

Date and time	2014 Ayurveda Courses
<b>March 13-14</b>  March 13: 3 PM-8 PM March 14: 8:30-8 PM	<u><b>Introduction to Ayurvedic Medicine, Yoga</b></u> Provide an understanding of the principles of Ayurvedic medicine and how it is practiced. Basic differences between Ayurvedic and western approach to Health Develop an understanding of Universal Elements and how mind body and spirit are connected Develop an understanding of Ayurvedic approach of human constitution/genetics  Registration: \$250 ISA Members:\$200
<b>March 15-16</b> March 15: 8:30 AM - 8 PM March 16: 8:30 AM- 3 PM	<u><b>Ayurvedic Anatomy and Physiology</b></u> An introduction to ayurvedic understanding of human anatomy and physiology Based on previous course, this course will review human constitution and Shed light on physical and mental developments  Registration: \$250 ISA Members:\$200
<b>April 10-11</b> April 10: 3 PM- 8 PM April 11: 8:30 AM- 8 PM	<u><b>Ayurvedic Diagnostics and Clinical Assessments</b></u> Ayurvedic understanding of optimal health and Role of bioenergy (Vat, Pita, Kapha) and their role in clinical assessment and personalized medicine Develop an understanding of rational analysis of how disease is initiated and developed (Ayurvedic approach to pathogenesis). Review the methodology by case presentations  Registration: \$250 ISA Members:\$200
<b>April 12-13</b> April 12: 8:30-8 PM April 13: 8:30 AM- 3 PM	<u><b>Herbology &amp; Rasayanas (Immunomodulators)</b></u> Understand principles of Ayurvedic pharmacology/ herbology Develop an understanding of how these principles apply to selected herbs Medicinal properties of selected herbs and their therapeutic applications. Side effects will be discussed as apply.  Registration: \$250 ISA Members:\$200
<b>April 13-14</b> April 13: 3 PM- 8: PM April 14: 8:30 AM- 8 PM	<u><b>Ayurvedic Approach to Aging</b></u> Understand Ayurvedic staging of a healthy life span. Develop an understanding of the role of anti-aging herbs. Ayurvedic approach to quality of daily living  Registration: \$250 ISA Members:\$200
<b>May 15-16</b> May 15 3 Pm-8:30 PM May 16: 8:30 AM- 8 PM	<u><b>Ayurvedic Approach to Mental Health and Interventions</b></u> Develop an understanding of Ayurvedic perspective of mind, its attributes Understand concepts of mind matter and consciousness. Develop an understanding of Ayurvedic approach to mental health and factors that vitiate the balance of mind and applicable therapeutic modalities. <b>For optimal comprehension Spirituality and Ritual course is highly recommended</b>  <b>Registration: \$350</b> <b>ISA Members:\$300</b>

<p><b>May 17-18</b>  May 17: 8:30 AM-8 PM  May 18 8:30 AM -3 PM</p>	<p><b><u>Spirituality and Ritual Practices</u></b>  Develop an understanding of concepts of Subtle Energies (Sound, light etc) and their Role in Daily life.  Develop an understanding of ayurvedic approach how subtle energy is incorporated in cultural practices Develop an Understanding of Ayurvedic approach to spirituality and ritual practices (Yoga, Meditation etc) and its role in Heath &amp; Wellness.</p> <p>Registration: \$250  ISA Members:\$200</p>
<p><b>June 12-13</b>  June 12: 3 PM-8PM  June 13: 8:30 AM-8PM</p>	<p><b><u>Ayurvedic Diet &amp; Nutrition</u></b>  Understanding principles of Ayurvedic Diet and Nutrition  Bioenergy of food and their role in health and wellness  Selected spices and their role in food preparation, health and wellness</p> <p>Registration: \$250  ISA Members:\$200</p>
<p><b>June 14-15</b>  June 14: 8:30 Am-8PM  June 15: 8:30 AM-3 PM</p>	<p><b><u>Life style and skin care</u></b>  Develop an understanding of various factors that constitute Life Style  How skin plays a role in health and wellness  Herbal use for skin care</p> <p>Registration: \$250  ISA Members:\$200</p>
	<p><b>Please use the registration form to complete registration  Incomplete forms and registration will not be accepted</b></p> <p>For Course registration and CME details, please Contact Program Director and Chair:  <b>Dr. Amala Guha:</b> e-mail- <a href="mailto:aguha1@att.net">aguha1@att.net</a></p> <p><b>All registrations must be received two weeks prior to course commencement</b></p> <p>No refund request will be entertained,</p>

## Registration Form: 2014 Ayurveda courses

Please print:

Name Degree Address

Phone e-mail

**PLEASE CIRCLE AS APPLICABLE:**

**REGISTRATION**

**ISA MEMBERS**

**Introduction to Ayurvedic Medicine, Yoga**

Registration: \$250

ISA Members: \$200

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**Ayurvedic Anatomy and Physiology**

Registration: \$250

ISA Members: \$200

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**Ayurvedic Diagnostics and Clinical Assessments**

Registration: \$250

ISA Members: \$200

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**Herbology & Rasayanas (Immunomodulators)**

Registration: \$250

ISA Members: \$200

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**Ayurvedic Approach to Aging**

Registration: \$250

ISA Members: \$200

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**\*Ayurvedic--Mental Health and Interventions**

\*Registration: \$350

\*ISA Members: \$300

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**Spirituality and Ritual Practices**

Registration: \$250

ISA Members: \$200

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**Ayurvedic Diet & Nutrition**

Registration: \$250

ISA Members: \$200

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**Life style and skin care**

Registration: \$250

ISA Members: \$200

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CME Credits as applicable: \$50/course \$50 x ----

**CME Total** \_\_\_\_\_

Check #

**Total amount enclosed** -----

Pay to the order of  
Mail to:

**ISAH  
Post Box. 271737\*  
West Hartford\*  
CT-06127-1737\* USA**

Unless indicated courses will be held at UCONN; Conference room EG-013 . Change of site and time will be announced when applicable/as needed. Courses are designed in sequence/series for effective learning and are recommended be taken in same sequence for better understanding and comprehension. Advance courses (AC). For Course registration and CME details, please Contact Program Director and Chair: **Dr. Amala Guha**: e-mail- [aguha1@att.net](mailto:aguha1@att.net)  
**All registrations must be received two weeks prior to course commencement**

Signature:

Date: