

Life Style Seminars

JEFFREY ARMSTRONG

A Western Master of Eastern Wisdom
Motivational Speaker and Spiritual Teacher
Founder of VASA Vedic Academy of Science & Arts

Jeffrey Armstrong is a scholar of the Eastern teachings including Vedanta, Raja Yoga, Tantra and Mantra practices; having been initiated into these mysteries by Masters of these traditions. He has spent the last 35 years committed to yogic practices including Martial Arts, Chinese Medicine, and Ayurveda. Armstrong combines the best knowledge of the East into a complete system of practice which integrates practical tools for transformation in the areas of our spiritual and personal lives. He has degrees in Psychology, History & Comparative Religion, and Literature.

Motivational, self-help, psychological, and processed-based seminars have contributed greatly to everyone's evolution in recent years. We consider those seminars an important foundation for the next level of work. The next evolutionary step is a universal spiritual vision and technology that integrates into modern life while leading towards a sacred and sustainable future on the earth. Jeffrey Armstrong has drawn the seeds of this new vision from the sacred teachings of India, Tibet and China and compiled them into a complete system of lifestyle tools which include personal relationship skills, spiritual knowledge and health and healing practices.

These seminars are offered regularly throughout the year.
Individual coaching is available.

- The UltiMate™ Seminar
- The Philosophy and Lifestyle of Yoga Series
- 6 Steps to an Enlightened (Healthy) Lifestyle
- Life Without Fear
- How to Live an Enlightened Lifestyle
- Meditation, Mantra and Healing
- Ayurveda Rejuvenation for Everyday Living
- Five Elements and Your Ayurvedic Body Type
- AyurVedic Astrology Simplified
- The Bhagavad-Gita Certification Course
- Ayurveda and Relationships
- Sacred Sexuality
- The Vedic Astrology Deck Seminar
- VACH – Vedic Art of Communication for Hindus
- Sacred Lifestyle, Sacred Cooking

inconceivably simultaneously



and different

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