

# Ben Lipman (Varadaan)

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## PROFILE

Varadaan BS, RYT, ASP2-Ayurveda, is a Professional Practitioner Level Member of the National Ayurvedic Medical Association and President of the Colorado Ayurvedic Medical Association. A graduate of Stanford University, his full-time training over years with Dr. Vasant Lad, founder of the Ayurvedic Institute and other Institute faculty makes him a highly qualified practitioner. It is a great honor to represent a lineage now available to the West that includes perspectives on Western medicine as well as Yoga, Jyotish Astrology, and Vedantic wisdom.

Specialties Include: All Levels Pulse Analysis; Personalized Herbal Formulas; Cost-Managed Panchakarma Programs; Psychological, Spiritual and Physical dimensions of the Mind; the Spiritual Journey into Yoga Philosophy and Liberation; Pre and Post Surgical Diet and Lifestyle; and Accelerated Trauma Recovery.

## SPEAKING AND TEACHING

**Boulder Ayurveda:** Curriculum Development, Teaching of Ayurveda Fundamentals series.

**Leadership Douglass County:** Invited Speaker 2009, Introducing Ayurvedic principles to Community Leadership

**Commencement Speaker 2005:** Ayurvedic Institute

**Teaching Assistant:** Ayurvedic Institute, Pulse and Herbology practicums

**Presentations:** Various work in progress at Solstice Center

**Public Speaking:** Community Leader in the City of Boulder

## EXPERIENCE

### ***Boulder Ayurveda, Inc***

Principal Practitioner. All aspects of running an Ayurvedic clinic, including Business Management, integrated Ayurvedic health care, Panchakarma Treatment.

### ***Vibrant Lotus Products***

Product Development and sales, Formula Creation, Production, Legal, Labelling, Business Management.

### ***Solstice Center, LLC***

Ownership and Management of commercial facility and community center. [www.302pearl.com](http://www.302pearl.com).

### ***Colorado Ayurvedic Medical Association***

Co-founder and President. Creating a new state-wide organization in support of NAMA's National Mission, promoting Ayurveda among general public and supporting practitioners on a regional level.

### ***Solstice Institute***

Executive Director. President. Building legal, financial and community business foundations.

501c3 Nonprofit startup and management. Team building. Consensus. Event management.

Organizational missioning, fundraising, goal setting. Staff training. Incubation of (other) nonprofits.

### ***Architect: 302 Pearl Street, 415 S Cedar Brook, 611 Maxwell***

Design, Engineering, Drafting and Project Management on major green remodel projects incorporating all mechanical systems, structure, electrical, plumbing, fenestration, landscaping, etc. Focus on minimizing environmental impact during construction and occupancy, and maximizing human wellness inside buildings.

### ***Team Design***

Building quality client relationships. Approaching organizational problems with custom solutions.

Building teams to address specific needs. Specialized graphics solutions. Process training.

### ***Mac Wizard***

Delivery of complete computer business, solutions. Training. System and network diagnostics.

### ***Affordable Housing Coalition / Boulder Housing Coalition***

Working with dynamic, diverse groups. Legislation. Drafted and established new zoning ordinance for cooperative housing. Public Education. Organizing Boulder area interest in affordable housing.

## EXPERIENCE (cont'd)

### ***Ben Lipman for Boulder City Council***

Public Speaking. Public Policy Analysis. Short term project management. Volunteer coordination. Mass marketing. P.R. Politics.

### ***Timeweave***

Consensus facilitation and training. Conflict resolution. Management of multiple work teams. Budgeting. Real estate management. Financial planning. Time management. Community. Large special events production (for 35,000 people). Complex project coordination.

### ***Fellowship for Intentional Community***

Nonprofit and community based consensus processes. Complex group dynamics work. Organizing nationally distributed organization. Use of electronic network technologies (WANs).

### ***Ben Lipman Design***

Various; Product Design, Graphic Design, Problem Solving

### ***Charles Evans & Associates***

Technical project team development. Mechanical Engineering and Design of Analytical Instruments. Coordination of Scientists, Engineers, Production Teams and Marketing Professionals. Converted engineering department to electronic technology (CAD).

### ***Xerox Corporation***

Coordinated design team drawn from electronics plant in El Segundo, CA and Design Division in NY. Design of new flexible circuit board modules. Invention of new switch technology. Introduction of desktop workstation-based CAD technology into corporate design environment.

— *Chronology of organizational activity and related roles follows on subsequent pages* —

## EDUCATION

B.S. Stanford University, Product Design, School of Mechanical Engineering.  
ASP-1, ASP-2, Gurukula, Practicum, Ayurvedic Institute, ABQ, NM.

## TRAINING

Consensus Facilitation: Caroline Estes, Master Facilitator.  
Winning Through Participation methods: The Institute of Cultural Affairs.  
Spiral Dynamics: Macromemetics, Spirals over the Rockies - with Dr. Don Beck.  
Community Building: Extensive group process experience with communities, teams and projects.

## SKILLS

- Ayurvedic Practitioner and Instructor
- Public Speaking
- Writing and Editing
- Organizational Development
- Design of Human Systems
- Design of Technology, Equipment, Furniture, Landscape and Buildings
- Operation, Maintenance and Repair of Computer Technology

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## *Chronology of Organizational Activity*

<b>Organization</b>	<b>Role</b>	<b>When</b>
Colorado Ayurvedic Medical Association	Co-founder (COLORAMA) and President	10/09 - present
Vibrant Lotus Products	Principal	4/06 - present
Boulder Ayurveda, Inc.	Principal	6/05 - present
Solstice Center, LLC	Owner	1/97 - present
www.sustainability.org	Primary content developer, webmaster	1/97-present
Solstice Institute	Founder, President, Acting Executive Director	1/95 - present
Architect / Remodel Project Management	Primary Responsibilities	9/93 - present
Team Design	President, Executive Director	6/92 - 2002
Mac Wizard	President, Executive Director	10/96 - 2002
Boulder Housing Coalition / BoHoCo	Board of Directors	3/95 - 2000
Sustainable Living Project President	Executive Director	6/93 - 1997
Ben Lipman for Boulder City Council	Candidate, Campaign Mgr.	8/95 - 11/95
Fellowship for Intentional Community	Associate Board Member	5/93 - 5/95
Timeweave	Vice President, Acting Exec. Director, Secretary of Board	5/92 - 2/97
New Renaissance Festival	Core Manager, Volunteer Coord.	5/92 - 9/94
Campaign for the Earth	Boulder Hub Coordinator	1/92 - 5/92
Magic, Inc.	Residential Associate	12/89 - 7/90
Ben Lipman Design	President and Exec. Director	3/88 - 6/92
Charles Evans & Associates	Design Engineer	9/88 - 5/90
Xerox Corporation	Design Engineer	6/87 - 10/87