



May 2013

Complementary and Alternative Supportive Care (CASC)

Presents Ayurveda & Wellness

in Collaboration with

The International Society for Ayurveda & Health

by Dr. Amala Guha

Where: UCONN Health Center

Conference Room: EG-013

Farmington, CT

Cooling Herbs for Summer

May 9 | Thursday | 5:15-6:15 PM

Learn about the medicinal properties of cooling herbs and how to use them for your health and wellness. Recipes for preparation will be discussed along with their health benefits.

Registration \$30

Breathe to Relax: An Ayurvedic Approach to Relaxation:

May 9 | Thursdays | 6:30 PM-7:30PM

The one-hour session consists of instructions, health information and discussions followed by 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 is requested in order to save the space. Space is limited

Registration FREE

Spiritual Conclave (SC): Mind, Matter and Consciousness

May 17th | Friday | 5:15 PM-6:15PM

SC provides a platform for discussions on global issues, various aspects of mind, matter & consciousness (mind, body & spirit), spirituality, preservation of nature, natural phenomenon's, health, healing and wellness incorporating science, philosophy, humanity and research. Attending members choose the topic for discussions

Registration is free and is Open to all, open to the public

Registration: FREE

Herbs for Aging

May 17 | Friday | 6:30-7:30PM

You will learn the anti-aging properties of selected herbs and how to use them along with some of the techniques to improve memory, vitality and vigor.

Registration \$30

Healing Tea

May 23 | Thursday | 5:15- 6:15

Participants will learn the medicinal properties of various herbal teas, how to prepare them and when to use them

Registration \$30

Breathe to Relax: An Ayurvedic Approach to Relaxation:

May 23 | Thursdays | 6:30 PM-7:30PM

The one-hour session consists of instructions, health information and discussions followed by 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 is requested in order to save the space. Space is limited

Registration FREE

Registration by check/cash only

For Registration, registration form or information e-mail: aguha1@att.net

Registrations are not refundable

Time and place changes, if any, will be informed to participants who have reserved their seats.