



ANISHA DURVE



Anisha Durve, A.P. M.S.O.M.

Acupuncture Physician, Ayurvedic Practitioner, Ayur-Yoga Teacher, Meditation Instructor, Speaker, Author, Activist

Acupuncture

Anisha completed her 3 year clinical training at the Southwest College of Acupuncture in Albuquerque, New Mexico, graduating in 2000 with a Masters of Science in Oriental Medicine degree. She is a Diplomat in Acupuncture certified by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) and has received National Clean Needle Technique Certification (CCAOM). During the summer of 2000, she studied at the Academy of Traditional Chinese Medicine and participated in intensive clinical rotations at several prominent hospitals in Beijing, China. She is also a member of Acupuncturists without Borders and has participated in free community acupuncture clinics in Ecuador in 2010 and the Yucatan in 2013.

Ayurveda

Anisha spent 4 years training under renowned Dr. Vasant Lad at the Ayurvedic Institute in New Mexico which included the first year Ayurvedic Studies Program, three years of Gurukula (advanced clinical studies), and extensive clinical training in Pune, India. These programs incorporated Ayurvedic philosophy, study of the ancient texts in Sanskrit, treatment and management of numerous health conditions, pulse and tongue diagnosis, herbal preparations, nutrition, panchakarma, and therapeutic Yoga. In 2004, she trained in panchakarma (detoxification) techniques such as Ayurvedic massage at the prestigious Indus Valley Ayurvedic Center in Mysore, India, one of the top 100 Ayurvedic centers in the world.

She has co-written a clinical textbook on acupressure with Dr. Vasant Lad titled "Marma Points of Ayurveda: Energy Pathways for Healing Body, Mind, and Consciousness, with a Comparison to Traditional Chinese Medicine." Working at a prestigious integrative medicine department, she has launched one of the first Ayurveda programs at a hospital in the U.S. Anisha developed and designed the 8 hour ground-breaking course "Ayurveda 101 Fundamentals" which has been wildly successful with over 100 graduates in the first year. The course materials are available for purchase at www.WisdomofAyurveda.com.

Yoga

Anisha is one of the first certified 200 hour Ayuryoga® instructors from the Ayurvedic Institute in April 2014. Ayuryoga is a unique blend of classical hatha yoga, pranayama, mudra, and meditation practices to harmonize the mind, body, and soul following basic Ayurvedic principles. Therapeutic yoga focus includes balancing doshas, treating doshic imbalances, and factoring in seasonal influences. She has also completed 500 hours of training at Vivekananda Yoga Kendra in Bangalore, India's premiere yoga research institute in February 2004. Training included applications of medical yoga therapy, current research on yoga studies, and in depth yoga philosophy. She is also a certified Relax & Renew® trainer with Judith Lasater since 2006. The training focused on the physiology of stress and relaxation through restorative yoga poses using props. She is certified as a Satyananda Yoga Nidra® teacher since 2014. Anisha has been practicing and teaching meditation for more than 20 years in colleges, yoga studios, and hospitals. Her teaching style blends restorative yoga, meditation, pranayama, chanting, yoga nidra, aromatherapy, and acupressure.