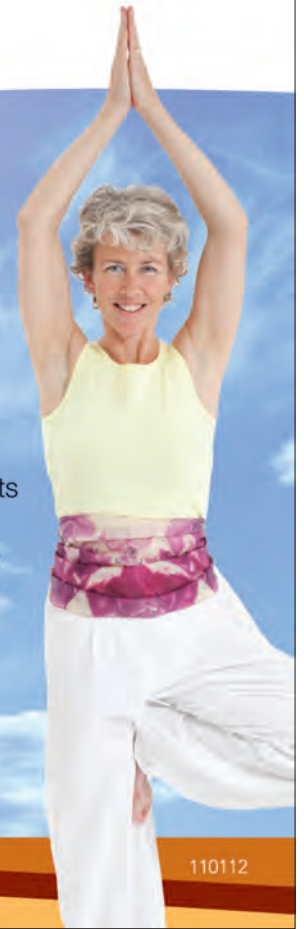
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**Primordial Sound Meditation:  
The Cornerstone of Ayurveda and the  
Path to Higher States of Consciousness and  
Enhanced Self-Awareness**  
Friday, 2-4 PM, Crystal 1-2

Sound is the most subtle of the pancha mahabutas, Akasha, which contains within itself the primordial and unmanifest forms of all of the other elements and of the whole cosmos. In this course, participants will receive instruction about the use of mantra as a vehicle into the space of infinite potential, enhanced creativity, access to higher states of consciousness, enhanced health and well-being as well as self-knowledge and stress reduction.

**DR. JOANNA CARMICHAEL, PHD, RN, BSN, DD** has been practicing in the nursing field for over 25 years. Her background includes psychiatric nursing, over 20 years of clinical experience in the pharmaceutical research industry and subsequent studies in Meditation, Yoga, and Ayurveda. She holds PhDs in Metaphysics and Divinity, is an Interfaith Minister, and continues to deepen her understanding and experience of these topics as an Ayurvedic integrative/holistic and preventive medicine consultant. She completed the Vedic Mastery program at the Chopra Center in Carlsbad, CA and holds a Diploma in Ayurvedic Medicine from the New Jersey Institute of Ayurveda.



**Minding the Body/  
Embodying the Mind**  
Friday, 2-4 PM, Terrace Room

For centuries, contemplative practitioners have experienced the healing value of meditation. Now, neuroscientists are measuring brain changes before and after people practice mindfulness-based meditation to describe how the brain participates in the mind's experience of healing and wellness. Marty will use stories from the Purana and brief meditations to integrate Vedic Self-Psychology of our "inner instrument," the Antahkarana and its components, Ahankara, Buddhi and Manas with research on, and modern methods of, stress reactions, stress reduction, body-mind dis-ease, and healing and wellness. Marty will describe brain-mind functioning that changes as our focus shifts from self-narrative mode to compassionate-witnessing mode. Marty will also discuss ways Ayurveda practitioners can interface with scientists to generate research that measures the effectiveness of Ayurvedic interventions.

**MARTY COTTLER** earned his PhD in Psychology in 1981. Beginning in 1990, Marty has frequented Ammachi's south Indian ashram, and he authored and edited, *Come Quickly My Darling Children: Stories of Western Devotees of Mata Amritanandamayi*. Marty attained ACVA Level II Jyotisha Certification, and his article, *The Craft of Jyotisha and Humanistic Psychology* was published in the CVA Journal, Vol. 1 No. 1, May 2006. Currently, Marty leads MBSR (Mindfulness-Based Stress Reduction) workshops, and maintains both counseling (Ca LMFT 6833) and Jyotisha practices in Grass Valley, Ca.



**Countermeasures for Vibrational  
Toxicity (EMR/EMF – Electro  
Magnetic Radiation & Field)**  
Friday, 4:30-6:30 PM, Crystal 1-2

EMF/EMR interferes with the natural flow of prana in our bodies, causing arrhythmic vibrations, bringing about imbalances on many subtle and eventually gross levels. This possibly results in disrupted sleep, emotional disturbances, lack of mental clarity, weakened digestive fire, and an impeded elimination routine. Science News Online states, "magnetic fields may be the quintessential endocrine-disrupting pollutant." Vaidya Mishra will elaborate upon this modern day ailment from the ayurvedic perspective and discuss sutras from the original texts and contemporary findings that explain and link the phenomena. Learn simple and fast techniques for daily EMF Detox and somagenic delicious recipes to help restore pranic balance.

**VAIDYA R.K. MISHRA, BAMS, DSC** is a world-renowned Ayurvedic healer issuing from an ancient lineage of Shudh Ayurved Raj Vaidyas from the Shaka Vansya millennial tradition. Author of innumerable articles and co-author of *The Answer to Cancer*, he travels extensively in North America and Canada to give workshops and personal Ayurvedic educational consultations. He is currently teaching an extensive detailed course: The Caraka Samhita, A to Z.



**Consciousness Expansion:  
Waking, Dreaming, Deep Sleep, and Turiya**  
Friday, 4:30-6:30 PM, Terrace Room

According to the teachings of Vedanta in the Upanishads, Pure Consciousness, Brahman, pervades the entire manifest universe and illumines the Buddhi of the individual. This Light shines through the gross, subtle, and causal bodies as well as the waking, dreaming, and deep sleep states, resulting in Turiya. It has the attributes of Sat, Chit, and Ananda, according to the experience of the waking, dreaming, and deep sleep states. To expand the experience of Consciousness, every human being has the inner organ (mind, antahkarana) and prana. The antahkarana technique is chitta vritti nirodhah, described in the *Yoga Sutras*. In the Prana technique, Kundalini Shakti uses prana to expand the experience of Pure Consciousness. To expand Consciousness, yoga and Ayurveda work together. Spiritual advancements affects brain function.

Ordained a monk of the Adi Shankaracharya order in India in 1956, **SWAMIJI CHANDRASEKHARANAND SARASWATI** has over 50 years experience researching the teachings and methods for guiding Kundalini process. Versed in Raja yoga, Advaita Vedanta, Ayurveda, and Sanskrit and Tamil texts, he is the living representative authorized by a lineage of Kundalini specialists with an intact oral tradition over 500 years old and an ageless inner tradition. He supplemented special instruction in oral tradition commentaries with intensive scripture study and by gathering spiritual methods as he walked throughout India for twenty years. Swamiji resides in Rishikesh, India.



	Start	End	NAMA Center in Crystal Foyer	Grand Ballroom C & Promenade	Grand Ballroom A-B
<b>THURSDAY</b> April 14	9:00 AM	5:00 PM	Registration 12 - 5:45 PM		
	6:00 PM	8:30 PM			<b>4</b> Dinner / Annual Membership Meeting ( <b>Riverside Pavilion</b> )
	8:30 PM	9:30 PM		Exhibitor Hall Open	
<b>FRIDAY</b> April 15	7:00 AM	8:00 AM	Silent Auction Open (Ends at 2:30 PM Sat)	Exhibitor Hall Open	
	8:00 AM	8:45 AM			
	8:45 AM	9:15 AM			Welcome / Orientation
	9:15 AM	10:00 AM			<b>7</b> Opening Panel: Subtle Body / Physiological Body
	10:15 AM	12:15 PM			
	12:15 PM	2:00 PM			Lunch & Presentation by Carrie Demers, MD of Himalayan Institute
	2:00 PM	4:00 PM			
	4:30 PM	6:30 PM			
<b>SATURDAY</b> April 16	7:00 AM	8:00 AM		Exhibitor Hall Open	
	8:30 AM	10:00 AM			<b>18</b> Plenary: Horner
	10:30 AM	12:30 PM			
	12:30 PM	2:30 PM			Lunch & Presentation by Vaidya RK Mishra & Dr. Marianne Teitelbaum
	2:30 PM	4:30 PM			
	4:30 PM	5:00 PM	Book Signing with Conference Presenters		
	5:00 PM	6:00 PM			
	6:30 PM	9:00 PM			Banquet Dinner <b>26</b> Keynote Speaker: Mother Maya (7:40 - 8:40 PM) Announcements and Closing
<b>SUNDAY</b> April 17	7:00 AM	8:00 AM		Exhibitor Hall Open	
	9:00 AM	11:00 AM			
	12:00 PM	1:15 PM			Lunch
	1:15 PM	2:15 PM			<b>32</b> Closing Panel: Protecting the Health of the Practitioner
	2:15 PM	3:30 PM			<b>33</b> Closing Speaker: Lad and Intro to 2012 Conference

Terrace Room	Crystal Ballroom 1-2	Crystal Ballroom 3
<b>1</b> Practitioner Meeting (invite only) 9 AM - 4 PM, Lunch 12 - 1:30 PM	<b>2</b> Practicum - Pre-Conference Bhaya Snehana: Dr. Sunil Joshi 1 - 5 PM	<b>3</b> Practicum - Pre-Conference Yoga/Ayurveda: Stiles 1 - 5 PM
<b>5</b> Yoga with Shari Friedrichsen of Himalayan Institute	<b>6</b> Meditation with Alakananda Ma	Join Yoga Alliance for morning tea and Q&A
<b>8</b> Kriese	<b>9</b> Sarkar	<b>10</b> Rao
<b>11</b> Cottler	<b>12</b> Carmichael	<b>13</b> Practicum: Jayagopal 2 - 6 PM (or 6:30 with a break) Herbal Formulations
<b>14</b> Swami Chandrasekharanand	<b>15</b> Mishra	
<b>16</b> Yoga with Mukunda and Chinnamasta Siles	<b>17</b> Meditation with Vasant Lad	
<b>19</b> Mother Maya	<b>20</b> Sodhi	<b>21</b> Mastro
<b>22</b> Harrigan	<b>23</b> Kanniganti	<b>24</b> Practicum: Wuttke 2:15 - 6:15 PM Neuro Bio-Feedback
<b>25</b> Pre-Dinner Gathering, NAMA website premiere		
<b>27</b> Yoga with Larissa Hall Carlson of Kripalu	<b>28</b> Meditation with Light Miller	
<b>29</b> Douillard	<b>30</b> Lurie	<b>31</b> Desai

## Notes

NAMA reserves the right to make changes to the schedule if needed. Daily announcements will be made for any updates.

Photographs may be taken throughout the conference. NAMA reserves the right to use the images on their websites or in printed materials.

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Works by conference presenters will be available for purchase at the conference bookstore in the Exhibit Hall.

### SESSION RECORDINGS

**Backcountry Productions** will be audio taping most of the presentations. Be sure to stop by the NAMA Center to order recordings of any or all of the recorded sessions.

NOTE: Mother Maya's session and keynote will not be recorded. Practicums will not be recorded.

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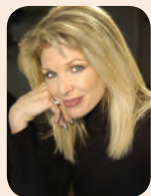


The  
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### Special Plenary Session



#### Restoring Balance after Cancer Treatment Saturday, 8:30-10 AM, Grand A-B

It's no secret that Western approaches to cancer treatments are harsh and damaging to the body. Fortunately, there are a variety of natural approaches that can take away most of the side effects and protect against organ damage without interfering with the effectiveness of the treatments. In fact, certain natural approaches have been found to enhance the cancer killing power of Western treatments while protecting against the potential damage. After cancer treatments the body is usually laden with toxins, the immune system is compromised, and the body is severely out of balance. In this presentation, you will learn about simple, yet powerful Ayurvedic approaches that profoundly improve cancer treatment and recovery.

**DR. CHRISTINE HORNER** is a board certified and nationally recognized surgeon, author, expert in natural medicine, professional speaker and a relentless champion for women's health. She spearheaded legislation in the 1990's that made it mandatory that insurance companies pay for breast reconstruction following mastectomy. She is the author of *Waking the Warrior Goddess: Dr. Christine Horner's Program to Protect Against and Fight Breast Cancer*, winner of the Independent Book Publishers Award 2006 for "Best Book in Health, Medicine, and Nutrition."



#### Living Ahimsa Meditation and Mandala Workshop

Saturday, 10:30 AM - 12:30 PM, Terrace Room

In this highly participatory program – Living Ahimsa Meditation & Mandala – you will learn four essential Vedic practices to strengthen your inner harmony and joy by rejecting violence and accessing the grace of your ancestral tradition. Mother Maya guides you through the essential practice of Living Ahimsa Meditation wherein you will discover how to resolve hurt, despair and negative karmas. Under the Mother's loving presence, you will also have an opportunity to take the Vow of Ahimsa while making an offering to Mother Earth through the creation of Living Ahimsa Mandala – composed of organic grains. More than 146,000 participants have taken the Vow on the current Living Ahimsa World Tour. This program is designed with the following interactive components: Cultivating harmony in thoughts, speech and action; Practicing Living Ahimsa Meditation, Developing Ahimsa Awareness in everyday life; Creation of a Sacred Grain Mandala for Mother Earth.

**MOTHER MAYA** is the embodiment of peace and an extraordinary spiritual teacher. For a quarter of a century, she has been transforming thousands of lives with her healing presence. In December, 2009, Mother Maya appeared alongside the Dalai Lama as a Major Speaker at the Parliament of World's Religions, Melbourne, Australia. She has been a Keynote Speaker at numerous humanitarian and inter-faith conferences, such as the Global Peace Congress of Women's Spiritual Leaders in Geneva, Switzerland. Mother Maya is the founder of Wise Earth School of Ayurveda, and the Mother Om Mission. She is a best-selling author of *Ayurveda: A Life of Balance*; *Ayurveda: Secrets of Healing*; and the Nautilus nominated, *The Path of Practice*; *Women's Power to Heal through Inner Medicine*; and her latest book, *The Living Ahimsa Diet: Nourishment for Life*. Her books are published in several languages and have all received notable acclaim.

### Breakout Sessions



#### Improve Health, Reduce Environmental Stress, and Balance the Five Elements Through Vastu Saturday, 10:30 AM - 12:30 PM, Crystal 3

We live in a sea of stellar, lunar and electromagnetic influences. Every shift produced in the atmosphere has the potential to affect our actions, health, and emotional well-being. Every particle of energy is linked to the next and alive with the five elements, including our living and working environments. Through Vastu, Ayurveda's sister science, these places where we spend so much of our time are considered the bodies of our body. Learn how to recognize and correct environmental imbalances using Vastu within your home and workspace to reduce physical and emotional stress and balance mind/body/spirit.

With over 40 years of experience in the art and science of Vastu Shastra, **MICHAEL K. MASTRO** is considered one of the leading experts of Vastu worldwide. Helping people live in peace and experience harmony and success through Vedic knowledge has been his life's work. He has brought the benefits of Vastu to thousands of people worldwide, as well as corporate clients such as Microsoft, Boeing, Amazon, NASA, The World Bank and Oracle.





## Presentation Schedule: Saturday



### Ayurvedic Adpatogens in Mental Disorders

Saturday, 10:30 AM - 12:30 PM, Crystal 1-2

Mental disorders are common world wide. An estimated 26.2 percent of Americans ages 18 and older suffer from a diagnosable mental disorder in a given year. Mental disorders are the leading cause of disability between the ages of 15 and 44 in the USA and Canada. Current drugs used to treat these conditions have a laundry list of side-effects; there is a desperate need for development of safe alternatives. Ayurvedic medicine and herbs have a great potential in filling this gap.

**DR. VIRENDER SODHI, MD (AYU), ND** is an internationally respected Ayurvedic and Naturopathic physician, and one of the first to practice Ayurvedic medicine in the US. He received his MD (Ayurveda) after completing his medical training in India. He came to the US in 1986 to share Ayurveda as part of a cultural exchange program. In 1988, Dr. Sodhi graduated from Bastyr University. Dr. Sodhi treats patients from all over the world at the Ayurvedic and Naturopathic Medical Clinic in Bellevue, Washington. He also lectures extensively throughout the U.S. and other countries, and is the founder of Ayush Herbs, Inc.



### Teaching Ayurvedic Practices in the Therapeutic Session

Saturday, 2:30-4:30 PM, Terrace Room

Therapists have the opportunity to teach clients simple and highly effective Ayurvedic practices for ongoing home use during the therapeutic session itself. A person's posture, breathing behavior, mental patterns, values, goals, and cosmology all express their areas of stuckness, imbalance, and potential. By reading and retraining these habits the therapist can help open the individual to increased comfort, awareness, and growth. Through aligned, relaxed posture, diaphragmatic and alternate nostril breathing, concentration on a single thing, and open awareness, their subtle energy can flow more freely, and they can release repetitive mental whirlpools. Through the Vedic worldview, the practitioner can provide a broader context for the individual to interpret and change their self-concept and life choices.

A brahmacharini in the Shankaracharya order, **BRI. JOAN SHIVARITA HARRIGAN, PHD** has practiced, studied, and taught Raja Yoga and Advaita Vedanta for thirty years. She has been individually tutored by Swami Chandrasekharanand Saraswati as the designated successor of the lineage of Kundalini Vidya. The author of *Kundalini Vidya: The Science of Spiritual Transformation*, she is director of Patanjali Kundalini Yoga Care ([kundalinicare.com](http://kundalinicare.com)), a spiritual guidance service based at the Oneness Sanctuary in Knoxville, Tennessee. She is also a psychologist specializing in spiritual concerns. Her dissertation investigated the effects of hatha yoga asana and breath awareness meditation on stress.



### Honoring the Bridge: Integrating Ayurvedic Wisdom and Current Brain Research in the Healing of Trauma

Saturday, 2:30-4:30 PM, Crystal 1-2

Trauma as an extreme form of stress may be the root cause of many diseases. In the mind-body wisdoms of Ayurveda, trauma is a translation of severe and/or chronic doshic imbalance with rajasic and tamasic gunas. The study of psychological trauma has been supported by a huge body of knowledge in neuroscience and psychobiology. In this presentation, we will discuss current research findings about how people's brains, minds, and bodies respond to traumatic experiences, and how these findings correspond to Ayurvedic pathophysiology. We will focus on Ayurvedic healing approaches for trauma, and explore integration with western treatments.

**ROHINI KANNIGANTI, MD, MSPH**, is a Board Certified Family Physician practicing Integrative Medicine in Boulder, CO. She studied Medicine and Public Health at the University of North Carolina at Chapel Hill, completed residency at the East Tennessee State University and studied Ayurveda in India. Devoted to medical education and the healing of healers, she has given numerous presentations nationally to medical doctors, holistic practitioners and students.

### Saturday Evening: 5-6 PM

Join NAMA in the Terrace Room for the premiere of the new NAMA website!



### Keynote Address by Mother Maya

**Ahimsa in Ayurveda**  
7:40-8:40 PM, Grand Ballroom A-B

According to Ayurveda, once we awaken personal awareness and invoke wellness, we can shift global consciousness into the mind of peace. Ayurveda is one of the first known modalities of healing in the world that is based in the principles of ahimsa – harmony, nurturance, love and non-hurting. In this powerful message of Living Ahimsa, Mother Maya seamlessly demonstrates the fundamental reasons why Ayurveda is by far the most complete and effective means for restoring personal health and healing world crisis. Living Ahimsa informs each one of us has the innate power to transform disease, poverty and despair into health, harmony and love. Mother Maya's quarter-century long, revolutionary work in Ayurveda informs that the healer, healed and healing are but one seamless process within the person, be they the patient or the practitioner.





**Healing the Cause of Anxiety and Depression: An Ayurvedic Perspective**  
Sunday, 9-11 AM, Terrace Room

The bliss sheath is dominant for the first two years of life, shortly after the mental sheath is employed to offer protection to this sensitive child. Outside threats cause the mind to create a new safer version of personality based on sensory stimulation and the need to be loved. Invariably, even with this emotional armor, one gets hurt. To protect, molecules of emotion and a new personality (mental ama) are created and stored in fat cells triggering emotional reactivity for a lifetime, physiological strain and the separation from the Self. The lack of access to our delicate, vulnerable and most powerful self is a depressing experience. Ayurveda brings balance and clarity to fight this great battle “mahabharata” against the illusions of the mind.

**DR. JOHN DOUILLARD, DC, PHD** has been teaching natural medicine and Ayurveda for 22 years and has written and produced 18 health and fitness books, CD's and DVD's. Dr. Douillard publishes a nationally known video-newsletter on health issues and cutting edge research available at LifeSpa.com. He is the author of *The Yoga Body Diet*, *The 3-Season Diet*; *Body, Mind, and Sport*; *Perfect Health for Kids* and *The Encyclopedia of Ayurvedic Massage*. He created the LifeSpa Ayurvedic skin-care and herbal line and currently directs LifeSpa, an Ayurvedic Retreat Center, where he offers consultations and personalized panchakarma detox retreats. He lives with his wife and six children in Boulder, CO.



**How Ayurvedic Herbs Can Influence Brain Degeneration**  
Sunday, 9-11 AM, Crystal 1-2

Neurodegenerative diseases such as Alzheimer's disease, Parkinson's disease, and memory loss have become increasingly prevalent with limited effective treatment options. This session will first present an overview of neurodegenerative brain diseases from a western biomedical perspective. We will then explore the interactions between the nervous system and the immune system as it relates to neurodegeneration. Finally, we will discuss how the latest biomedical research on these syndromes interfaces with new findings on the mechanism of action of several herbs traditionally used in Ayurveda to treat these diseases.

**DR. DIANA LURIE** received her Ph.D. in Neuroscience from the University of Pennsylvania and is now a Full Professor at The University of Montana, Dept. of Biomedical and Pharmaceutical Sciences, Skaggs School of Pharmacy. She teaches and maintains an active research lab investigating the effects of toxins and natural products on the brain. Dr. Lurie is also a Certified Ayurvedic Practitioner (Kerala Ayurveda) and practices part-time as an ayurvedic wellness counselor.



**A Critical Look at the Role of Fats and Cholesterol in Heart, Brain and Hormone Health**  
Sunday, 9-11 AM, Crystal 3

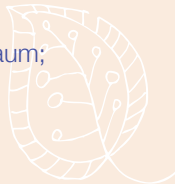
Western Medicine has a negative view of saturated fats and cholesterol, while Ayurveda promotes the use of ghee, a saturated fat. This presentation will explore the science behind those views and understanding of the role of cholesterol in the body. We will look at the role of cholesterol, fats, and fat soluble vitamins in brain health and hormone health. Lastly, we will explore causes of heart disease and identify healthy fats for heart health. We will briefly explore the role of calcium in heart health and the role of fats in calcium uptake. This presentation will provide scientific support for Ayurvedic practitioners wishing to use fats and oils for Vata type disorders.

**NITA DESAI M.D.** is a holistic medical doctor practicing in Boulder Colorado. She is a certified Ayurvedic Practitioner and certified Yoga Teacher. She has studied whole food nutrition and complementary western medicine. Some of her teacher's include Dr. Vasant Lad, Dr. Deepak Chopra, Alakananda Ma and Swami Chandrashekarand Saraswati. She uses Ayurvedic skills including face, nail, tongue and pulse diagnosis in her practice in addition to conventional western physical exam and blood analysis.

**Closing Panel:**  
**Protecting the Health of the Practitioner**

1:15-2:15 PM, Grand Ballroom A-B

Dr. John Douillard, Dr. Vasant Lad, Dr. Marianne Teitelbaum;  
Moderated by Devi Mueller, CAS, MAyu



**Closing Speaker: Dr. Vasant Lad**  
**Entering the Heart of the Patient with the Flame of Love and Light of Knowledge**  
2:15-3:15, Grand Ballroom A-B

ज्ञानबुद्धिप्रदीपेन यो नाविशति तत्रवित् ।  
आतुरस्यान्तरात्मानं न स रोगांश्चिकित्सति ॥ १२ ॥

*If a physician, even though having a profound knowledge of the scriptures, does not enter into the heart of the patient with the flame of love and the light of knowledge, he/she will not be able to treat the disease properly. —Charaka Samhita, Vi 4/12*



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# Special Lunch Time Educational Presentations



FRIDAY



## Friday, 12:45-1:45 PM, Grand Ballroom A-B Maturing vs. Aging: Opportunities in the Third Stage of Life

Ayurveda and modern science describe, in remarkably similar ways, what happens as we age. The challenge of course is to navigate the “Vata-rising” years with awareness of both our limits and the new possibilities that arise in this phase of life. Come learn what modern science is discovering about how the mature brain works, and how to live fully and purposely in the years after 50.

**CARRIE E. DEMERS, MD:** Board-certified in internal medicine, Dr. Carrie Demers is a holistic physician who blends modern medicine with traditional approaches to health. After receiving her medical degree from the University of Cincinnati and completing her residency at Michael Reese Hospital in Chicago, she went on to study massage, homeopathy, nutrition, herbal medicine, and ayurveda. She now serves as the Director of the Himalayan Institute Total Health Center, and lectures nationally on ayurveda and holistic health. Widely recognized for her expertise in holistic health, Dr. Demers has been quoted in *Time* magazine, and is a frequent contributor to *Yoga International* magazine.

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SATURDAY



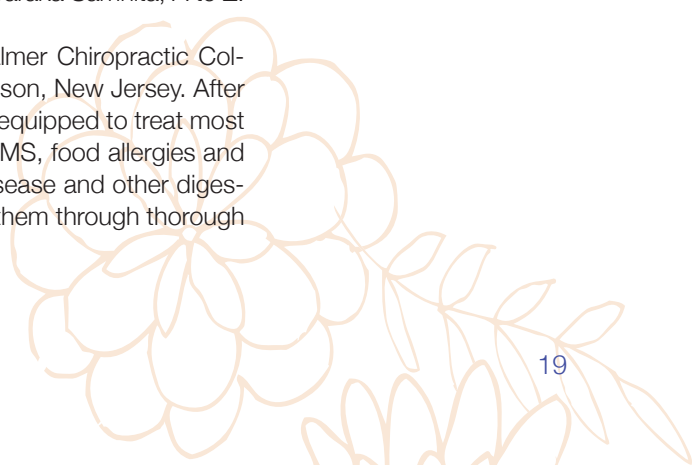
## Saturday, 1:15-2:15 PM, Grand Ballroom A-B Keeping Ayurveda Whole

Join Vaidya Rama Kant Mishra and Dr. Marianne Teitelbaum as they explore how and why Ayurveda actually works! With practical application and actual patient results, their presentation will reveal how Ayurveda can heal chronic diseases through the proper dietary and lifestyle protocols. As the potential increases for Ayurveda to slip into the western model of more and more symptom management, Vaidya Mishra and his associate would like to show how it is possible to keep that from happening.

**VAIDYA R.K. MISHRA** is a world-renowned Ayurvedic healer issuing from an ancient lineage of Shudh Ayurved Raj Vaidyas from the Shaka Vansya millennial tradition. Author of innumerable articles and co-author of *The Answer to Cancer*, he travels extensively in North America and Canada to give workshops and person Ayurvedic educational consultations. He also offers on-line workshops, seminars, and courses. He is currently teaching an extensive detailed course: *The Caraka Samhita, A to Z*.

**DR. MARIANNE TEITELBAUM** graduated Summa Cum Laude from Palmer Chiropractic College in 1984. She runs a very busy and highly successful practice in Cinnaminson, New Jersey. After studying with Vaidya Rama Kant Mishra for the past 12 years, she is now well equipped to treat most health problems that present to her practice: auto-immune diseases, autism, MS, food allergies and sensitivities, Chronic Fatigue Syndrome, Fibromyalgia, Inflammatory Bowel disease and other digestive disturbances, to name a few. She counsels all patients on diet and walks them through thorough yet gentle Ayurvedic cleansing techniques.

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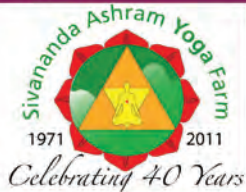
Presenters include:

Dr. K. S. Charak  
Komilla Sutton  
James Kelleher  
Andrew Foss PHD  
Kenneth Miller  
Sam Geppi  
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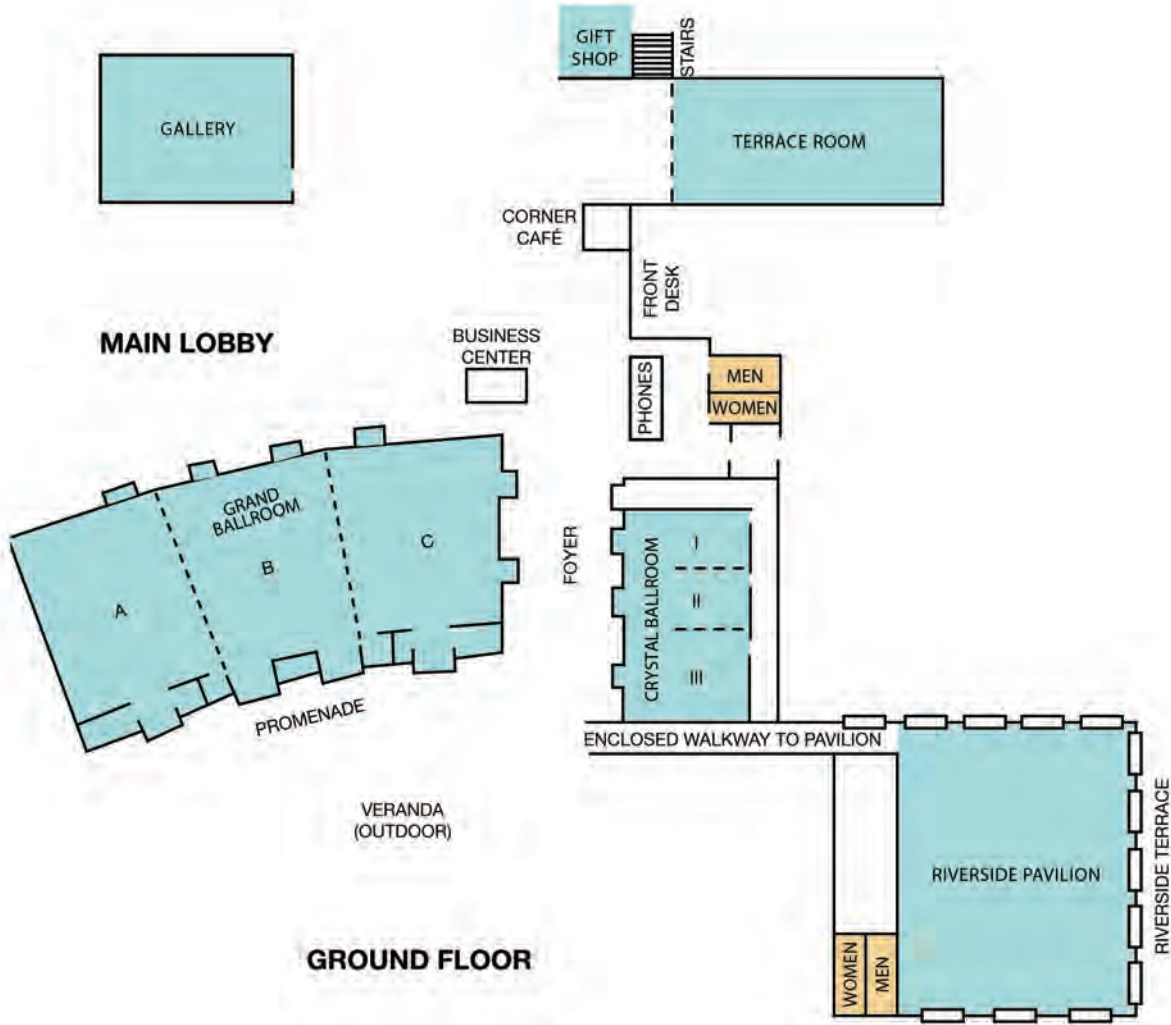
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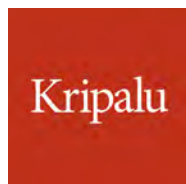
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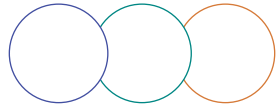
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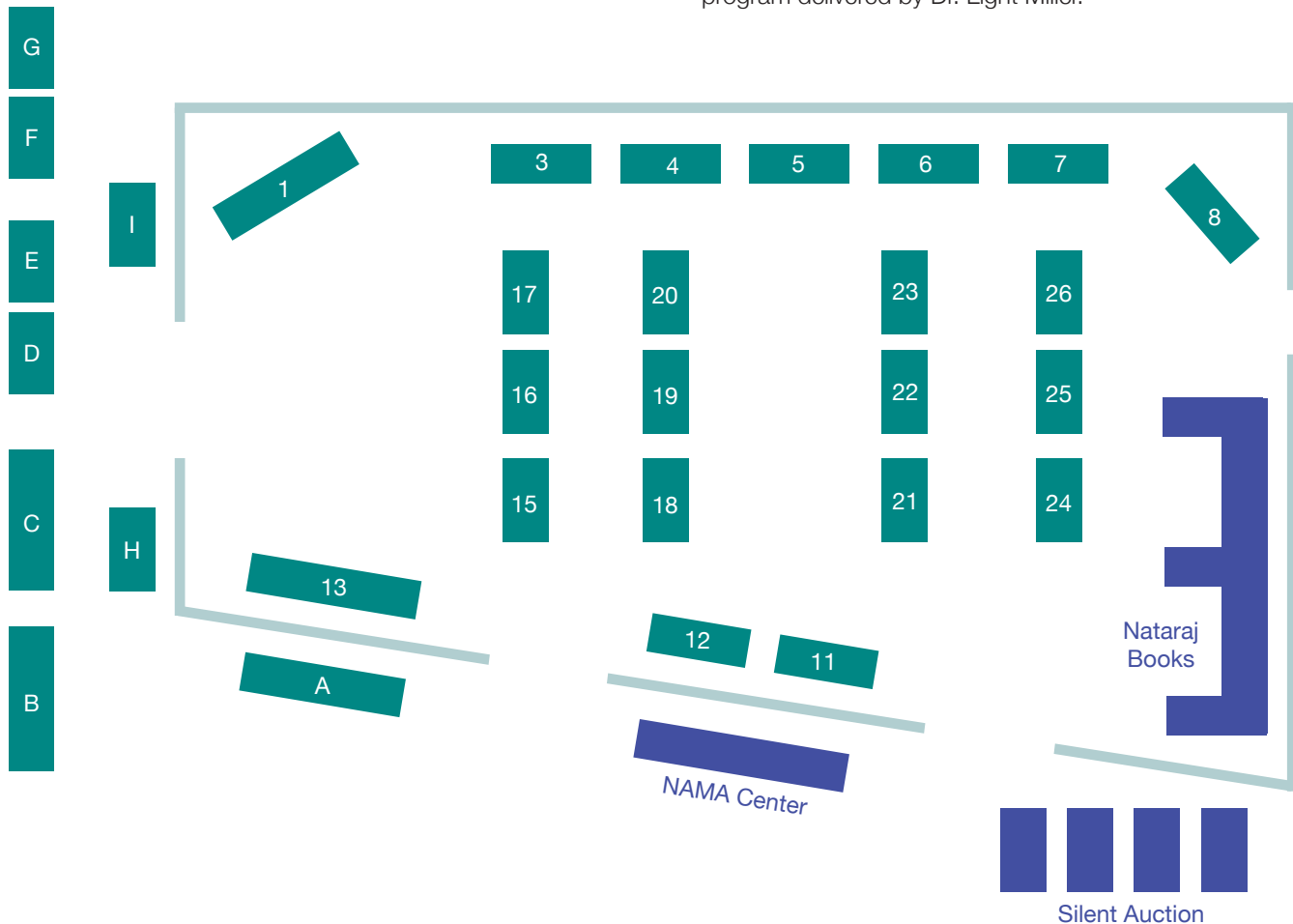
IAYT supports research and education in Yoga, and serves as a professional organization for Yoga teachers and Yoga therapists worldwide. Our mission is to establish Yoga as recognized and respected therapy. [www.iayt.org](http://www.iayt.org).

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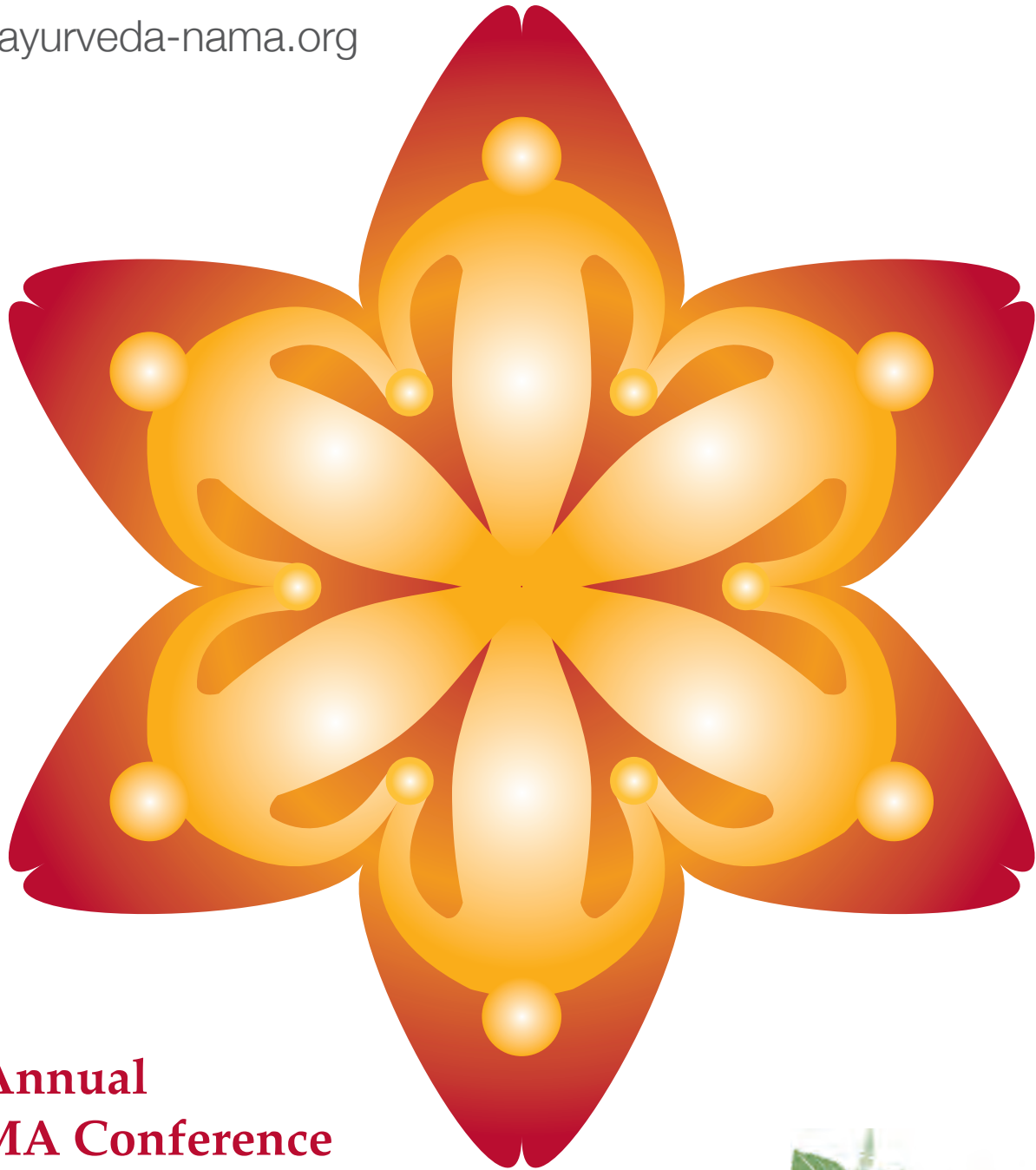
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