About Dr. Marc Halpern - leading Ayurvedic teacher in the West

President and Founder of the California College of Ayurveda[i] [1]

Dr. Marc Halpern, D.C.,C.A.S.,P.K.S., (Ayurvedacharya) is one of the pioneers of Ayurveda in the West and is considered to be a pre-eminent practitioner and teacher of Ayurveda in the United States. He is one of the few Westerners ever recognized in both the United States and in India as an authority on the subject of Ayurvedic Medicine [2] and was awarded the All India Award for Best Ayurvedic Physician. A pillar in the development of the profession in the United States, he is the co-founder of the National Ayurvedic Medical Association for which he served as Chairman of the National Committee on Ayurvedic Education from its inception in 2000 until 2005. He is also a co-founder of the California Association of Ayurvedic Medicine. A Doctor of Chiropractic with post-graduate certification in Holistic Medicine, Dr. Halpern has studied with many noted teachers from India and the United States.

Dr. Halpern is a contributing writer to several popular books on Ayurveda and holistic medicine and has written two textbooks on Ayurveda. He has published articles in almost every major journal and magazine of Yoga or Ayurveda, and in 2005 was interviewed by Mike Wallace on CBS's 60 Minutes. Dr. Halpern's own remarkable story of personal healing was featured in the national magazine Spirituality and Health. He has been quoted in many major newspapers, including The New York Times and The Los Angeles Times. In addition to his work with the California College of Ayurveda, Dr. Halpern is a certified yoga instructor and a regular teacher of Ayurveda at International Sivananda Yoga [3] Vedanta Centers worldwide.

A Brief Interview with Dr. Halpern

What do you think about the future of Ayurveda in America:

The profession of Ayurveda [2]is growing very fast. More and more people are looking toward holistic alternatives. Ayurveda is the most complete form of holistic medicine practiced in the world

today. I think the future is very bright.

What do you think makes Ayurveda so attractive to the public?

Ayurveda holds the promise of optimal health and peace of mind for those who live according to its principles. When people come to realize that there is a discipline that addresses the whole person physically, emotionally, and spiritually, and uses natural medicines - they are immediately attracted.

What makes Ayurvedic education at the California College of Ayurveda unique?

If I had to say one thing, I think it is how well we train our students to be successful practitioners. The strong clinical focus, culminating in our unique six-month internship followed by a post-graduate residency program to become a Clinical Ayurvedic Specialist, sets us apart from other schools. Our high standards, cohesive curriculum, supportive and nurturing faculty, and clinical focus ensure that each student receives the highest level of professional training.

What makes the residency program special?

During our residency program, students work with real patients, not just with other students or friends. They practice as qualified practitioners working with the general public under the supervision of a well-trained practitioner. Residents are researching cases, making medicines for their patients, and doing all of the things they will do in their own practices.

What do you think are the most important qualities in a future practitioner of Ayurveda?

The most important qualities are humility and compassion. Knowledge can be easily learned by anyone. Humility is the restraint of the ego. Humility leads to non-judgment. Non judgment leads to compassion. These traits allow knowledge to grow into wisdom and are the foundation of a true healer and teacher.

See Dr. Halpern's interview on the Yoga Hour with Rev. Ellen Grace O'Brian [4]

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