



AyurFest 2019



Friday 31 May	
6:00 pm	Arrival & Registration
7:30 pm	Dinner
8:30 pm	Opening Ceremony with song & chant by Orna Ralston

Saturday 1 June			
7:00 am	Yoga with Tarik		
8:00 am	Breakfast		
9:00 am	Welcome Ceremony: Chanting	Main	Nikki Slade 
10:00 am	Session: Yoghurt at night? Beyond the rules of the Ayurvedic diet.	Main	Dr Ram Manohar 
11:00 am	Tea Break		
11:25 am	Session: Rejuvenating the future with sustainability, research and seva	Main	Sebastian Pole 
12:30 pm	Session: Neuroinflammation, Psychiatric Disorders and Ayurveda	Main	Dr Diana Lurie 
1:30 pm	Lunch		
3:00 pm	Session: Cleansing the mind – its role in the healing process	Main	Dr Ramkumar 
4:30 pm	Tea Break		
5:00 pm	Parallel Workshops	Medical Alchemy	Outdoors Andrew Mason 
		Marma in Yoga Practice	Main Tarik Dervish 







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Saturday 1 June (continued)	
6:30 pm	Close
7:00 pm	Dinner
8:30 pm	Sharing by the fire (weather permitting)
9:30 pm	Finish

Sunday 2 June				
7:00 am	Yoga with Maria			
8:00 am	Breakfast			
9:00 am	Session:	Ayurvedic concepts of Agni and Ama, with modern scientific concepts of the microbiome and leaky gut syndrome	Main	Dr Akil Palanisamy 
10:15 am	Parallel Workshop & Session	Ayurvedic Cooking	Hall 1	Jasmine Hemsley 
		Ayurveda and Yoga for the Mind	Main	Maria Garre 
11:45 am	Tea Break			
12:15 pm	Parallel Workshop & Session	Herbal Preparations	Hall 1	Dr Ghanashyam Marda 
		Spices as medicine – exploring the science behind the traditional Indian household secrets	Main	Dr Vijay Murthy 
1:30 pm	Lunch			
2:45 pm	Session:	The purpose of disease: understanding pathogenesis holistically	Main	Sascha Kriese 
3:45 pm	Panel Discussion			
4:30 pm	Closing Ceremony			

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