

2009 FALL CALENDAR OF EVENTS
CLASSES & WORKSHOPS
AT
U'CONN HEALTH CENTER IN COLLABORATION WITH ISAH

Program Director

Dr. Amala Guha

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***Ayurvedic Spirituality and Ritual Practices (AC) (CME; 20), open to all \$300.00**

Dr Amala Guha | September 25-27 | Friday: 10AM-6PM, Sat: 9AM-6PM, Sun: 9AM-6PM

Concept of spirituality and its therapeutic application on mind, body and spirit

Elements of the nature (light, sound, magnet) and how to use them for health and well being.

Social practices and role of rituals in health & wellness.

***Ayurveda: The Whole System of Medicine: (CME) See Symposium registration**

Symposium: October 16-18; Post sym workshop in Ayurveda 18-19. (Open to all);

Various parameters of Ayurvedic Medicine will be presented in the symposium.

Please see the Symposium flyer for detail

***Introduction to Ayurvedic Nutrition and Dietics (AC) (CME:16) open to all \$300.00**

Dr. Amala Guha | November 6 -8 | Friday- 1 PM -6PM, Sat 9AM- 8PM, Sun: 9AM-5PM

Tastes and digestion: food choices, food preparation & Principles of Diet and Nutrition.

Practicum may apply (TBA). Art and science of selecting food. Selected herbs and cooking techniques will be covered.

ON WINTER: COPING WITH SEASONAL CHANGES: Registration \$50.00

December 5th, Saturday: 10 AM-4 PM: (open to all)

Learn about seasons, seasonal effects on health and wellness and how to modify life style to maintain proper balance.

Selected herbs will be discussed.

Wellness & Spiritual Retreat with Dr. Amala Guha: Registration TBA

Dates: TBA

2-5 days of retreat takes one in isolation with one self and with the surroundings to experience spirituality within one self. Dr. Guha and team will lead techniques such as meditation, nature walks, guided- imagery, chanting etc

15-20 day retreat in India for 2010 TBA; By Registration only. Early reservation is requested

***CME credits are available. For information and registration form**

Please call: 860-561-4857 e-mail: aguha@att.net

All registrations must be made in advance (one week minimum)

For detailed program schedule, request for registration forms and fee and refund policy, please contact:

Dr. Guha: 860-561-4857 aguha@att.net

Also visit websites: <http://casc.uchc.edu>; www.ayurvedahealth.org

Unless indicated courses will be held at UCONN; Conference Room EG-013

Change of site will be announced when applicable/as needed