



April 2012

CASC Presents *Ayurveda & Wellness*

in Collaboration with

The International Society for Ayurveda & Health

by Dr. Amala Guha

Where: UCONN Health Center

Conference Room: EG-013

Farmington, CT

April 13, Friday 5:30 - 6:30 PM

Herbal Application for Skin Health and Beauty

An over view of analyzing skin and its conditions and how it reflects ones inner wellbeing. You will learn how to prepare scrubs, masks and maintain skin health and beauty using herbs. **Registration required. Registration fee \$20**

April 13-15 | Fri 1PM-6PM, Sat 9AM-5PM, Sun: 9AM-1 PM |

Ayurvedic Anatomy, Physiology & Pathogenesis

Ayurvedic anatomy including tissues organs and systems, skin and their influence on health and disease and body physiology will be covered. Agni (Ayurvedic concept of metabolism), Ayurvedic immunology, Definition of health, disease and indicators of pathogenesis will be covered.

Registration: \$375 (Includes all April events. CME credits available)

April 16th 6 PM-7 PM

A Journey to Inner Self

Derived from the ancient science of yoga, Journey to Inner-self, will impart wisdom for attaining self-empowerment and personal growth and provide guidance for how to live life in peace and harmony. A 20 minute **Guided Meditation using Yoga-asana and Mudra** will bring clarity to your life's goal. **Registration required. Registration fee \$20**

April 20th Friday, Noon to 4 PM

Labyrinth Walk and Meditation

Courtesy of Connecticut Mental Health Center, Yale University School of Medicine, Department of Psychiatry In collaboration with The International Society for Ayurveda at the request of UCONN Medical Students **Registration requested, No registration fee Free**

April 20th | Friday, 5 PM

Spiritual Conclave (SC): Mind, Matter and Consciousness

SC provides a platform for discussions on global issues, various aspects of mind, matter & consciousness (mind, body & spirit), spirituality, preservation of nature, natural phenomenon's, health, healing and wellness incorporating science, philosophy, humanity and research.

Registration: Free: welcome walk-ins-----no registration required

All registrations must be done at least seven days prior to the start date.

For CME information & registration, **Please email: Dr. Amala Guha email: aguha@att.net**

Visit: CASC: <http://casc.uhc.edu> ; ISAH: www.ayurvedahealth.org

