



March 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 with registration fee

Introduction & principles of Ayurvedic Medicine and Yoga

Registration required

March 13 (Th), 3 PM -7 PM and March 14: 9 AM -7:30 PM

All March events are included

Develop and understanding of principles & practices of Ayurvedic medicine, Universal elements and how they relate to human physical and mental constitution and how Philosophies integrate science into daily life and cultural practices in an Eco-friendly way of life.

Know your Constitution

Registration Required

March 13: 4:30 PM -5:30PM

Learn about your physical and mental constitution, risk factors to design and personalize your wellness practices.
Discover cultural impacts and practices.

From Siddhārta to Buddha

March (th) 13: 6 PM -7 PM

Registration: Free

Life and legacy of Gautam Buddha: A path to enlightenment, teachings and a worldwide spiritual and cultural impact.
Donation: \$5

Spiritual Conclave: Exploring Cosmos

Registration: Free

Moderators: Drs Bruce Fisher, Amala Guha, Chandra Narayanan,

March 14, 5:30-7 PM

"Up there in the immensity of the Cosmos, an inescapable perception awaits us." Carl Sagan
Book for discussion: Cosmos by Carl Sagan (Author)

Ayurvedic Anatomy & Physiology

Registration required

Sat March 15: 9 AM - 6PM

Sunday March 16: 9AM-1 PM

Fundamentals of Ayurvedic anatomy and physiology: Learn about Agni (digestive metabolism) and how it dictates our wellbeing
Ayurvedic approach to gut related conditions/ immunology: Ayurvedic Management of Grahani (IBS), Sprue, and other gut related conditions.

Spring Detox: Eliminate Toxins, Redesign Diet and Life Style

Registration: required

March 17 (Mon), 4:30-5:30

Spring is a season for allergies and asthma. Learn how to cleanse/detoxify with proper diet and rejuvenate your-self with herbs and life style suitable to welcome spring. Natural detoxification and nutritional support will be discussed in context of seasonal disharmony and how to prevent them by making simple changes in once life style

Breathe to Relax

Registration: Free

March 17 (Mon), 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. Space is limited.

Celebrate Spring

No Registration Required

March 21 (Fri) 4PM-7 PM

Program TBA

Breathe to Relax

Registration: Free

March 27(Th) 6 PM -7 PM

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. Space is limited**

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

Registration requested two weeks prior to course commencement. Please use registration form to register (upon request)

Disclaimer:

All courses are for educational purpose only

Registration Form: 2014 March Events

Please print: and circle as needed

Name	Degree	Address
Phone	e-mail	

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ISA Members: \$200

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Requested Donation: \$5

Registration: Free

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Total Amt

Pay to the order of

ISAH

Mail to

Post Box: 271737 *

West Hartford *

Connecticut- 06127-1737 * USA

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