



University of Connecticut
Health Center

Transforming Consciousness into Matter (Free)

Special Lecture by Dr. Amala Guha

March 27th, 2009

5:30 - 6:30 PM

UCONN Health Center

Conference room-EG-013.

Please arrive by 5 PM

The lecture will shed light on how the Science of Ayurveda establishes a deep connection between Body physiology, mind and spirit—the link between universal consciousness and the spirit that transmutes to our health and wellness. Learn how to build and balance your daily life into a healthy and happy life.

Chanting and Meditation (Free)

6:30 -7 PM

Learn to chant and meditate and feel the vibration of life

Donations are Appreciated

<http://casc.uhc.edu>; www.ayurvedahealth.org

860-561-4857

Directions to UCONN Health Center

Directions to University of Connecticut Health Center from Greater Hartford: Route 84 to Exit 39. Turn right onto Route 4-East (Farmington Avenue). Drive about 1-1/2 miles. Turn right into University of Connecticut Health Center. At first stop sign continue ahead veering off to the RIGHT up the hill. Go to ACADEMIC ENTRANCE INTO THE PARKING LOT AB. At the end of the lot climb the steps, go through the glass doors and turn right, First room on your right is EG-013

Open Parking

