May 1012

CASC Presents

Ayurveda & Wellness

in Collaboration with

The International Society for Ayurveda & Health

by Dr. Amala Guha

Where: U'CONN Health Center
Conference Room: EG-013
Farmington, CT

Monday,May 14th
12 noon -1 PM
Conf Room-EG-013.

Breathe to Relax — **Registration required (free)**
This experiential workshop will focus on basic yogic techniques for effective, breathing, meditation, relaxation and taming stress. Participants are requested to bring a blanket and a shawl and must consider not eating at least 1 hr before class. You may bringing or have lunch after the class.

Th. May 17th
1:30 -4 PM.
Conf Room EG-013

Herbs for wellness — **Registration $35**
Five herbs that every house-holds must have their unique healing properties and how to use them as food and medicine.

Fri. May 18th
5: PM
Conf Room EG-013

Spiritual Conclave — **Registration required (free)**
Topic of Discussion: Dreams and Dreaming
Relating sub-conscious to Super-conscious

Sat. May 19th
10-4 PM
Conf Room EG-013

One day Herbology — **Registration $65**
Learn about basics science of herbology and how to select herbs for health, healing and wellness

Th.May 17- Sun.May 20
Th. 1:30-4 PM, Fri 1PM-6PM,
Sat 9AM-5PM ,Sun: PM

Ayurvedic Herbology, Pharmacopoeia, & Immunomodulators — **Registration $400**
Concepts of Ayurvedic pharmacology (Ayurvedic pharmacokinetics), mediums for herbal delivery, principles and art of selecting herbs and herbal formulations will be discussed. Principles of drug delivery, properties of selected herbs and their application, drug herb interactions, caution and precautions, and demonstration of selected herbs.9AM-1

All May events are included. CME is available

Wed. May 23
5 PM-7PM

Foods for your Constitution — **Registration $25**
Ayurvedic analysis of various body constitutions will be discussed and how to select food to complement the body type in order to live a balanced life will be explored.

Registration seven days prior to the start date is highly recommended.
For CME information & registration form
Please email: Dr. Amala Guha email: aguha@att.net

PI visit: CASC: http://casc.uchc.edu ; ISAH: www.ayurvedahealth.org

Registration Form: Ayurveda and Wellness

International Society for Ayurveda Health (ISAH)

(Please print or type)

Last Name _____ **First Name** _____ **Middle Initial** _____ **Degree** ____

Address _____ **City, State ,Zip** _____

Daytime Phone _____ **email** _____

Please note: Your e-mail address is used for critical information about the course including: registration, course evaluation and certificate. Please be sure to include an e-mail address you check daily or frequently.

Events are open to all

Please circle as apply

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Total Amt Attached ----------

Make Check payable to **ISAH**

Mail to: **Post Box 271737**
W. Hartford
CT-06127-1737, USA

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

Please attached the filled registration form with your check, Do Not Staple