

ECO-AROMATIC ACTIVISM TOUR 2009: SCHEDULE

Eco-Aromatic Activism Tour 2009

AROMATIC & MEDICINAL PLANT WISDOM FOR OUR HEALTH, ECOLOGY & ECONOMIES

- Complete Tour Study Schedule - November 7~21, 2009 -
- See also Tour FAQ [HERE](#) -

7th November, Saturday

MORNING SESSION

Check in hotel **Royal Retreat**

Lunch

AFTERNOON SESSION

Orientation

Tea time

Introduction to Ayurvedic Aromatherapy by David Crow, L.AC

"Contemplative Aromatherapy' is an experiential approach to studying essential oils and their effects on body and mind using a combination of classical Buddhist meditation methods and Ayurvedic medical philosophy."

EVENING SESSION

Dinner / Participant self-introductions



8th November, Sunday

SUNRISE SESSION

Agnihotra Ceremony & Meditation

led by Pandit Lokesh Paliwal (Sanskrit scholar & Vedic astrologer)

Agnihotra is a Vedic fire ritual dedicated to the sun and performed at sunrise and sunset to purify oneself and the surrounding environment. The offerings for this ceremony include pure ghee, cow dung, rice grains, aromatic woods, and a mix of medicinal and aromatic herbal ingredients.

Breakfast

MORNING SESSION

Demonstration Classes in Classical Ayurvedic Therapies at Royal Retreat Spa

led by David Crow and Vaidya Anthony Joseph (director, Royal Retreat spa; previously with Kerala's Kottakal Ayurvedic Center)

Lunch

AFTERNOON SESSION

Ayurvedic Therapy Demonstration Classes contd.

David Crow and Anthony Joseph

*(All spa sessions co-organized with **Floracopeia** and Royal Retreat Spa)*

Tea Time

EVENING SESSION

Contemplative Aromatherapy and Meditation Session with David Crow

*(all contemplative aromatherapy sessions are co-organized with **Floracopeia**)*

Dinner

9th November, Monday

MORNING SESSION

Breakfast

Graha Shanti - ancient Vedic ritual for peace and planetary health

led by Pdt. Lokesh Paliwal and five Brahmin priests

A 3-hour ritual illustrating many of the mythological, spiritual and philosophical references in Ayurvedic tradition. It invokes Lord Shiva, Lord Ganesh, nine planets and 23 mother goddesses to intervene on behalf of global peace and well-being. Offerings include pure ghee (clarified butter), grains, flowers, fruits and a variety medicinal and aromatic herbs linked to particular deities and planets.

Lunch with priests and other ceremony participants.

AFTERNOON SESSION

Visit to Eklingji Temple (dedicated to Ekling-ji – God of the Single Phallus – a sensual avatar of Lord Shiva, the Mewar region's tutelary deity and nominal ruler) and other temples in the surrounding hills dedicated to deities worshipped by the local indigenous tribes.

EVENING SESSION

Dinner

10th November, Tuesday

MORNING SESSION

Sunrise Agnihotra Ceremony
led by Pandit Lokesh Paliwal

Breakfast

Demonstration of Ayurvedic Therapies
with David Crow and Anthony Joseph

Lunch

AFTERNOON SESSION

Demonstration of Ayurvedic Therapies contd.
with David Crow and Anthony Joseph

EVENING SESSION

Dinner

Contemplative Aromatherapy Session with David Crow

11th November, Wednesday

MORNING SESSION

Breakfast

Panel Discussion I and Q&A

Aromatic Plants in Ayurveda, Ancient Scriptures & Other Traditional Medicine Systems

Confirmed panelists:

- Dr. David Crow L.AC.;
- Mr. Ramakant Harlaka – CEO, Nishant Aromas;
- Dr. K.P. Vyas – director, Ayurvedic department of **AYUSH**, Rajasthan branch;
- Prof. Dr. Mahesh Dixit – head of department surgery, MM Ayurveda College Udaipur;
- Dr. Satish Sharma – senior forester, Rajasthan Forest Department;
- Dr. R.C. Dubey – head of MAP program, Agriculture College Udaipur;
- Dr. Jiyalalji – head botanist, **Jagran Jan Vikas Samiti**;
- Dr. GPS Jhala – Ayurved, **Jagran Jan Vikas Samiti**

Lunch with panelists

AFTERNOON SESSION

Panel Discussion II and Q&A

Plant Based Medicines and Human Health Care for the 21st Century

Tea time with panelists and participants

*(Co-organized with **Floracopeia**, MM Ayurvedic College Udaipur, Ayurvedic Department of AYUSH, Rajasthan and MM Ayurvedic College/Hospital Udaipur)*

EVENING SESSION

Dinner

Contemplative Aromatherapy Session with David Crow

12th November, Thursday

MORNING SESSION

Breakfast

Demonstration of Ayurvedic therapies - nsya, sarvang, dhara, shirodhara, picchal, lapan, udwartin etc. - using plant based aromatic medicines for chronic health conditions (at MM Ayurvedic College/Hospital Udaipur).

Participating therapists:

- Prof. Dr. R.V.S. Roy – Superintendent MM Ayurvedic College Hospital, Udaipur;
- Prof. Dr Mahesh Dixit – Dept head, Shalya Shalakya MM Ayurvedic College, Udaipur;
- Prof. Dr. K.M. Agrawal – MM Ayurvedic College of Udaipur;
- Dr. Shoblal Audhichya – Director, Rajasthan State Government Hospital of Ayurveda

(Co-organized with MM Ayurvedic College/Hospital Udaipur)

Lunch

AFTERNOON SESSION

Introduction to Udaipur Agriculture College Medicine and Aromatic Plants Program

- Tour of facilities: gardens/nursery, aromatic oil distillation plant, storage centers.

- Presentations:

The Agriculture College's MAP Research Program and Extension Work in Local Farming Community – Dr. R.B. Dubey

Planting the Global Garden: Experiences and Advice – Dr. David Crow

Growing the Aromatic Plant Economy: Extension Work & Market Development – Dr. Ramakant Harlaka

(Co-organized with **Floracopeia** and Dr. R.B. Dubey, Associate Prof and director, Udaipur Agriculture College Herbal Park)

Tea Time with Dr. Dubey and MAP research students

EVENING SESSION

Dinner

Contemplative Aromatherapy Session with David Crow

13th November, Friday

MORNING SESSION

Breakfast

Field visit to Rajasthan Forest Department's Banki Aromatic Plant Nursery & Plantation.

Lunch at Banki Nursery with director

(Co-organized with Udaipur office of the **Rajasthan Forest Department**)

AFTERNOON SESSION

Visit to Tapovan Ashram Health and Ecology Center

Guided tour of plantation and nursery which includes 200 species of fruit, shrubs and herbs, tour of Tapovan village and visit to a school herbal garden project being jointly developed by Dr. Mehta and a Canadian NGO.

(co-organized with Dr. R.C. Mehta, ex-dean, Rajasthan Agriculture College Udaipur.)

Tea Time with Dr. R.C. Mehta and villagers

EVENING SESSION

Dinner

Contemplative aromatherapy meditation with David Crow

14th November, Saturday

MORNING SESSION

Breakfast

Field Trip to Rajasthan Forest Department's Nal Sandol, Ramkunda and Oga project sites.

Visit to Nal Sandol: medicinal plant nursery and cultivation program

Meeting with local indigenous healers and observation session as they treat their patients with plant based medicines; discussions of local plant based medical traditions with Gunis (indigenous healers)

Lunch with Gunis, Jagran Jan Vikas Samiti botanist and Ayurved, Joint Forest Management Committee members, and accompanying Forest Dept officer.

AFTERNOON SESSION

Continuation of discussion and sharing with Gunis, Ayurveds, botanists and others.

Visit to Ramkunda Forest and Medicinal Plant Conservation Zone. Ramkunda has vast liana groves and the largest Banyan trees in northwest India

Tea Time with foresters, JJVS staff and gunis and farmers

Visit to Oga Gardens, an extensive herbal garden plantation.

(Co-organized with **Jagran Jan Vikas Samiti** and the cooperation of the Udaipur office of the **Rajasthan Forest Department**)

EVENING SESSION

Dinner / Discussion of day's events

15 November, Sunday

MORNING SESSION

Breakfast

Early check out

2-day Field Trip to Sita Mata Forest and Wildlife Sanctuary

Check in **Fort Dhariyawad Heritage Hotel**

- Delivery to Munjwa (entry to Sita Mata wildlife sanctuary)

- Jeep to Bhagi Baori (small spring) shrine

According to legend, this little spring miraculously sprang up where Sita Mata, the god Ram's banished wife, first stepped on earth when she went out in search of water.

- Walk to Sita Mata temple and gorge with packed lunch from hotel.

The forest situated in the pre-Cambrian hills is rich in orchids, ferns and tuberous plants and has such vast and dense giant Banyan copses that even during the day there is complete darkness beneath the trees. There are also numerous sacred mahua tree groves along the paths. An Indian medicinal plant known as chironji or Buchanania latifolia also grows in these forests, which also host a diversity of wild animals.

- Dusk visit to Dhariyawad to see the sanctuary's famous flying squirrels

(Access and facilities arranged with the cooperation of the Udaipur office of the **Rajasthan Forest Department**)



process and resource arrangements with the cooperation of the staff members of the **Jagran Jan Vikas Samiti**.
Return to Fort Dhariyawad / Dinner

16th November, Monday

MORNING & AFTERNOON SESSIONS

Breakfast / Check out

Return to Sita Mata Wildlife Sanctuary then visit Arampura, Jhakram Dam, Tankia River and nearby teak forests.

Firsthand study of local medicinal herbs and aquatic plants in the river eco-system and interactive field visits with Forest Department officers, NGO experts, community leaders and traditional village health therapists.

EVENING SESSION

Return to Udaipur / Dinner

17th November, Tuesday

MORNING SESSION

Breakfast

Green Spirit & Culture Festival

- A local festival for healers, farmers, cooks, artists/craftspeople, educators, entrepreneurs, NGOs, and gov entities that use and/or appreciate the virtues of aromatic & medicinal plants.

Lunch at the festival

AFTERNOON & EVENING SESSION

Green Spirit & Culture Festival contd. - Special features

Talk: **Planting the Global Garden** with David Crow

Documentary Screening: **The Learning Garden** by David Crow with Q&A session.

Tea time at festival

(early co-organizers **Floracopeia** & **Jagran Jan Vikas Samiti**)

Dinner

18th November, Wednesday

MORNING SESSION

Breakfast

Green Spirit & Culture Festival contd. - hands-on lessons in herbal/aromatic/medicinal product preparations

Lunch

AFTERNOON SESSION

Green Spirit & Culture Festival contd. - Special features

The Ethical Feast, Intellectual appetizers: Ayurveda meets Mewari Cuisine

- the healing power of herbs, spices and medicinal aromas in food.

(Conceptualized by John Brisbin, director, **Australian Community Foods**, "*The Ethical Feast series is a celebration of food traditions, an open investigation of food security, and an immersion experience in one of the planet's most dynamic cultures.*")

In this deliciously edifying session, David Crow, Mewari chefs and local Ayurveds will illustrate the salient health concepts in the local cuisine and the critical roles of medicinal herbs, aromas and local seasonal produce.

(Co-organized with John Brisbin, director, **Australian Community Foods** and **Floracopeia**)

EVENING SESSION

Special performance: **Roots of Gypsy Dance** by **Sayari Gypsy Circus**

(Co-organized with Sayari Gypsy Troupe and artistic director Phil Tapp)

Dinner - **The Ethical Feast, Main Course: Ayurvedic Mewari Meal**

Special performance: **Devotional music and dance** by local Gunis (indigenous healers)

(Co-organized with **Jagran Jan Vikas Samiti**)

19th November, Thursday

Free day for sightseeing, shopping and independent adventures in Udaipur

20th November, Friday

MORNING SESSION

Breakfast

Aromatic Reflections, Artistic Expressions & Evolutionary Implications

Sensual-Spiritual Synergy meditation with David Crow

Lunch with artists and co-meditators

AFTERNOON SESSION

Aromatic Reflections, Artistic Expressions & Evolutionary Implications contd.

Sensual-Spiritual Synergy meditation with David Crow

Tea time

EVENING SESSION

Informal sharing of art/music/dance/theater

inspired by meditations and tour experiences

Dinner

Farewell Conversations and Reflections

21st November, Saturday

Breakfast

Checkout