

## Ayurveda Today Journal, Grouped by Issue and Year

Title	Author	Subject	Year	Season
Those Marvelous Herbs: Garlic	Goodman	Herbology & Pharmacology	1988	Fall
The Biodynamics of Ayurveda	Vasant Lad	Ayurveda, The Science of Life	1988	Fall
Vata Dosha	Stinnett	Ayurveda, The Science of Life	1988	Fall
Ayurvedic Cuisine: Kitcheri	Usha Lad	Nutrition, Digestion &	1988	Fall
The Importance of Meditation	Goodman	Spirituality & Ayurveda	1988	Summer
But for Whom?	Melanie Sachs	Nutrition, Digestion &	1988	Summer
Ayurveda for Self Realization	Lad & Flint	Spirituality & Ayurveda	1988	Summer
Those Marvelous Herbs: Onion	Goodman	Herbology & Pharmacology	1988	Summer
Pitta, The Dosha of Transformation	Stinnett	Disease & Ayurveda	1988	Summer
Ayurvedic Cuisine: Coconut Milk	Janhavi	Nutrition, Digestion &	1988	Summer
Ayurvedic Cuisine: Coconut Saffron Rice	Janhavi	Nutrition, Digestion &	1988	Summer
The Theory of the 5 Basic Elements	Vasant Lad	Ayurveda, The Science of Life	1988	Summer
Obesity & Ayurveda	Vasant Lad	Disease & Ayurveda	1988	Winter
Winter Nasya	Diane Westwater	Ayurvedic Massage &	1988	Winter
Ayurvedic Cuisine: Masala Rice	Usha Lad	Nutrition, Digestion &	1988	Winter
Those Marvelous Herbs: Ginger	Goodman	Herbology & Pharmacology	1988	Winter
The Importance of Sanskrit in Ayurveda	Robert Svoboda	Ayurveda, The Science of Life	1988	Winter
Ayurvedic Cuisine: Raisin Chutney	Usha Lad	Nutrition, Digestion &	1989	Fall
Ayurvedic Cuisine: Peas Pilau	Usha Lad	Nutrition, Digestion &	1989	Fall
Those Marvelous Herbs: Basil	Goodman	Herbology & Pharmacology	1989	Fall
Investigating Blue Color	Arline Flint	Subtle Therapies - Color	1989	Fall
A Gemstone for Vata: The Ruby	Arline Flint	Subtle Therapies - Gems	1989	Fall
The 5 Types of Vata & Functions	Stinnett	Ayurveda, The Science of Life	1989	Fall
Mudras	Vasant Lad	Yoga	1989	Fall
Asatmya - The Concept of Allergies in Ay	Vasant Lad	Disease & Ayurveda	1989	Spring
Ayurvedic Cuisine: Bengali Kheer	Usha Lad	Nutrition, Digestion &	1989	Spring
Ayurvedic Cuisine: Potato & Cabbage Veg.	Usha Lad	Nutrition, Digestion &	1989	Spring
The Stories Told by Lines of the Face	Vasant Lad	Clinical Assessment Arts	1989	Spring
Ayurvedic First Aid: Nose Bleeds	Vasant Lad	Disease & Ayurveda	1989	Spring
Ayurveda & Gemstones: The Diamond	Arline Flint	Subtle Therapies - Gems	1989	Spring
Those Marvelous Herbs: Dandelion	Goodman	Herbology & Pharmacology	1989	Spring
Ayurveda & Spirituality	Stinnett	Spirituality & Ayurveda	1989	Spring
Pitta Pacifying Diet	Vasant Lad	Nutrition, Digestion &	1989	Summer
Ayurvedic Cuisine: Lassi (Buttermilk)	Dorothy Seeger	Nutrition, Digestion &	1989	Summer
Those Marvelous Herbs: Coriander	Vasant Lad	Herbology & Pharmacology	1989	Summer
Ayurvedic Cuisine: Kadhi (Yogurt Soup)	Dorothy Seeger	Nutrition, Digestion &	1989	Summer
Ayurveda & Gemstones: The Pearl	Vasant Lad et alt	Subtle Therapies - Gems	1989	Summer
Investigating Color, A look at Orange	Arline Flint	Subtle Therapies - Color	1989	Summer

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Ayurvedic First Aid: Athletes Foot	Vasant Lad	Disease & Ayurveda	1989	Summer
Pranayama	Chaitanya	Yoga	1989	Summer
The Summer Season and Pitta Dosha	Vasant Lad	Ayurveda, The Science of Life	1989	Summer
Ayurvedic Cuisine: Carrot Pickles	Usha Lad	Nutrition, Digestion &	1989	Winter
Ayurvedic Cuisine: Samosa	Usha Lad	Nutrition, Digestion &	1989	Winter
Those Marvelous Herbs: Turmeric	Goodman	Herbology & Pharmacology	1989	Winter
Tears	Vasant Lad	Psychology & Ayurveda	1989	Winter
Investigating Indigo Color	Arline Flint	Subtle Therapies - Color	1989	Winter
The Divine Balance	Stinnett	Ayurveda, The Science of Life	1989	Winter
The 3 Gunas, Satva, Rajas & Tamas	Arline Flint	Ayurveda, The Science of Life	1989	Winter
Taking Ayurveda to Europe	Melanie Sachs	Ayurveda, The Science of Life	1989	Winter
Cholesterol & Excess Kapha	Vasant Lad	Disease & Ayurveda	1989	Winter
Ayurvedic Cuisine: Potato Subji	Usha Lad	Nutrition, Digestion &	1990	Fall
Samprapti (Pathogenesis) Part 1	Vasant Lad	Disease & Ayurveda	1990	Fall
Investigating Color; Violet	Arline Flint	Subtle Therapies - Color	1990	Fall
Ayurvedic Herbalism, part 2	David Frawley	Herbology & Pharmacology	1990	Fall
Jyotisha (Vedic Astrology)	Hart deFouw	Jyotisha	1990	Fall
Triphala - A report from the Herb Room	Scott Cote	Herbology & Pharmacology	1990	Fall
Ayurvedic Cuisine: Chapatis	Usha Lad	Nutrition, Digestion &	1990	Spring
Ayurvedic Cuisine: Ginger Drink	Usha Lad	Nutrition, Digestion &	1990	Spring
What is Health	Vivian White	Ayurveda, The Science of Life	1990	Spring
Those Marvelous Herbs: Cinnamon	Lennie J. Young	Herbology & Pharmacology	1990	Spring
Ayurveda & Gemstones: Beryl	Arline Flint	Subtle Therapies - Gems	1990	Spring
Investigating Green Color	Arline Flint	Subtle Therapies - Color	1990	Spring
Now May the Twain Meet	Charles Goodman	Ayurveda, The Science of Life	1990	Spring
Seasonal Influences on Human Energy	Vasant Lad	Ayurveda, The Science of Life	1990	Spring
Incompatible Food Combination	Vasant Lad	Nutrition, Digestion &	1990	Summer
Those Marvelous Herbs: Shatavari	herbroom	Herbology & Pharmacology	1990	Summer
Hypoglycemia	Athrine Thomas	Disease & Ayurveda	1990	Summer
Herbalism, Ayurvedic (part 1)	David Frawley	Herbology & Pharmacology	1990	Summer
Ayurvedic Cuisine: Ghee	Usha Lad	Nutrition, Digestion &	1990	Summer
Investigating Color: Yellow	Arline Flint	Subtle Therapies - Color	1990	Summer
Migraine Headaches: An Ayurvedic Prospe	Vasant Lad	Disease & Ayurveda	1990	Summer
Ayurveda & Gemstones	Chaitanya	Subtle Therapies - Gems	1990	Summer
Ayurvedic Cuisine: Eggplant Subji	Usha Lad	Nutrition, Digestion &	1990	Winter
Samprapti (Pathogenesis) Part 2	Vasant Lad	Disease & Ayurveda	1990	Winter
A Tasty Poem from the Herb Room	Scott Cote	Herbology & Pharmacology	1990	Winter
Herbs and the Digestive Process	David Frawley	Herbology & Pharmacology	1990	Winter

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Title	Author	Subject	Year	Season
Sitopaladi: An Ayurvedic Compound	Scott Cote	Herbology & Pharmacology	1990	Winter
Ayurvedic Cuisine: Kapha Tea	Usha Lad	Nutrition, Digestion &	1990	Winter
Basil, The Great Protector	Teresa Hart	Herbology & Pharmacology	1991	Fall
Ayurvedic Cuisine: Puja Masur Dal	Usha Lad	Nutrition, Digestion &	1991	Fall
Asthi-Sandhi, Majja-Rogani	Vasant Lad	Disease & Ayurveda	1991	Fall
All That You Are Not	Ammons	Spirituality & Ayurveda	1991	Fall
Nature's Medicine, Ayurveda	David Frawley	Ayurveda, The Science of Life	1991	Fall
Manas Prakruti / Psych. Constitution	Vasant Lad	Psychology & Ayurveda	1991	Spring
Vive Les Differences	Chaitanya	Psychology & Ayurveda	1991	Spring
Herbs, Our Friends for Life	Teresa Hart	Herbology & Pharmacology	1991	Spring
Ayurvedic Cuisine: Masala Rice	Usha Lad	Nutrition, Digestion &	1991	Spring
Becoming a Hands-On Practitioner	Donald VanHowten	Ayurvedic Massage &	1991	Spring
The Vedic Use of Gems	David Frawley	Jyotisha	1991	Spring
The Vedic Use of Gems (Part 2)	David Frawley	Jyotisha	1991	Summer
Astrology; Where are the stars?	David Frawley	Jyotisha	1991	Summer
Ayurvedic Psychology	Vasant Lad	Psychology & Ayurveda	1991	Summer
Cuisine: Rose Ghee	Theresa Hart	Nutrition, Digestion &	1991	Summer
Cuisine: Rose Petal Jam	Theresa Hart	Nutrition, Digestion &	1991	Summer
That which we call a rose	Theresa Hart	Herbology & Pharmacology	1991	Summer
Ayurvedic Cuisine: Vada (potato & chick pea patties)	Usha Lad	Nutrition, Digestion &	1991	Summer
Tratakam	Cathrine Thomas	Spirituality & Ayurveda	1991	Winter
An Ayurvedic View of Dreams & Sleep	David Frawley	Psychology & Ayurveda	1991	Winter
Anupans	Kevin Spelman	Herbology & Pharmacology	1991	Winter
Ayurvedic Cuisine: Upma	Usha Lad	Nutrition, Digestion &	1991	Winter
Vegas; Ignoring Natural Reflexes or Urges	Vasant Lad	Disease & Ayurveda	1991	Winter
Ayurveda & Modern Medicine: Quality & Quantity in Medical Sy	David Frawley	Ayurveda, The Science of Life	1992	Fall
Methods of Knowing	Robert Svoboda	Clinical Assessment Arts	1992	Fall
The Ayurvedic Assessment of Pulse	Vasant Lad	Clinical Assessment Arts	1992	Fall
Ayurvedic Cuisine: Saffron Rice	Usha Lad	Nutrition, Digestion &	1992	Fall
Quotes from Caraka Samhita	Caraka	Disease & Ayurveda	1992	Spring
Kundalini, The Divine Mother	Vasant Lad	Spirituality & Ayurveda	1992	Spring
An Ayurvedic View of Dream & Sleep ( Part2)	David Frawley	Psychology & Ayurveda	1992	Spring
Ayurvedic Cuisine: Spiced Poha	Usha Lad	Nutrition, Digestion &	1992	Spring
Medical Systems from the Ayurvedic Standpoint	David Frawley	Ayurveda, The Science of Life	1992	Summer
The Concept of Agni	Vasant Lad	Nutrition, Digestion &	1992	Summer
Ayurvedic Cuisine: Poha (Rice flakes)	Usha Lad	Nutrition, Digestion &	1992	Summer
A Constitutional Approach	Kevin Spelman	Herbology & Pharmacology	1992	Summer

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Chavanprash	herbroom	Herbology & Pharmacology	1992	Winter
Ayurvedic Cuisine: Palak (Spinach) Subji	Usha Lad	Nutrition, Digestion &	1992	Winter
Routines, A Life Well Lived	Robert Svoboda	Ayurveda, The Science of Life	1992	Winter
Rutu Charya, Seasonal Routines for Winter & Spring	Vasant Lad	Ayurveda, The Science of Life	1992	Winter
Ayurvedic Cuisine: Stuffed Masala Chili	Usha Lad	Nutrition, Digestion &	1993	Fall
The Healing Power of Fruit	Usha & Vasant Lad	Nutrition, Digestion &	1993	Fall
Choosing the Food for You	Vasant Lad	Nutrition, Digestion &	1993	Fall
Swasam, Bronchial Asthma	Vasant Lad	Disease & Ayurveda	1993	Fall
Ayurvedic Cuisine: Vegetable Pakora	Usha Lad	Nutrition, Digestion &	1993	Spring
Rutu Charya Routines for Summer & Fall	Vasant Lad	Ayurveda, The Science of Life	1993	Spring
Ayurvedic Cuisine: Teas	Usha Lad	Nutrition, Digestion &	1993	Summer
The Ayurvedic view of Hypertension	Vasant Lad	Disease & Ayurveda	1993	Summer
Supporting the heart with herbs	Karuna Fluhart	Herbology & Pharmacology	1993	Summer
Hrdroga, Heart disease	Robert Svoboda	Disease & Ayurveda	1993	Summer
The Nabhi Marmas	Vasant Lad	Ayurvedic Massage &	1993	Winter
The Daily Routine	Vasant Lad	Ayurveda, The Science of Life	1993	Winter
Empty Bowl Meditation	Kevala Kumbhak	Spirituality & Ayurveda	1993	Winter
Ayurvedic Cuisine: Carrot Khir	Usha Lad	Nutrition, Digestion &	1993	Winter
What the ancient Ayurvedic texts say about Neem	Vasant Lad	Herbology & Pharmacology	1993	Winter
Daily Routines	Robert Svoboda	Ayurveda, The Science of Life	1993	Winter
Healing with Household Herbs: Bay Leaf	Vasant Lad	Herbology & Pharmacology	1994	Fall
Shad Darshan (Part 1)	Vasant Lad	Ayurveda, The Science of Life	1994	Fall
Ayurvedic Cuisine: Lima Bean Bhaji	Usha Lad	Nutrition, Digestion &	1994	Fall
Creation	Robert Svoboda	Ayurveda, The Science of Life	1994	Fall
Ayurvedic Cuisine: Corn Soup	Usha Lad	Nutrition, Digestion &	1994	Spring
An Introduction to Ayurveda	Vasant Lad	Ayurveda, The Science of Life	1994	Spring
Studying Ayurveda in India	Claudia Welch	Ayurveda, The Science of Life	1994	Spring
Healing with Household Herbs: Cumin	Vasant Lad	Herbology & Pharmacology	1994	Summer
An Introduction to Panchakarma	Vasant Lad	Ayurvedic Massage &	1994	Summer
Neem	Will Foster	Herbology & Pharmacology	1994	Summer
Ayurvedic Cuisine: Mung Dal Kitchari	Usha Lad	Nutrition, Digestion &	1994	Summer
Shad Darshan (Part 2)	Vasant Lad	Ayurveda, The Science of Life	1994	Winter
Color Therapy - II	Karuna Fluhart	Subtle Therapies - Color	1994	Winter
Healing with Household Herbs: Bhringaraj	Kevin Casey	Herbology & Pharmacology	1994	Winter
Malas, garlands, necklaces & rosaries	Vasant Lad	Spirituality & Ayurveda	1994	Winter
Ayurvedic Cuisine: Spicy Puri	Usha Lad	Nutrition, Digestion &	1994	Winter
Prana	Vasant Lad	Disease & Ayurveda	1995	Fall
Ayurvedic Cuisine: Urad Dal Soup	Usha Lad	Nutrition, Digestion &	1995	Fall

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Breathing is Life	Ann Harrison	Yoga	1995	Fall
Sneha In Snehan And Skin	Vasant Lad	Ayurvedic Massage &	1995	Fall
Healing with Herbs: Prana	Michael Dick	Herbology & Pharmacology	1995	Fall
Shirodhara	Ed Danaher	Ayurvedic Massage &	1995	Spring
Healing with Herbs: Maintaining Ojas	Michael Dick	Herbology & Pharmacology	1995	Spring
Ayurvedic Cuisine: Cucumber Raita	Usha Lad	Nutrition, Digestion &	1995	Spring
Ojas	Vasant Lad	Disease & Ayurveda	1995	Spring
Tejas	Vasant Lad	Disease & Ayurveda	1995	Summer
Yoga Is Like Music	Ann Harrison	Yoga	1995	Summer
Food	Robert Svoboda	Nutrition, Digestion &	1995	Summer
Ayurvedic Cuisine: Cilantro Chutney	Usha Lad	Nutrition, Digestion &	1995	Summer
Healing with Herbs: Tejas & Agni	Michael Dick	Herbology & Pharmacology	1995	Summer
Pregnancy And Infant Care	Vasant Lad	Women & Ayurveda	1995	Winter
Polarity Therapy	Karuna Fluhart	Subtle Therapies - Polarity	1995	Winter
Ayurvedic Cuisine: Red Lentil Soup	Usha Lad	Nutrition, Digestion &	1995	Winter
Yoga And Pregnancy	Betheyla	Yoga	1995	Winter
Healing with Herbs: Gandharva Haritaki	Michael Dick	Herbology & Pharmacology	1996	Fall
Stress, Rest and Restorative Asana	Ann Harrison	Yoga	1996	Fall
From the Panchakarma Department	Ed Danaher	Ayurvedic Massage &	1996	Fall
The Heart	Vasant Lad	Disease & Ayurveda	1996	Fall
Ayurvedic Cuisine: White Radish Subji	Usha Lad	Nutrition, Digestion &	1996	Fall
The Pulse and the Heart	Vasant Lad	Clinical Assessment Arts	1996	Fall
Ayurvedic Cuisine: Mint Chutney	Usha Lad	Nutrition, Digestion &	1996	Spring
Healing with Herbs: Bala in the Summer	Michael Dick	Herbology & Pharmacology	1996	Spring
Nadi Vijnanam (pulse reading) (Part 1)	Vasant Lad	Clinical Assessment Arts	1996	Spring
The Three Nervous Systems and the Polarity Principle	Karuna Fluhart	Subtle Therapies - Polarity	1996	Spring
Yogasana For Seasonal Balancing of Pitta	Vasant Lad	Yoga	1996	Spring
Ayurvedic Teas	Zamyat Vimal	Nutrition, Digestion &	1996	Summer
Ayurvedic Cuisine: Mung Dal Kitchari	Usha Lad	Nutrition, Digestion &	1996	Summer
Kurmasana, the Tortoise Pose	Ann Harrison	Yoga	1996	Summer
Nadi Vijnanam (pulse reading) (Part 2)	Vasant Lad	Clinical Assessment Arts	1996	Summer
Why Have a Pulse Assessment?	Michael Dick	Clinical Assessment Arts	1996	Summer
Herbal Extracts and Cellular Agni	Michael Dick	Herbology & Pharmacology	1996	Winter
The Role of Asanas in Digestion	Ann Harrison	Yoga	1996	Winter
Ayurvedic Cuisine: Agni Tea	Usha Lad	Nutrition, Digestion &	1996	Winter
Nutrition at the Cellular Level: Pilu Paka & Pithara Pak	Vasant Lad	Nutrition, Digestion &	1996	Winter
Ayurvedic Cuisine: After-dinner seeds	Usha Lad	Nutrition, Digestion &	1996	Winter
Treatment of Jwara Roga with Ayurvedic Herbs	Madhavi Rathod	Herbology & Pharmacology	1997	Fall

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Jwara Roga, An Ayurvedic Perspective on Fevers	Vasant Lad	Disease & Ayurveda	1997	Fall
Agora III, The Law of Karma	Robert Svoboda	Spirituality & Ayurveda	1997	Fall
Ayurvedic Cuisine: Tapioca Kitchari (Subudana)	Usha Lad	Nutrition, Digestion &	1997	Fall
Yoga Asana and Healing Visualization	Ann Harrison	Yoga	1997	Fall
Parkinson's Disease	Vasant Lad	Disease & Ayurveda	1997	Spring
Bow & Supported Bridge, Two Pitta Pacifying Yoga Postures	Betheyla	Yoga	1997	Spring
Ayurvedic Cuisine: Mixed Vegetable Subji	Usha Lad	Nutrition, Digestion &	1997	Spring
Ayurvedic Cuisine: Saffron Rice	Usha Lad	Nutrition, Digestion &	1997	Spring
Healing with Household Herbs: Fennel	herbroom	Herbology & Pharmacology	1997	Spring
Yoga, Ayurveda & Lower Back Pain	Betheyla	Yoga	1997	Summer
Ayurvedic Cuisine: Mixed Vegetable Soup	Usha Lad	Nutrition, Digestion &	1997	Summer
Kati Shula & Grudhrasi (backache & sciatica)	Vasant Lad	Disease & Ayurveda	1997	Summer
Ayurvedic Cuisine: Samosas	Usha Lad	Nutrition, Digestion &	1997	Winter
Shula (Pain) (Part 1)	Vasant Lad	Disease & Ayurveda	1997	Winter
The Relationship of Karma to the Disease Process	Madhavi Rathod	Spirituality & Ayurveda	1997	Winter
The Greatness of Saturn - A Therapeutic Myth	Robert Svoboda	Jyotisha	1997	Winter
Awareness in Asana and its Effect on the Doshas	Ann Harrison	Yoga	1998	Fall
Mano Vaha Srotas - the Channel of the Mind	Vasant Lad	Psychology & Ayurveda	1998	Fall
Ayurvedic Cuisine: Cauliflower & Potato Subji	Usha Lad	Nutrition, Digestion &	1998	Fall
Samskaras in relation to disease	Madhavi Rathod	Disease & Ayurveda	1998	Spring
Ayurvedic Cuisine: Shankhar Pali	Usha Lad	Nutrition, Digestion &	1998	Spring
Yoga and the pains of past & future	Ann Harrison	Yoga	1998	Spring
Shula (Pain) (Part 2)	Vasant Lad	Disease & Ayurveda	1998	Spring
Sattva, Rajas & Tamas: Attaining a quiet mind with Ayuryoga	Betheyla	Yoga	1998	Summer
Shirah Shula (Headache)	Vasant Lad	Disease & Ayurveda	1998	Summer
Ayurvedic Cuisine: Tomato Soup	Usha Lad	Nutrition, Digestion &	1998	Summer
Headache Relief: A comparison of Herbal & Western Analgesics	Beth Biegler	Herbology & Pharmacology	1998	Summer
The Attributes of the Doshas & AyurYoga	Betheyla	Yoga	1998	Winter
Ayurvedic Cuisine: Coconut Chutney	Usha Lad	Nutrition, Digestion &	1998	Winter
Vyadhi Marga & Dosha Gati - pathways of disease & manifestat	Vasant Lad	Disease & Ayurveda	1998	Winter
Meda Vaha Srotas	Betheyla	Yoga	1999	Fall
Causative Factors of Ama	Vasant Lad	Nutrition, Digestion &	1999	Fall
Ayurvedic Cuisine: Stuffed Okra	Usha Lad	Nutrition, Digestion &	1999	Fall
AyurYoga and the Sites & Subdoshas of Vata, Pitta & Kapha	Betheyla	Yoga	1999	Spring

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Relationships	Vasant Lad	Psychology & Ayurveda	1999	Spring
Ayurvedic Cuisine: Sidha Dugdham (Medicated Milks)	Usha Lad	Nutrition, Digestion &	1999	Spring
Prana and Pranayama	Betheyla	Yoga	1999	Summer
The Inner Workings of Mind	Vasant Lad	Psychology & Ayurveda	1999	Summer
Ayurvedic Cuisine: Murmura Chivda (Snack Food)	Usha Lad	Nutrition, Digestion &	1999	Summer
Vibrational Healing: Accessing Psyche Thru Physical Intellig	Karuna Fluhart	Subtle Therapies - Vibrational	1999	Winter
Bhasmas: The Alchemical Preparations of Ayurveda	Vasant Lad	Disease & Ayurveda	1999	Winter
Ayurvedic Cuisine: Peanut Chutney & Sesame Seed Chutney	Usha Lad	Nutrition, Digestion &	1999	Winter
Prakruti	Dr. Vasant Lad	Janma, Deha, And Dosha	2000	Fall
Women's Medicine and Doshic Concepts	Coen Van Der Kroon	Ancient Greek & Ayurvedic	2000	Fall
Dashamula	Beth Biegler	Herbology & Pharmacology	2000	Fall
Ayurvedic Cuisine: Green Pea Bhaji	Usha Lad	Nutrition, Digestion &	2000	Fall
Fundraising Activities	Glen Crowther	Fundraising	2000	Fall
Fundraising Activities	Glen Crowther	Fundraising	2000	Spring
Aromatherapy, Ayurveda & the Power of Essential Oils	Sonia Elisa Masocco	Subtle Therapies	2000	Spring
Ayurvedic Cuisine: Green Mung Soup	Usha Lad	Nutrition, Digestion &	2000	Spring
Bala Kshaya : Chronic Fatigue Syndrome (Part 1)	Vasant Lad	Disease & Ayurveda	2000	Spring
Fundraising Activities	Glen Crowther	Fundraising	2000	Summer
Ayurvedic Cuisine: Mung Dal Kitchari	Usha Lad	Nutrition, Digestion &	2000	Summer
Ancient Greek Medicine & Ayurveda	Coen van der Kroon	Ayurveda, The Science of Life	2000	Summer
Bala, the Gift of Strength	Beth Biegler	Herbology & Pharmacology	2000	Summer
AyurYoga practice for Chronic Fatigue Syndrome	Ann Harrison	Yoga	2000	Summer
Bala Kshaya: Chronic Fatigue Syndrome (Part 2)	Vasant Lad	Disease & Ayurveda	2000	Summer
Assessment of Prakruti	Dr. Vasant Lad	Determining Your	2000	Winter
Bile and Pitta	Coen Van Der Kroon	Ancient Greek Gynecology	2000	Winter
Punarnava: Healing Waters of Life	Beth Biegler	Ayurvedic Herbs	2000	Winter
Bile and Pitta	Coen van der Kroon	Gynecology And Ayurveda	2000	Winter
Determining your Constitution: Assessment of Prakruti	Dr. Vasant Lad	Prakruti Assessment	2000	Winter
Ayurvedic Cuisine: Fried Rice	Usha Lad	Nutrition, Digestion &	2000	Winter
Fundraising Activities	Glen Crowther	Fundraising	2000	Winter
Ayurvedic Herbs: Punarnava	Beth Biegler	Herbology & Pharmacology	2000	Winter
Fried Rice	Usha Lad	Ayurvedic Cuisine	2000	Winter
Fundraising Activities	Glen Crowther	Fundraising	2001	Fall
Ashwagandha: A Different View of Horse Power	Beth Biegler	Herbology & Pharmacology	2001	Fall
Friends of Ayurveda	Sonia Elisa Masocco	Fundraising	2001	Fall
Ayurvedic Cuisine: Chapattis	Usha Lad	Nutrition, Digestion &	2001	Fall

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Shamana (Part 2)	Vasant Lad	Ayurvedic Cleansing	2001	Fall
Floral Waters: Discovering the Action of Subtle Aromatherapy	Sonia Elisa Masocco	Subtle Therapies -	2001	Spring
Brahmi: Reweaving the Fabric of the Mind	Beth Biegler	Herbology & Pharmacology	2001	Spring
Manas Prakruti: Your Mental Constitution	Vasant Lad	Psychology & Ayurveda	2001	Spring
Ayurvedic Cuisine: Tapioca Khir	Usha Lad	Nutrition, Digestion &	2001	Spring
Fundraising Activities	Glen Crowther	Fundraising	2001	Spring
Ayurvedic Cuisine: Spicy Sautéed Asparagus	Usha Lad	Nutrition, Digestion &	2001	Summer
Carrier Oils: Their Use in Aromatherapy & Ayurveda	Sonia Elisa Masocco	Subtle Therapies	2001	Summer
Shamana (Part 1)	Vasant Lad	Ayurvedic Cleansing	2001	Summer
Shatavari: Celebrating the Matrix of Creation	Beth Biegler	Herbology & Pharmacology	2001	Summer
Ayurvedic Cuisine: Varan Phala	Usha Lad	Nutrition, Digestion &	2001	Winter
An Aromatherapy Approach to Diabetes	Sonia Elisa Masocco	Subtle Therapies	2001	Winter
Shardunika & Prameha: Balancing the Devourer & the Devoured	Beth Biegler	Herbology & Pharmacology	2001	Winter
Prameha and Diabetes (Part 1)	Vasant Lad	Disease & Ayurveda	2001	Winter
Ayurveda and the Blood Type Diet	Yolande Manson	Nutrition, Digestion And	2002	Fall
Chitrak, or What the Fire Said	Beth Biegler	Herbology & Pharmacology	2002	Fall
Kala: The Concept of Time	Vasant Lad	Ayurveda, The Science of Life	2002	Fall
Ayurvedic Cuisine: Carrot Raita	Usha Lad	Nutrition, Digestion &	2002	Fall
Ayurvedic Cuisine: Mung Dal and Vegetable Bhaji	Usha Lad	Nutrition, Digestion &	2002	Spring
Neem: A Cool Herb in a Hot Season	Beth Biegler	Herbology & Pharmacology	2002	Spring
Prameha and Diabetes (Part 2)	Vasant Lad	Disease & Ayurveda	2002	Spring
Yoga's Role in Balancing Diabetic Conditions	Karayianis & van der	Yoga	2002	Spring
Ayurvedic Cuisine: Ghee (Clarified Butter)	Usha Lad	Nutrition, Digestion &	2002	Summer
Shankhapushpi: Uncovering the Nature of Mind	Beth Biegler	Herbology & Pharmacology	2002	Summer
Vata and Prana	Coen van der Kroon	Ancient Greek Gynecology &	2002	Summer
Asatmya (Allergies)	Vasant Lad	Disease & Ayurveda	2002	Summer
An Introduction to Ayurvedic Bodywork	Jaisri Lambert	Ayurvedic Massage &	2002	Winter
Rutu Charya	Vasant Lad	Seasonal Routines &	2002	Winter
Snehana (Oil Massage)	Vasant Lad	Ayurvedic Massage &	2002	Winter
Ayurvedic Cuisine: Squash Subji	Usha Lad	Nutrition, Digestion &	2002	Winter
Eranda: A Laying On of Hands	Beth Biegler	Herbology & Pharmacology	2002	Winter
Ayurvedic Cuisine: Date Khir	Usha Lad	Nutrition, Digestion &	2003	Fall
Vastu Shastra: The Entrance to a Building	Vasant Lad	Vastu Shastra	2003	Fall
Rasayana Chikitsa: The Art of Rejuvenation	Vasant Lad	Herbology & Pharmacology	2003	Fall
Asana from the Floating World: Yoga as Rasayana	Beth Biegler	Yoga	2003	Fall



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Title	Author	Subject	Year	Season
Seasonal Routine for Fall	Vasant Lad	Seasonal Routine & Ayurveda	2003	Fall
Chandana: The Bouquet of Bliss	Beth Biegler	Herbology & Pharmacology	2003	Spring
Seasonal Routine for Spring	Vasant Lad	Seasonal Routine & Ayurveda	2003	Spring
Svedana, Therapeutic Sweat	Vasant Lad	Ayurvedic Massage &	2003	Spring
An Introduction to Vastu Shastra	Vasant Lad	Vastu Shastra	2003	Spring
Ayurvedic Cuisine: Buttermilk Curry	Usha Lad	Nutrition, Digestion &	2003	Summer
On the Sweetness of Breathing: Yashti Madhu and Prana	Beth Biegler	Herbology & Pharmacology	2003	Summer
Natural Summer Beauty	Sonia Elisa Masocco	Ayurvedic Beauty Care	2003	Summer
Vastu Shastra: The Site	Vasant Lad	Vastu Shastra	2003	Summer
Seasonal Routine for Summer	Vasant Lad	Seasonal Routine & Ayurveda	2003	Summer
Vastu Shastra: Subtle Factors Affecting Vastu	Vasant Lad	Vastu Shastra	2003	Winter
Seasonal Routine for Winter	Vasant Lad	Seasonal Routine & Ayurveda	2003	Winter
How to Use Rasayana Therapy	Vasant Lad	Herbology & Pharmacology	2003	Winter
Herbal Rasayanas for Prana Vaha Srotas	Vasant Lad	Herbology & Pharmacology	2003	Winter
Ayurvedic Cuisine: Tur Dal Soup No. 2	Usha Lad	Nutrition, Digestion &	2003	Winter
Where the Breath Takes You: Yoga & the Prana Vaha Srotas	Beth Biegler	Yoga	2003	Winter
Ayurvedic Cuisine: Turmeric Pickle	Usha Lad	Nutrition, Digestion &	2004	Fall
Ode to the Art of Digestion 2: Asana and the Anna v.s.	Beth Biegler	Yoga	2004	Fall
Vastu Shastra: The Kitchen	Vasant Lad	Vastu Shastra	2004	Fall
Trividha Pariksha: The Three Categories of Clinical Ex	Vasant Lad	Clinical Ayurveda	2004	Fall
The Do's and Don'ts of Vastu Shastra	Vasant Lad	Vastu Shastra	2004	Spring
Ode to the Art of Digestion I: Asana and the Anna v.s.	Beth Biegler	Yoga	2004	Spring
Ayurvedic Cuisine: Bitter Melon Subji No. 2	Usha Lad	Nutrition, Digestion &	2004	Spring
Rejuvenation through Herbal Rasayana	Vasant Lad	Herbology & Pharmacology	2004	Spring
Herbal Rasayanas for Anna Vaha Srotas	Vasant Lad	Herbology & Pharmacology	2004	Spring
Ayurveda Under Cultivation	R. Svoboda	Philosophy & Ayurveda	2004	Summer
Embodying Ayurveda	Beth Biegler	Yoga	2004	Summer
Ganesha Ayurveda Ashram	Vasant Lad	Fundraising	2004	Summer
Ayurvedic Institute . . . Then & Now	unknown	General	2004	Summer
Ayurveda and Spirituality in Daily Living	Vasant Lad	Psychology & Ayurveda	2004	Summer
Ayurvedic Studies Students	unknown	General	2004	Summer
Reflections on Ayurveda: Past, Present & Future	Vasant Lad	Philosophy & Ayurveda	2004	Summer
Finding Time to Cook	Michele Khalef	Nutrition, Digestion &	2004	Winter
Ayurvedic Cuisine: Creamed Wheat Porridge	Usha Lad	Nutrition, Digestion &	2004	Winter
Jyotish and the Practice of Ayurveda	Bethyela	Jyotish	2004	Winter
Vastu Shastra: Focus on the Bedroom & Bathroom	Vasant Lad	Vastu Shastra	2004	Winter

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Spiritual Healing with Special Reference to Puja	Vasant Lad	Philosophy & Ayurveda	2004	Winter
Herbal Rasayanas for Rakta Vaha Srotas	Vasant Lad	Herbology & Ayurveda	2005	Fall
Yoga & Planetary Types, Part Three	Betheyla	Jyotisha	2005	Fall
Tracing Our Bloodlines: Asana and Rakta Vaha Srotas	Beth Biegler	Yoga	2005	Fall
Concept of Cancer in Ayurveda	Vasant Lad	Cancer: Source, Diagnosis	2005	Fall
Bodies of Water: Asana and the Ambu Vaha Srotas	Beth Biegler	Yoga	2005	Spring
Yoga & Planetary Types, Part One	Betheyla	Jyotish	2005	Spring
Carrot Subji	Usha Lad	Nutrition, Digestion &	2005	Spring
Urah Shulam (Chest Pain)	Vasant Lad	Disease & Ayurveda	2005	Spring
Herbal Rasayanas for Udaka Vaha Srotas	Vasant Lad	Herbology & Ayurveda	2005	Spring
Brief Overview of Ayurvedic Pharmacology	Vasant Lad	Herbs, Minerals And Other	2005	Summer
Pachak Lassi	Usha Lad	Nutrition, Digestion &	2005	Summer
Herbal Rasayanas for Rasa Vaha Srotas	Vasant Lad	Herbology & Ayurveda	2005	Summer
Embodiment of Taste: Asana and Rasa Vaha Srotas	Beth Biegler	Yoga	2005	Summer
Yoga & Planetary Types, Part Two	Betheyla	Jyotisha	2005	Summer
Female Health Issues, Part One	Vasant Lad	Women's Health And	2005	Winter
Sweet Potato Khir	Usha Lad	Nutrition, Digestion And	2005	Winter
Rasayanas for Mamsa Vaha Srotas	Vasant Lad	Herbology And Ayurveda	2005	Winter
On Being Moved: Asana and Mamsa Vaha Srotas	Beth Biegler	Yoga	2005	Winter
Live Happily for a Hundred Years	Vasant Lad	Longevity And Ayurveda	2005	Winter
Nathamuni's Yoga Rahasya	John Kepner	Book Review	2006	Fall
Ayurvedic Herbs	Vasant Lad	Rasayana For Majja Vaha	2006	Fall
Ayurveda and Massage	Sandra Aumiller	Integrating Ayurveda	2006	Fall
Spice Churnas	Michele Schulz	Food & Balance	2006	Fall
Panchakoshas	Vasant Lad	Sheaths Or Layers of The	2006	Fall
Mung Dal Kitchari for Kapha	Usha Lad	Nutrition, Digestion &	2006	Spring
Speaking Up for Fat	Beth Biegler	Asana And Meda Vaha	2006	Spring
Rasayana for Meda Vaha Srotas	Vasant Lad	Herbal Rejuvenation For	2006	Spring
Female Health Issues, Part Two	Vasant Lad	Women's Health And	2006	Spring
Breast Self-Exam	Vasant Lad	Women's Health	2006	Spring
Emotional Healing	Luscha Weeks	Integrating Ayurveda	2006	Summer
Ayurvedic Herbs	Vasant Lad	Rasayana For Asthi Vaha	2006	Summer
Cilantro & Almond Sauce	Michele Schulz	Food & Balance	2006	Summer
Earth Sutra	Beth Biegler	Asana And Asthi Vaha Srotas	2006	Summer
Role of Devotion in Life	Vasant Lad	Devotion	2006	Summer
Winter Squash Soup with Greens	Michele Schulz	Food & Balance	2006	Winter
Ayurveda and Nursing	Marcia Meredith	Integrating Ayurveda	2006	Winter
Ayurvedic Herbs	Vasant Lad	Rasayana For Shukra Vaha	2006	Winter

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Title	Author	Subject	Year	Season
Male Health Issues	Vasant Lad	Male Health	2006	Winter
Non-Suppression of Natural Urges	Vasant Lad	Non-Suppression of Urges	2006	Winter
Addiction and Substance Abuse	Vasant Lad	Addiction And Modes of	2007	Fall
Purusha and Prakruti	Barbara Cook	Yoga Sutras of Patañjali	2007	Fall
Pear Ginger Crumble	Michele Schulz	Food & Balance	2007	Fall
End of Life Care	Vasant Lad	Dying And The Physician's	2007	Fall
Integrating Ayurveda into Spas	Tara Grodjesk	Integrating Ayurveda	2007	Fall
Ashtanga Ayurveda	Vasant Lad	8 Clinical Disciplines of	2007	Spring
Rasayanas for Purisha Vaha Srotas	Vasant Lad	Ayurvedic Herbs	2007	Spring
Bodywork and Ayurveda	Donald VanHowten	Integrating Ayurveda	2007	Spring
Confetti Salad & Candied Fennel Seeds	Michele Schulz	Food & Balance	2007	Spring
Kundalini: Dormant and Rising Energy	Vasant Lad	Philosophy, Subtle Energies,	2007	Summer
Basmati & Millet Summer Risotto	Michele Schulz	Food & Balance	2007	Summer
Introduction to the Yoga Sutras of Patañjali	Barbara Cook	Yoga Sutras of Patañjali	2007	Summer
Rasayanas for Kundalini Rising	Vasant Lad	Ayurvedic Herbs	2007	Summer
Savory Wild Rice w/Vegetables	Laura Humphreys	Food & Balance	2007	Winter
Ayurvedic Management of Insomnia	Sonia Masocco	Insomnia, Ayurveda	2007	Winter
Five Movements of the Mind	Barbara Cook	Yoga Sutras of Patañjali	2007	Winter
The Healing Power of Mantra	Vasant Lad	Mantra, Chanting, Organ	2007	Winter
The Inner Chakras	Vasant Lad	Subtle Chakras, Marma Points	2008	Fall
States of Consciousness within Prakruti	Barbara Cook	Yoga Sutras of Patañjali	2008	Fall
Ayurvedic Products in the News	Wynn Werner	Joint Response Aug 08	2008	Fall
Zucchini Soup	Elke Sargent	Food & Balance	2008	Fall
Chronic Lyme Disease	Vasant Lad	Ayurvedic Herbs	2008	Fall
Book Review	L. Humphreys	Review of "Unstuck" By	2008	Fall
Practice and Non-attachment	Barbara Cook	Yoga Sutras of Patañjali	2008	Spring
Creamy Dandelion Salad	Michele Schulz	Food & Balance	2008	Spring
Inspiration of Ayurveda	K. Fluhart-Negrete	Integrating Ayurveda	2008	Spring
The Healing Power of Mudra	Vasant Lad	Mudra, Ayurvedic Mudras	2008	Spring
The Healing Power of Yantra	Vasant Lad	Yantra, 8 Famous Yantras,	2008	Summer
Warm Summer Salad	Michele Schulz	Food & Balance	2008	Summer
Stages of Concentration	Barbara Cook	Yoga Sutras of Patañjali	2008	Summer
Management of Rasa Dhatu Mala	Vasant Lad	Ayurvedic Herbs	2008	Summer
Staying Balanced in Summer	Vasant Lad	Managing Pitta	2008	Summer
Hearty Soda Bread	Michele Schulz	Food And Balance	2008	Winter
Rasayanas for Rakta Dhatu Mala	Vasant Lad	Ayurvedic Herbs, Dhatu	2008	Winter
Characteristics that Sustain Progress	Barbara Cook	Yoga Sutras of Patañjali	2008	Winter
Irritable Bowel Syndrome	Vasant Lad	Ayurvedic Herbs	2008	Winter

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Title	Author	Subject	Year	Season
Ayurveda in the South of France	Joaninha	Integrating Ayurveda	2008	Winter
Obstacles and Solutions, Love and Attention	Barbara Cook	Yoga Sutras of Patañjali	2009	Fall
Art of Parenting the Hyperactive Child	Vasant Lad	Ayurvedic Suggestions	2009	Fall
Amaranth Biscuits	Barbara Cook	Food & Balance	2009	Fall
Rasayana for Asthi Dhatu Mala	Vasant Lad	Rejuvenation For Bone Tissue	2009	Fall
Sprouted Mung Bread/Pancakes	Glen Crowther	Food & Balance	2009	Spring
Celiac Disease w/Ref. To Grahani Roga	Vasant Lad	Ayurvedic Herbs	2009	Spring
Passion, Effort and Surrender	Barbara Cook	Yoga Sutras of Patañjali	2009	Spring
Rasayana for Mamsa Dhatu Mala	Vasant Lad	Rejuvenation For Muscle	2009	Spring
Rasayana for Meda Dhatu Mala	Vasant Lad	Rejuvenation For Adipose	2009	Summer
Grace, Surrender and Ishvara	Barbara Cook	Yoga Sutras of Patañjali	2009	Summer
Cool-as-a-cucumber Coconut Milk	Michele Schulz	Food & Balance	2009	Summer
Rasa Chikitsa: Taste Therapy	Vasant Lad	Role of Taste In Balance	2009	Summer
Inner Peace and the Path to Unity	Barbara Cook	Yoga Sutras of Patañjali	2009	Winter
Parsnip Pizza & Vegetable Patties	Barbara Cook	Food & Balance	2009	Winter
Rasayana for Majja Dhatu Mala	Vasant Lad	Rejuvenation For Nerve	2009	Winter
Ayurveda & Yoga: The Integration of Life	Easter Bonifield	Integrating Ayurveda	2009	Winter
When Vision and Current Reality Differ	Jiwan Shakti Khalsa	Integrating Ayurveda	2010	Fall
Curried Cauliflower Soup	Michele Schulz	Food & Balance	2010	Fall
Causes of Suffering, Part 1	Barbara Cook	Yoga Sutras of Patanjali	2010	Fall
General Lifestyle Recommendations for VPK	Vasant Lad	Dosha Management	2010	Fall
Continuous Consciousness	Barbara Cook	Yoga Sutras of Patañjali	2010	Spring
Middle Eastern Quinoa Salad w/Tahini Sauce	Michele Schulz	Food & Balance	2010	Spring
Shat Kriya Kala: Mgmnt of Samprapti for Vata	Vasant Lad	Management 6 Stages of	2010	Spring
Ojas Balls	Michele Schulz	Food & Balance	2010	Summer
Sadhana:Inviting Grace into Daily Living	Barbara Cook	Yoga Sutras of Patanjali	2010	Summer
Shat Kriya Kala: Mgmnt of Samprapti for Pitta	Vasant Lad	Management 6 Stages of	2010	Summer
Upside Down Root Vegetable Pie	Michele Schulz	Food & Balance	2010	Winter
Causes of Suffering, Part 2	Barbara Cook	Yoga Sutras of Patanjali	2010	Winter
Shat Kriya Kala: Mgmnt of Samprapti for Kapha	Vasant Lad	Mgt of 6 Stages of	2010	Winter
Ayurveda & Jyotish Pt 1 & 2	Radhe Pfau	Merging The 2 Disciplines	2011	Fall
Ayurveda & Jyotish	Radhe Pfau	Merging The Two	2011	Fall
Nut Cake with Chocolate Drizzle		Food & Balance	2011	Fall
Sleep Disorders	Vasant Lad	Sleep, Chronic Fatigue,	2011	Fall
Yogic Approach to Suffering	Barbara Cook	Yoga Sutras of Patanjali	2011	Spring
Seasonal Home Cleanse	Vasant Lad	Doing Panchakarma At	2011	Spring
Wild Rice with Leafy Greens	Danit Eliav	Food & Balance	2011	Spring
Ayurveda and Acupuncture	Sharada Hall	Integrating Ayurveda	2011	Summer

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Title	Author	Subject	Year	Season
Sleep and Dreams	Vasant Lad, MASc	Sleep, Awareness,	2011	Summer
The Three Bandits	Barbara Cook	Yoga Sutras of Patanjali	2011	Summer
Mediterranean Summer Salad		Food & Balance	2011	Summer
Thyroid Disorders	Vasant Lad	Balancing The Thyroid	2011	Winter
Ayurveda & Jyotish Pt 3	Radhe Pfau	Merging The 2 Disciplines	2011	Winter
Suffering: Avoidable or Inevitable?	Barbara Cook	Yoga Sutras of Patanjali	2011	Winter
Winter Vegetable Soup	Lisa Costlow	Food & Balance	2011	Winter
Jewel Stuffed Apples	Michele Schulz	Food & Balance	2012	Fall
Liver Disorders	Vasant Lad	Liver Ayurvedic Perspective	2012	Fall
Discernment & Freedom, Part 1	Barbara Cook	Yoga Sutras of Patanjali	2012	Fall
Understanding Subtle Bodies	Vasant Lad MASc	Koshas, Auric Layers	2012	Spring
Perils of Perception, Pt 1	Barbara Cook	Yoga Sutras of Patanjali	2012	Spring
Ayurveda & Jyotish, Pt 4	Radhe Pfau	Merging The 2 Disciplines	2012	Spring
Aloo Methi (Potatoes & Fenugreek Leaves)		Food & Balance	2012	Summer
Perils of Perception, Pt 2	Barbara Cook	Yoga Sutras of Patanjali	2012	Summer
Dementia & Alzheimer's Disease	Vasant Lad MASc	Mano Vaha Srotas	2012	Summer
Western Medicine & Ayurveda	Eric Grasser, MD	Integrating Ayurveda	2012	Summer
Ayurveda and Jyotish	Madhavi Rathod	Integrating Ayurveda	2012	Winter
Discernment & Freedom, Part 2	Barbara Cook	Yoga Sutras of Patanjali	2012	Winter
Cholesterol & Mgt of Fat Metabolism	Vasant Lad, MASc	Meda Dhatu (Fat Tissue)	2012	Winter
Color	Vasant Lad, MASc	Chakras, Mantras, & Color	2012	Winter
Role of Emotions in Disease	Vasant Lad, MASc	Emotions & Disease	2013	Fall
Expansion & Improvements at Institute	Staff	Ayurvedic Institute Growth	2013	Fall
8 Limbs, Pt 3, Results of Yama & Niyama	Barbara Cook	Yoga Sutras of Patanjali	2013	Fall
Peach Chutney	Lisa Costlow	Food & Balance	2013	Fall
Chard, Chickpea, & Polenta Stew	Food & Balance	2013	Spring	
8 Limbs, Pt 1, Yama & Niyama	Barbara Cook	Yoga Sutras of Patanjali	2013	Spring
Depression	Vasant Lad, MASc	Ayurvedic Mgt of Depression	2013	Spring
Endometriosis	Vasant Lad, MASc	Ayurvedic Mgt of	2013	Summer
Curried Glazed Golden Beets & Carrots	Lisa Costlow	Food & Balance	2013	Summer
8 Limbs, Pt 2, Emotional Health	Barbara Cook	Yoga Sutras of Patanjali	2013	Summer
8 Limbs, Pt 4, Asana	Barbara Cook	Yoga Sutras of Patanjali	2013	Winter
Irritable Bowel Syndrome	Vasant Lad, MASc	Health of GI Tract	2013	Winter
Apple Blueberry Crisp	Lisa Costlow	Food & Balance	2013	Winter
Meditation & Mental Discipline	Vasant Lad, MASc	Meditation	2013	Winter
Stroke: Cerebrovascular Accident	Vasant Lad	Neurological Diseases	2014	Fall
Red Cabbage Salad	Lisa Costlow	Food & Balance	2014	Fall
Dharma Yoga: A Brief Customized Practice	Simon Chokoisky	Best Individual Yoga	2014	Fall

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Vibhuti Pada: Meditation, Attention, and Samadhi	Barbara Cook	Yoga Sutras of Patanjali	2014	Fall
Epilepsy	Vasant Lad	Disease of Nervous &	2014	Spring
Grapefruit Chutney	Lisa Costlow	Food & Balance	2014	Spring
Ayurveda and Dharma	Simon Chokoisky	Vedas & Dharma	2014	Spring
8 Limbs, Pt 5, Pranayama & Pratyahara	Barbara Cook	Yoga Sutras of Patanjali	2014	Spring
Dharma Types	Simon Chokoisky	Vedic Archetypes of	2014	Summer
Sprouted Mung Bean Salad	Lisa Costlow	Food & Balance	2014	Summer
8 Limbs, Pt 6, Pratyahara	Barbara Cook	Yoga Sutras of Patanjali	2014	Summer
Glaucoma	Vasant Lad	Eye Disease	2014	Summer
Macular Degeneration	Vasant Lad	Eye Disease	2014	Summer
Skin Disorders: Kushtha	Vasant Lad	Acne, Dermatitis,	2014	Winter
Muhurta: Science of Winning	Simon Chokoisky	Vedic Astrology	2014	Winter
Meditation Practice and Intuition	Barbara Cook	Yoga Sutras of Patanjali	2014	Winter
Vegetable Masala		Food & Balance	2015	Fall
The Real Power of Mantra	Simon Chokoisky	Mantra And Spirituality	2015	Fall
How To Maintain Healthy Weight	Vasant Lad, MASc	Weight, Agni, Exercise	2015	Fall
Prakruti's Tapestry	Barbara Cook	Yoga Sutras of Patanjali	2015	Fall
Curried Cauliflower	Lisa Costlow	Food & Balance	2015	Spring
Vastu Yoga	Simon Chokoisky	Vedic Astrology	2015	Spring
Arthritis	Vasant Lad, MASc	Joint Health	2015	Spring
Inside and Outside	Barbara Cook	Yoga Sutras of Patanjali	2015	Spring
Time and Change	Barbara Cook	Yoga Sutras of Patanjali	2015	Summer
Year of the Dwarf Planet	Simon Chokoisky	Vedic Astrology	2015	Summer
Autoimmune Disorders	Vasant Lad, MASc	Cellular Ama	2015	Summer
Cooling Summer Drinks	Vasant Lad, MASc	Food & Balance	2015	Summer
Restless Legs Syndrome	Vasant Lad, MASc	Vata Dosha, Mamsa &	2015	Winter
Relationship Secrets of the Chakras	Simon Chokoisky	Chakras And Evolution	2015	Winter
No-Bake Chai Spice Balls	Uma Jolicoeur	Food & Balance	2015	Winter
Siddhis	Barbara Cook	Yoga Sutras of Patanjali	2015	Winter
Netra Roga: Eye Disorders, Pt. 2	Vasant Lad, MASc	Eye Disorders	2016	Fall
From Mastery to Wholeness	Barbara Cook	Yoga Sutras of Patanjali	2016	Fall
Remedial Measures for Saturn	Simon Chokoisky	Vedic Astrology	2016	Fall
Okra w/Garlic Sauce & Tomato Chutney	Sarah Bunting	Food & Balance	2016	Fall
Come to Your Senses	Barbara Cook	Yoga Sutras of Patanjali	2016	Spring
Making Space in the Time of Kali Yuga	Simon Chokoisky	Diet, Meditation, And Yoga	2016	Spring
Barbara's Best Cabbage Dish	Barbara Cook	Food & Balance	2016	Spring
Maintaining a Healthy Brain	Vasant Lad, MASc	Brain Rejuvenation	2016	Spring
Come to Your Senses, Part One	Barbara Cook	Yoga Sutras of Patanjali	2016	Spring

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Cultivating Sattva	Simon Chokoisky	Practices That Build Sattva	2016	Summer
Come to Your Senses, Part Two	Barbara Cook	Yoga Sutras of Patanjali	2016	Summer
Netra Roga: Eye Disorders, Pt 1	Vasant Lad, MASc	Eye Disorders	2016	Summer
Peas & Leeks w/Rice & Mint Sauce	Sarah Bunting	Food & Balance	2016	Summer
Skin Disorders: Kushta, Part Two	Vasant Lad, MASc	Skin Disorders	2016	Winter
Parsnip Latkes with Paneer Sauce	Sarah Bunting	Food & Balance	2016	Winter
Delectable & Dangerous	Barbara Cook	Yoga Sutras of Patanjali	2016	Winter
The Real Meaning of Ayu	Simon Chokoisky	Panchakarma & Longevity	2016	Winter
Enlarged Prostate & Prostatitis	Vasant Lad, MASc	Prostate Issues	2017	Fall
Who Do You Think You Are?	Barbara Cook	Yoga Sutras of Patanjali	2017	Fall
Satsanga	Robert Svoboda,	Ayurvedic Philosophy	2017	Fall
Vegetarian Pho, Vietnamese Soup	Sarah Bunting	Food & Balance	2017	Fall
Osteoporosis: Asthi Saushirya	Vasant Lad, MASc	Osteoporosis	2017	Fall
The Vastu of Faces, Lots & Elements	Simon Chokoisky	Vastu Shapes & Elements	2017	Spring
Tom Kha Gai Soup	Sarah Bunting	Food & Balance	2017	Spring
Containers of Things	Barbara Cook	Yoga Sutras of Patanjali	2017	Spring
Neuralgia, Sanchari Vedana	Vasant Lad, MASc	Pain Management	2017	Spring
Shortcut Guide to Enlightenment	Simon Chokoisky	Being Near Enlightened	2017	Summer
Multiple Sclerosis	Vasant Lad, MASc	Multiple Sclerosis	2017	Summer
The Pathway of Divinity	Vasant Lad, MASc	Coming To America	2017	Summer
Impotence	Vasant Lad, MASc	Impotence	2017	Summer
Fibromyalgia	Vasant Lad, MASc	Fibromyalgia	2017	Summer
Summer Popsicles	Sarah Bunting	Food & Balance	2017	Summer
Black Beluga Lentils	Sarah Bunting	Food & Balance	2017	Winter
What Do You Want?	Barbara Cook	Yoga Sutras of Patanjali	2017	Winter
Anemia, Pandu	Vasant Lad, MASc	Anemia	2017	Winter
Crimes Against Wisdom	Robert Svoboda,	Ayurvedic Philosophy	2017	Winter
Fixations	Robert Svoboda,	Ayurvedic Philosophy	2018	Spring
Hidden In Plain View	Barbara Cook	Yoga Sutras of Patanjali	2018	Spring
Veggie Tacos	Sneha Raichada	Food & Balance	2018	Spring
Meditation & the Art of Healing	Vasant Lad, MASc	Meditation As Medication	2018	Spring
Atrial Fibrillation, Hrud Kampa	Vasant Lad, MASc	Heart Issues	2018	Summer
Mouse Minds	Barbara Cook	Yoga Sutras of Patanjali	2018	Summer
Rose Date Ladus	Natalie Wohlstadter	Food & Balance	2018	Summer
Niyama	Robert Svoboda,	Ayurvedic Philosophy	2018	Summer