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## Ayurveda Study Day

3 March 2023

Evenementenhal Gorinchem  
Next Level



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EVENTS



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# Ayurveda Study Day

## GUEST SPEAKERS

### Froukje van der Schaar



Froukje, as her name suggests, is a true Frisian. Driven by a deep love for nutrition, she attended various nutrition and natural food courses. Froukje has become an all-around and inspired expert in Ayurvedic nutrition at Europa Ayurveda Center.

### Cornelis Peters



During a sabbatical in India, Cornelis came across Ayurveda and became fascinated with this method of healing. He studied for Ayurvedic doctor and founded the Europa Ayurveda Center in the Netherlands with his late wife, Dr. V.P. Mohana Kumari, and son, Vighnesh. The center is actively involved in research projects with Ayurvedic medicinal plants.

### Gayathiri Kisorthman



Dr. Gyathiri Kisorthman completed her Bachelor in Ayurveda from the University of Kelaniya, Sri Lanka. Gayathiri joined Europa Ayurveda Centre to continue her career in Ayurveda in the Netherlands. Her goal is to introduce high-quality medical Ayurvedic formulas and provide the perfect treatment for physical and mental health.

### Jacklyn de Vos Bestenbreur



Born and raised in the U.S., where she obtained her Bachelor of Science in Elementary Education. In 2015, Jacklyn developed health complaints. Ayurveda provided the answers and explanations she was looking for. She has completed her Ayurvedic Technician (AT) studies and will complete the Ayurvedic Practitioner program next year.

### Harrie Sandhövel



Harrie Sandhövel founded Holisan Health Products BV in 1985 and has been an Ayurveda specialist for over 35 years. Over the years, Holisan developed into one of the best-known suppliers of Ayurvedic herbal preparations, massage oils, skin care products, herbal teas, books, and related articles. The range of products has expanded over time to include BIO AYURVEDA and various hair care products.

### Maarten Bode



Maarten Bode PhD was till May 2019 Adjunct Research Faculty at the Department of Anthropology, University of Amsterdam and in the period 2010 –2018 visiting professor at the University for Traditional Health Sciences and Technology, Bangalore, India. He has published on the commodification of Ayurvedic and Unani medicines, Evidence Based Ayurveda, Ayurvedic clinical practices, the legitimisation of vernacular Indian medicine, and the ambiguities of Ayurvedic college education in international academic journals and scholarly volumes.





## IN CORPORATION WITH

### Simone Hoogland



Simone is an Ayurvedic chef. In the past, she had a farm where she grew herbs as well as pumpkins, fruits, and vegetables. In addition, she created a private line of chutneys, jams, and syrups. Simone utilized all

this experience in her learning of Ayurvedic cooking at the Europa Ayurveda Center.

### Vighnesh Peters



Vighnesh studied photography, video, and music production in Amsterdam. Over the years, he has also filmed varied topics of Ayurveda and Indian culture. The Dutch Broadcasting Corporation has

commissioned some of his work. The universal nature of Ayurveda resonates with his creative expression.

### Alexander Scholtz



Alexander is an Ayurveda therapist in training within the team at Europa Ayurveda Center. He is also studying Marriage and Family Studies at BYU - Idaho-Brigham Young University-Idaho. His attentive touch gives the

massage enormous healing power.

### Eva Stolk



Eva is an Ayurveda doctor in training within the team at the Europa Ayurveda Center. She is also a physiotherapist, dance and yoga instructor. Ayurveda's warm and soft

approach reminds her of a nurturing mother. With this wisdom, she offers clients a sanctuary for all that wants to be seen, in a warm, loving embrace.

### Kristja van der Holst



Kristja van der Holst studied Dutch literature at VU University Amsterdam. She became increasingly more interested in health and spirituality during her studies, so she traveled to Bali,

Thailand, South America, and India to dive deeply into yoga, meditation, and various medicinal food teachings. She works as a book editor, Breathwork facilitator, and Ayurvedic massage therapist.

### Location

Evenementenhal Gorinchem Next Level  
Franklinweg 2  
4207 HZ Gorinchem

# Ayurveda Study Day - 3 March 2023

## Programme

- 09:30-10:15** **Welcome** by Cornelis Peters (Ayurveda physician, head of the EAC) and introduction of the speakers.
- 10:15-10:45** **"What is Ayurveda?"** by Jacklyn de Vos Bestenbreur – Ayurveda practitioner and educationalist.
- 10:45-11:20** **"Ayurveda in practice"** by Cornelis Peters.
- 11:30-12:20** **"Taking Traditional Knowledge to the Market", the modern image of the Ayurveda industry.** Dr. Maarten Bode (University of Amsterdam, Anthropology, adjunct researcher).
- 12:25-13:05** **"Ayurvedic products for the therapist"** by Harrie Sandhövel CEO Holisan, Lelystad.
- 13:10-13:40** **Ayurvedic lunch in the Ayurveda Pavilion.**
- 13:45-14:35** **"Enhance your immune system with Ayurveda herbs"** by Gayathiri Kisorthman – Ayurveda doctor from Sri Lanka, who works at the EAC.
- 14:50-15:40** **"Eat healthy with Ayurveda"** by Froukje van der Schaar – Ayurvedic Nutrition Coach, working at the EAC.
- 15:45-16:00** **Review and closing** by Cornelis Peters.
- 16:00-17:00** **Matchmaking.**

*Accreditatie ovv aangevraagd bij NWP en LVNG*



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