



April 2013

**Complementary and Alternative Supportive Care (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**

Breathe to Relax: An Ayurvedic Approach to Relaxation:

Registration FREE

April 11th | Thursdays | 6PM-7PM

The one-hour session consists of instructions, health information and discussions followed by relaxation techniques.

What to bring: two blankets or a Yoga mat and a blanket/shawl. You can also bring a small pillow.

Please do not eat 1/2 to an hr before coming to class. Registration is requested in order to save the space. Space is limited.

**Ayurvedic Anatomy & Physiology & Pathogenesis &
Principles of Clinical assessment**

Registration: \$350; ISAH member \$325

April 19-21; Fri 3:30 – 7:30 PM; Sat 10AM-4PM, Sun: 10AM- 12PM

Develop an understanding of Ayurvedic concept of health, anatomy and physiology. Ayurvedic concept metabolism, health, disease, pathogenesis and Immunobiology (All April events are included)

***In Search of Optimal Health**

Registration \$30

April 19, 4:15-5:15 PM

Develop an understanding of what is Optimal Health, how mind, body spirit/consciousness are connected and play a role in our wellness. Understand the components of body physiology and how taste and food play a role in health & wellness

Spiritual Conclave (SC): Mind, Matter and Consciousness

Registration: FREE

April 19th | Friday | 5:15 PM-6:15PM

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. Attending members choose the topic for discussions

Registration is free and is Open to all, open to the public

***An Approach to Ayurvedic Understanding of How Diseases are formed**

Registration: \$30

April 19th, 6:30-7:30 PM

Develop an understanding of how our body /mind become susceptible to disease by imbalances caused in daily life and how lifestyle modifications can bring balance.

***Ayurvedic Anatomy, Physiology, Pathogenesis &
Principles of Clinical assessment (All April events are included)**

Registration: \$250

Saturday April 20; 10AM - 4 PM 10AM - 4 PM

An Overview of Anatomy and physiology and steps to pathogenesis (prerequisite to Clinical assessment)

***Ayurvedic Diagnosis & Clinical Assessment (AC)**

by permission only Registration: \$150

April 21 Sun 10 AM-12 Noon

Develop an understanding of an Ayurvedic approach to clinical assessment (identifying factors and route of imbalances). Understand methods of examination (Pulse & tongue), understand disease manifestation, differential diagnosis and methods of treatment. **Case presentations.**

Breathe to Relax: An Ayurvedic Approach to Relaxation:

Registration: FREE

April 25, Thursday | 6-7 PM

Registration: Free and is open to all. Registration is requested in order to save the space. Space is limited.

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

For CME information & registration, please email: **Dr. Amala Guha email: aguha1@att.net**

Registration Form: April 1213

Please Print

Name

Address

Email

Please Check and add Registration Fee

Phone

April 11th

6-PM—7 PM	Breathe to Relax: An Ayurvedic Approach to Relaxation:	FREE- -----
Friday-Sunday: April 19 -21	Ayurvedic Anatomy, Physiology and pathogenesis Principles of Clinical assessment (ISAH members \$325)	Registration\$350 -----

Friday, April 19

4:15-5:15 PM	*In Search of Optimal Health	Registration \$30 -----
5:15 PM-6:15PM	Spiritual Conclave (SC): Mind, Matter and Consciousness	FREE -----
6:30-7:30 PM	*An Approach to Ayurvedic Understanding of How Diseases are formed	Registration \$30 -----

Saturday April 20

10AM - 4 PM	*Ayurvedic Anatomy, Physiology, Pathogenesis & Principles of Clinical assessment (All April events are included)	Registration \$250 - -----
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Sunday April 21

10AM -12PM	*Ayurvedic Diagnosis & Clinical Assessment (AC) (by permission only)	Registration: \$150 -----
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Thursday April 25,

6 PM -7 PM	Breathe to Relax: An Ayurvedic Approach to Relaxation:	FREE -----
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*CME \$50/course as apply (For information PI contact Dr. Guha)	CME -----
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Total	TOTAL \$-----
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Registration by check/cash only

Reserve your seat by e-mail: aguha1@att.net

Time and place changes, if any, will be informed to participants who have reserved their seats.

Check made to: ISAH

Mail to: ISAH
Post Box: 271737 *
West Hartford *
Connecticut- 06127-1737 * USA

Registrations are not refundable