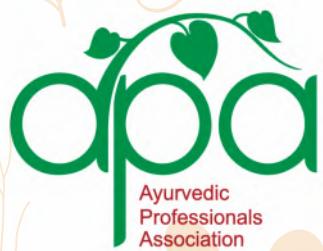


NEWSLETTER

DECEMBER 2024





Welcome to the December special Christmas edition of the APA Newsletter. The committee has organised diverse webinars to inspire everyone through the darker evenings before we see the return of the light.

The webinar series starts **Sunday, December 1st**, from 10 am to 11.30 am with an Ayurvedic teaching session from

Dr. Marda on Understanding Gut health & Krimi.

Also, on **December Wednesday 11th**, spiritual attachments affect our well-being.

IN '2025' CONTINUING THE HOUR LONG WEBINAR FORMAT:

- **22nd January, looking at Ayurveda and modern life**
- **29th January, Embracing Menopause**
- **25th February, looking at Emotions**
- **27th March, Trigunas and Polyvagul**
- **10th April, Musculoskeletal**
- **9th May, Infertility & Ayurveda**

As you can see both a wide range of topics will take us into early summer. Each webinar has an individual poster giving more details and a link to book within this special edition.

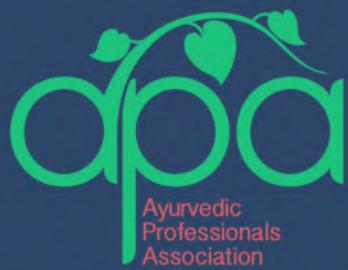
The new hour interactive format is being trialed to be, not too long, as well as enabling you to be part of the webinar, sharing questions and thoughts directly with each presenter.

Every presenter has a different style and gives their time for free, please support them with your presence and provide feedback to the office (info@apa.uk.com) on not only the topics covered, but any topics you would like to see in the future for a webinar or even presenters you would be interested in.

If you feel inspired to try this new webinar format, have a specialist subject and you would like to share, let the APA office (info@apa.uk.com) know for future webinar bookings. We simply need a title and brief outline of the topic as well dates you are available.



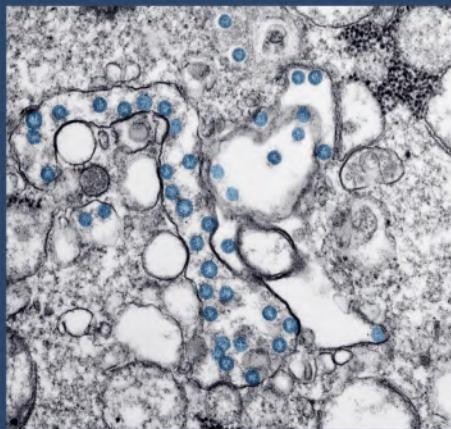
1st December 2024 10-11:30am (GMT)



APA WEBINAR

“Understanding Gut Health,
the Microbiome & Krimi from
the Ayurvedic Perspective.”
by Dr Ghanashyam Marda

Sunday, 1st December 2024
10.00 - 11.30 (GMT)



<https://ayurvedaandguthealth.eventbrite.co.uk>

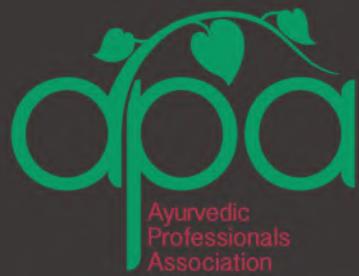
This session will provide valuable insights into maintaining digestive harmony through ancient wisdom. In this informative webinar, you will learn about:

- Ayurvedic Principles: Understand the foundational concepts of Ayurveda and how they relate to digestive health and microbiome balance.
- The Role of Krimi: Explore the Ayurvedic perspective on parasites (Krimi) and their influence on gut health and overall well-being.
- Gut Microbiome Insights: Learn more about the gut microbiome and its critical role in digestion, immunity, and mental health.
- Identifying Imbalances: Recognize signs of gut dysbiosis and how parasites can disrupt your microbiome.
- Holistic Remedies: Learn about Ayurvedic herbs, dietary practices, and lifestyle strategies to support a healthy gut and microbiome and promote balance and vitality.

Dr Marda is a renowned Ayurvedic practitioner, researcher, and Panchakarma expert. He specialises in heart disease, diabetes, Ayurvedic emergency medicine, and panchakarma. He is also a visiting lecturer at the College of Ayurveda UK and European countries like Switzerland, Germany, the Netherlands, Italy, Portugal, and Spain.



11th December 2024 6-7pm (GMT)



APA SEMINAR

“SPIRIT ATTACHMENTS AND HOW
THEY CAN AFFECT OUR WELLBEING.
BHUTA VIDYA AND ENERGY HEALING”
WITH TOMAZ MUELLER

Wednesday, 11th December 2024
6 pm - 7 pm (GMT)



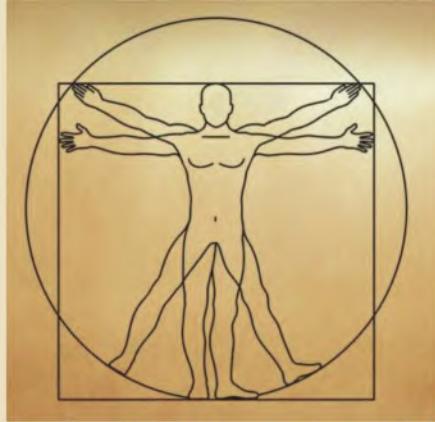
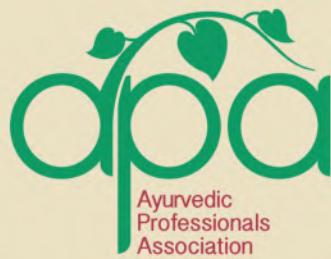
<https://SPIRITATTACHMENTS.eventbrite.co.uk>

In this webinar, we bridge the ancient Ayurvedic science of Bhuta Vidya with a modern healing modality to explore how spiritual disturbances, known as Bhutas – spirits such as Gandarvas, Pisachus, and Atmas – can infiltrate the human energy system. According to Ayurveda, these spirits disrupt mental well-being by attaching to individuals through emotional trauma. This aligns with the Soul Centre Healing approach, which views trauma as a distortion of the light within our energy centres. Each energy centre resonates with a specific colour and frequency, and when trauma affects these energy centres, it dims their vibrancy, creating a fertile ground for negative entities. Interestingly having having built many case studies over time I also see a pattern occurring, that certain doshic types are more prone towards specific entities, which we will cover during the webinar.

While this webinar is not designed to be a training course in this healing modality, it will provide valuable insights into how trauma attracts Bhutas and how these energetic imbalances manifest in our daily lives. By understanding these connections, you will be encouraged to think more deeply and reflect on the root causes of imbalance, potentially viewing them in a new light. You will also gain a glimpse into the different types of entities and how they can affect our well-being, often hindering or slowing down physical and subtle healing processes.



22nd January 2025 6-7pm (GMT)



APA WEBINAR

**“An Ancient Philosophy For Modern Life.
Accessing Ancient Ayurveda’s
Deeper Messages To Better Navigate
The Confusion Of The Digital Age.”**

By Sonja Shah-Williams

**Wednesday, 22nd January 2025
6 pm - 7 pm (GMT)**



<https://AncientPhilosophyForModernLife.eventbrite.co.uk>

What is the role of an Ayurveda practitioner in modern life? Why many approaches in the delivery of Ayurveda might not be effective ways of helping people to find more balance and longer term contentment-what is the solution?

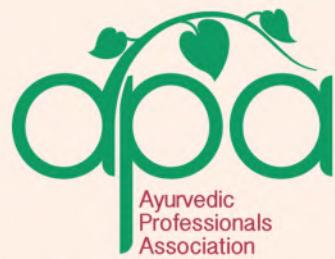
- How can Ayurveda be more widely understood and not become absorbed by modern science’s approach to health, or remain stuck in a culturally and linguistically confusing time warp?
- How can Ayurveda guide people to become self governing and take responsibility for their lives?

For over the past decade Sonja Shah-Williams has developed a highly unique, contemporary way of translating the deeper messages and wisdom of the Ancients of Ayurveda, so that it remains authentic, yet highly relevant in the contemporary world.

She has worked with scores of individuals and groups to help them to transform their understanding of modern life, and their unique response and reaction to everything. Her main aim is always to help people to step away from the cacophony and chaos that reigns today, and find longer term holistic balance and joy. This allows them to realise their true potential by getting to know themselves so well, that they become self governing and less reliant on others to ‘fix’ them. She has spent years observing the confusion and fear many people experience in life, as they attempt to make sense of the new themes that we all have to navigate.



29th January 2025 6-7pm (GMT)



APA WEBINAR

“Embracing Menopause -
Graceful ageing with Ayurveda.”
By Dr Akanksha Bhardwaj
& Lynne Ford

Wednesday, 29th January 2025
6 pm - 7 pm (GMT)



<https://EmbracingMenopause.eventbrite.co.uk>

Unlock the Secrets of Timeless Wellness, Embrace Menopause with the Ancient Wisdom of Ayurveda for a Balanced, Vibrant You. Join us to gain a comprehensive understanding of Menopause and how Ayurvedic principles can help manage its symptoms and promote overall well-being.

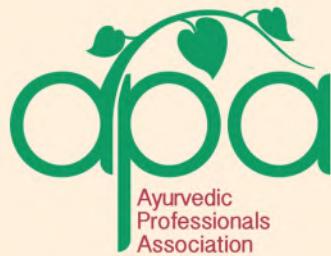
- Understanding Menopause, overview of Menopause and its stages
- Common symptoms and challenges faced during Menopause
- Different Phases of Menopause. Ayurveda's Perspective on Menopause
- Ayurvedic view on hormonal shifts during Menopause
- The Role of Ojas (Vitality) and Agni (Digestive Fire)
- Takeaways and Practical Tips

Dr Akanksha Bhardwaj, BAMS, MBA-HHM (Hospital & Healthcare Management), with a Diploma in Menopause Wellbeing, is an Ayurvedic wellbeing practitioner and a passionate advocate for evidence-based research on Ayurvedic herbs, committed to bridging the gap between Traditional and Western healthcare approaches.

Lynne Ford is an Ayurvedic practitioner, yoga and meditation teacher is passionate about fostering community connections, believing that collective wellness enhances individual health. When she's not working with clients, Lynne enjoys spending time in nature.



25th February 2025 6.30-8pm (GMT)



APA WEBINAR

“Exploring the role of the emotions within an Ayurvedic consultation.”

By Kate Siraj & Joanna Webber

Tuesday, 25th February 2025
6.30 pm - 8 pm (GMT)



<https://exploringtheroleofemotions.eventbrite.co.uk>

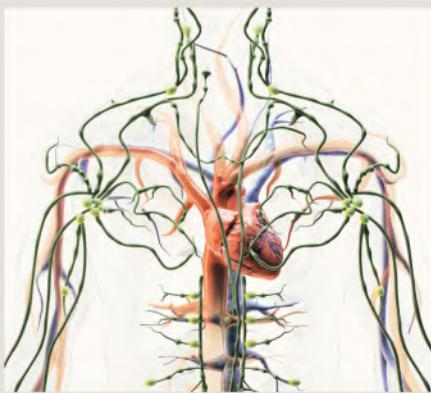
This webinar will look at how the role of emotions can be explored within a consultation. It's been ten years since the publication of Bessel van der Kolk's 2014 groundbreaking book 'The Body Keeps the Score', which outlined how trauma affects both the mind and body. This perspective challenged the traditional idea that trauma is solely a mental phenomenon. However, it strongly resonates with Ayurveda which sees the mind as having its seat in the heart, which is also the seat of the soul and consciousness, and the channels of the mind (mano vaha srota) being everywhere in the body.

Kate Siraj and Joanna Webber are both fully qualified Ayurvedic Practitioners after completing a BSc in Ayurveda (Manipal, India, First Class Honours). Kate has also completed a Master of Chemistry degree at Oxford University (First Class Honours). She is a qualified Shadow Work Group Facilitator & Coach, and founder of The Ayurveda Practice and The Shadow Practice in South West London. Joanna has also completed a Masters in Human Sciences at Oxford University. She is a Hatha Yoga teacher, forager and trainee in integrative counselling. She runs her Ayurveda practice in Somerset. Together they are Co-founders of The Ayurveda Academy offering practical to engaging Introduction to Practitioner level courses (level H).

In this webinar they will share ideas of how best to talk to clients about their emotions, and how to help people feel safe. They will also examine what is helpful from the ancient texts, including behavioural rasayanas. As well as being Ayurvedic practitioners, Kate is also a certified Shadow Work Group Facilitator & Coach and Jo is training to be a Person Centered Integrative counsellor.



27th March 2025 7-8pm (GMT)



APA WEBINAR

**“Ayurveda & the Autonomic Nervous System:
Exploring Trigunas from the
Polyvagal Perspective.”**

by Anu Paavola

**Thursday, 27th March 2025
7 pm - 8 pm (GMT)**



<https://ayurvedaandautonomicnervioussystem.eventbrite.co.uk>

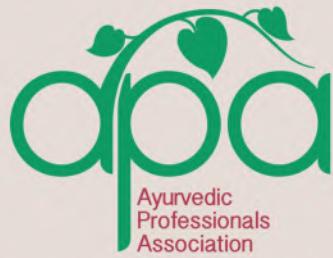
This webinar examines the intersections between the concepts of the Trigunas—Sattva (balance), Rajas (activity), and Tamas (inertia)—and modern understandings of the autonomic nervous system, mainly through the lens of Polyvagal Theory. Polyvagal Theory, developed by Dr. Stephen Porges, describes how different branches of the autonomic nervous system—sympathetic (mobilising) and parasympathetic (calming or immobilising)—affect emotional and physiological responses. Ayurveda's Trigunas, which represent the dynamic qualities that influence mind and body states, have intriguing parallels to those described in Polyvagal Theory.

This interdisciplinary exploration reveals how Sattva aligns with the ventral vagal state, fostering calm and connection, while Rajas corresponds to sympathetic arousal, driving action and alertness. Tamas, associated with immobility or lethargy, resonates with the dorsal vagal response, where energy is conserved under threat or fatigue. By connecting these frameworks, we gain deeper insight into Ayurveda's timeless wisdom on mental and physical balance, enriched by a polyvagal understanding of how these mind-body states adapt to stress and restore equilibrium. Integrating these insights can deepen therapeutic approaches in both Ayurveda and contemporary mind-body health practices.

Anu is the owner of Jivita Ayurveda clinic and spa in Kensal Rise, London. She is the director of Jivita Academy of Ayurveda and currently studying for her Master's degree in UCL in Pain Management.



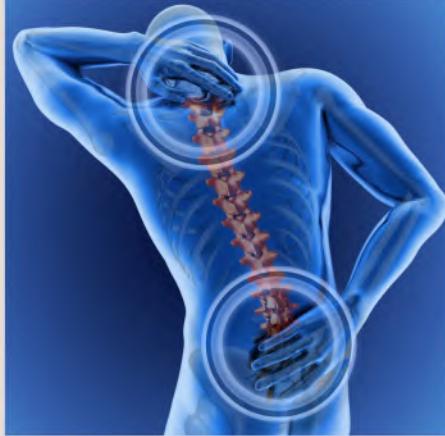
10th April 2025 6-7pm (BST)



APA WEBINAR

“Introduction to Ayurveda & musculoskeletal disorders.”
by Angela Hope-Murray

**Thursday, 10th April 2025
6 pm - 7 pm (BST)**



<https://Ayurvedaandmusculoskeletaldisorders.eventbrite.co.uk>

The most common musculoskeletal disorders belong to two main types of Arthritis. Osteoarthritis, known as Sandhi Gati Vata, where the articular cartilage becomes thin and fibrillated and abnormal mechanical stresses are transmitted to the underlying bone which remodels, becomes sclerotic and forms osteophytes or bony protrusions at the joint margins, this may or may not be accompanied by pain.

Rheumatoid Arthritis or Ama Vata as it is known in Ayurveda is a systemic disease which is characterised by primary inflammation of the synovium which damages the articular cartilage and bone.

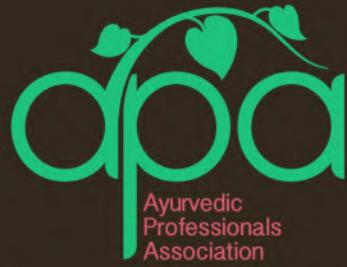
In this webinar, we will examine the understanding of musculoskeletal disorders from the perspective of their anatomical, pathophysiological and psychological factors. This will be followed by treatment protocols to manage the conditions presented. There will be time to discuss individual cases.

Angela Hope-Murray has a wealth of experience in these conditions spanning over 40yrs she is a qualified podiatrist with a BSc in Osteopathy and has worked clinically in the NHS in Britain for 7yrs before joining the Pain and Stress department at the Lemuel Shattock hospital in Boston USA.

She began her studies in Ayurveda with Dr Vasant Lad in the United States in 1986 which culminated in a MSc in Ayurveda from Middlesex University. She has been in private practice since 1989.



9th May 2025 6-7pm (BST)



APA WEBINAR

“Infertility & Ayurveda -
with respect to the concept of
Vajikarana & Rasayana.”
by Dr Vinayak Abbot

Friday, 9th May 2025
6 pm - 7 pm (BST)



<https://InfertilityandAyurveda.eventbrite.co.uk>

Male infertility is an increasingly common concern, impacting many couples who are trying to conceive. It can arise from various factors, including hormonal imbalances, lifestyle choices, and environmental influences. In Ayurveda, infertility is seen as a result of imbalances in the body's vital energies, or doshas. In this webinar, we will explore the common causes and factors contributing to male infertility, with a particular focus on how it affects younger men. Often, this condition remains undiagnosed until marriage, at which point it becomes more challenging to treat due to the physical damage that may have occurred over time. We will also emphasize the role of Vaajikaran and Rasayan therapies, which can be crucial in enhancing reproductive health and improving fertility. Furthermore, I will also touch base on male impotence and the causes behind it.

Dr. Vinayak Abbot has over 6 years of experience in treating infertility and related conditions. A graduate of Bharati Vidyapeeth University, Pune, India, Dr. Abbot has also worked at the All India Institute of Ayurveda in New Delhi. He is the owner of Dr. Abbot Healthcare Ltd., based in Dudley, West Midlands, with additional clinics in India.



Christmas Pumpkin Cream Soup

Ingredients

400 g butternut squash
150 g carrots
70 g white onion
30-50 g almond butter
2 tbs ghee or coconut oil
2 tbs pumpkin seeds
3 cm fresh ginger
1 bay leave
1/2 tsp asafoetida
1/2 tsp turmeric
1/2 tsp cinnamon
1/4 tsp nutmeg
1/4 cardamom
1/4 cayenne pepper

Method

1. Wash and peel vegetables, deseed pumpkin & cut into cubes same as carrots, finely chop onion.
2. Heat the vegetables in a pot of ghee or coconut oil.
3. First, add ginger and onion for a golden colour, as well as bay leaves. Later, add pumpkin & carrots and stir for 2 minutes.
4. Add all spices with salt & pepper to taste and stir again.
5. Pour 500 ml water or veg stock (cube).
6. Cook on low heat for about 20 minutes.
7. Add almond butter & blend together.
8. Toast pumpkin seeds on a dry pan with salt and pepper & decorate.

Peter Czopek



Peter is a vegan/vegetarian chef, nutritionist, wellness coach, and personal trainer. He is passionate about a healthy lifestyle, focusing his work on nutrition on many levels and exploring cuisines worldwide in search of perfect recipes, creating their own. It is supposed to be healthy, but not at the expense of reducing the taste.



You can reach Peter by e-mail: peter.czopek@gmail.com or social media.

A BIG THANK YOU TO COMMITTEE MEMBERS WHO HAVE SADLY STEPPED DOWN

As we are ending 2024 we would like to thank former committee members **Val McKie** and **Dr Vijay Murthy** for many, many years of service to the Ayurvedic Community. Val, as a lay member has actually been with the APA committee since more or less its inception, bringing wisdom, compassion and heart to everything she touched. Meetings are not the same without the understanding and empathy she was able to share, especially over difficult decisions. Dr Vijay has also been with the committee since he moved from New Zealand to the UK. The knowledge, Ayurvedic experience, research, dedication and attention to detail is already sadly missed in committee meetings. Both reluctantly stepped down due to work pressures outside of the APA committee. I am sure you will join with the committee in wishing them every success for the future as well as your heartfelt *thanks* for dedication to Ayurveda and the APA. This of course means that in order to continue the APA does need new committee members. If you think this is something you would be interested in doing and would like to be considered, please forward your CV to info@apa.uk.com. Without new input from you it will be very difficult to deliver a service for APA members in the future. The role as a committee member, is both interesting and rewarding, if you have questions you can of course contact me before making a formal application: sueayurveda@gmail.com

A big thank you to all APA members for being part of this vibrant community.

Sue



**Wishing everyone a Peaceful end to 2024
and a Healthy, Happy 2025**