



EVENTS: March 2013

Place: UConn Health Center
Conference room EG-013

Friday, March 15th

4:15-5:15: Introduction to Ancient philosophies: Part 1

Registration: \$20

Participants will develop an understanding of how various philosophies have influenced shaping our lives and scientific know how Will be able to understand the concepts of Origin of life (how Mind, body and spirit are knitted together) and How Mind, Matter and Consciousness are connected with universal elements and their iconographical presentations.

Speaker: Dr. Amala Guha

5:15 PM-6:15: Spiritual Conclave

Topic of discussion: Spirit/soul: Mystical experiences of death and dying

Registration: Free

Recommended reading: To Heaven and Back by Mary C. Neal, MD.

Bring your thoughts for discussion.

Moderators: Drs. Stefan Brocke, Amala Guha, Chandra Narayan

****6:30-7:30 PM: Understanding Human Constitution (Vata, Pita & Kapha) and its Role in Wellness.**

Develop an understanding of how to maintain an optimal health and wellness by understanding your own constitution

Registration: \$35

Speaker: Amala Guha

March 15-17

Introduction to Ayurveda

Participants will learn the basic concepts of Ayurvedic medicine

Registration: upon approval

All March events are included

Pre-requisite: by the approval of course director only; aguha1@att.net

March 16

10-11AM: Nature Nurture and Wellness.

Registration: \$40

Will bring an understanding of our deep connection with universe and how to maintain balance by maintaining daily and seasonal routines/practices

Speaker Amala Guha

Thursday March 21:

5PM-6PM: Spring Forward: Time to Revitalize and Balance

Registration: \$30

Participants will learn to recognize the seasonal influences on our health and

Learn how to adapt to changes to maintain balance and wellness and detox

Speaker: Dr. Amala Guha

6:15- 7:15 PM: Breathe to Relax

The one-hour session consists of 10 minutes of instructions, health information and discussions followed by 45 minutes of relaxation techniques.

Registration FREE

Please bring two blankets or a yoga mat and a blanket, and try not to eat 1/2 hour before coming to class.

By Dr. Amala Guha

Friday, March 22:

5:30-6:30 Introduction to Ancient Philosophy. Part-II

From Siddhartha to Buddha: A path to realization and mindfulness

A Journey through Buddha's life: participants will develop an understanding of Practices for creating their own spiritual awareness.

Registration: \$20

By Dr. Amala Guha

For CME information or to reserve your seats please e-mail: aguha@att.net

Registration Form: March 1213

Please circle:

Friday, March 15th

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Registration: \$20 -----

5:15 PM-6:15: Spiritual Conclave

Registration: Free -----

6:30-7:30 PM: Understanding Human Constitution
(Vata, Pita & Kapha) and its Role in Wellness

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Registration: \$40 -----

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Registration: \$30 -----

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Registration FREE -----

Friday, March 22:

5:30-6:30 Introduction to Ancient Philosophy. Part-II
From Siddhartha to Buddha: A path to realization and mindfulness

Registration: \$20 -----

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