



April 2014

**Complementary and Alternative Supportive Care (CASC)
in Collaboration with The International Society for Ayurveda & Health
Presents**

Ayurveda: Health & Wellness

by Dr. Amala Guha and Faculty

Where: UCONN Health Center

Conference Room: EG-013

Farmington, CT

Please use/bring registration form to register & registration fee as apply

Labyrinth Walk/Meditation

April 7, 2:30-PM-6 PM

Keller Auditorium Lobby

Registration Free

Ayurvedic Diagnostics and Clinical Assessments

April 10: 3 PM- 7 PM; April 11: 9AM-12:30 PM; 3PM-7PM

Ayurvedic understanding of optimal health, rational analysis of how diseases are manifested (Pathogenesis); Integrity of Gastro Intestinal (GI) Tract as a privilege site with special emphasis on IBS. Review of methodology by case presentations (Ayurvedic Health and Wellness part-1 and II are included). Applications of clinical assessment for personalized medicine

Registration: \$250

ISAH members: \$200

Ayurvedic Approach to Health and Wellness Part I

April 10 (Th) 5 PM -6 PM

How does disease manifest: Ayurvedic approach to management of specific conditions
(Allergy)

Registration: \$35

Ayurvedic Approach to Health and Wellness Part II

April 11, 4:30-5:30

Ayurvedic approach to management of specific conditions
Special emphasis on chronic diseases (Cancer)

Registration: \$35

Spiritual Conclave

April 11, 5:30-7 PM. Moderators: Drs Amala Guha & Chandra Narayanan

SC provides a common platform for discussions on global issues, various aspects of mind, matter & consciousness (mind, body & spirit), spirituality, preservation of nature, natural phenomenon, health, healing and wellness incorporating science, philosophy, humanity and research and cultural competencies. Book for discussion: **The Time Keeper by Mitch Albom**

Registration Free

Ayurvedic Herbology & Rasayanas (Immunomodulators)

April 12(Sat): 8:30-12:30 PM; 3 PM-7 PM . April 13(Sun): 9AM -12 PM (3hrs CME)

Understand and evaluate principles of Ayurvedic pharmacology/ Herbology. Develop an understanding of how these principles apply to selected herbs. Selected herbs and their medicinal properties, therapeutic applications and side effects will be discussed (as apply)

Registration: \$250

ISAH members: \$200

Ayurvedic Approach to Aging

April 14 (Mon) 9AM- 12PM; 4:30-7:30 PM

Ayurvedic approach to a healthy life-span and life style: Understanding changing phase of life and how to manage the changes. Develop an understanding of role of anti-aging herbs. Role of Rasayanas in maintaining wellness (Healthy Aging is included)

Registration: \$ 200

ISAH members: \$150

Healthy Aging: Herbs for Health and Skin Care

April 14 (Mon) 4:30 – 5:30

Ayurvedic and Western approach to aging

Ayurvedic Approach to menopause/andropause and cultural practices/competencies

Registration: \$35

Herbs: Kitchen Pharmacy

April 14 (Mon) 5:30-7 PM

Assess selected herbs for their use and medicinal properties

How to use and integrate in day- to-day life

Registration: \$35

Ask the Expert (Ayurveda)

April 15th Tuesday 4:30-5:30 PM

By appointment only (donation)

For information e-mail: aguha1@att.net

Donation

Breathe to Relax: Open to all

April 15, 6-7 PM

Session description: The one-hour session will consists of 10-15 minutes of instructions, health information and discussions followed by 40-45 minutes of 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

Seats are limited and registration is requested in order to save the space.

Registration Free

Space is limited

Breathe to Relax: Medical Students

April 21 (Monday). 2-4 PM

Session description: The one-hour session will consists of 10-15 minutes of instructions, health information and discussions followed by 40-45 minutes of 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 Free

Breathe to Relax

April 21,(Monday) 6-7 PM

Session description: The one-hour session will consists of 10-15 minutes of instructions, health information and discussions followed by 40-45 minutes of 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.

Seats are limited and registration is requested in order to save the space.

Registration Free

Space is limited

Ask the Expert (Ayurveda)

April 25th Friday 9 AM -12 noon; 4:30-5:50 PM

By appointment only (Donation)

For information: e-mail: aguha1@att.net

Donation

For Course registration and CME details, please Contact: **Dr. Amala Guha:** e-mail- aguha1@att.net

Please register two weeks prior to course commencement.

Please use registration form to register

Disclaimer: All courses are for educational purpose only

