

ॐ



A Weekend Seminar in an interactive and dynamic context this Seminar -Workshop focuses upon Ayurveda, Vedanta and Ashtanga Yoga emphasizing both theory and practice. Our speakers engage participants throughout the three days with discourses, experiential learning, and panel discussions (in which the audience is invited to participate). Our aim is to help you to gain a clear understanding and appreciation for how Ayurveda, Vedanta and Ashtanga Yoga, together, benefit practitioners with a fully integrated, healthy lifestyle, incorporating and sustaining all levels of our being:

Body - Mind - Spirit

REGISTRATION FORM-----

Registration Includes:

- Option of Yoga, Tai Chi (Sun only), & Walking Meditation 8-9:00 a.m.
- Healthy Breakfasts Saturday and Sunday
- Vegetarian Lunches Saturday and Sunday Catered by Kurry Guru

Name _____ Phone (____) _____

Address _____ City _____

State _____ Zip _____ Email _____

- Full 3-Days - \$125
- Students with Valid ID \$65

MAILING ADDRESS
The Sambodh Society, Inc.
PO Box 248
Kalamazoo, MI 49004

Sign up for an
AYURVEDIC CONSULTATION with DR. BAPAT
✓ Call Ruth for Appointment (269) 327-3774
 \$100 Initial Consultation
 \$50 Follow up appointment

Click to see [Sponsorship Invitation](#) on www.sambodh.us



Seminar and Workshop
Ayurveda, Vedanta and **Yoga**
Fostering an Integrated Lifestyle
October 1-3, 2010

Friday, Oct. 1 - 7:00 p.m. – 9:00 p.m.
Saturday, Oct. 2 - 8:00 a.m. – 5:30 p.m.
Sunday, Oct. 3 - 8:00 a.m. – 4:00 p.m.

Featuring

Swami Bodhananda Saraswati
Spiritual Director and Founder
The Sambodh Society, Inc.



Dr. Aparna Bapat, BAMS
Ayurvedic Doctor



Diana Wilson, RYT
Yoga Instructor



sponsored by the
Sambodh Center for Human Excellence
6363 N. 24th Street,
Kalamazoo, MI 49004
Website: www.sambodh.us
Email indiaink@charter.net
Office: (269) 492-0544

Friday, October 1, 2010

Registration 6:30 – 7 p.m.

- **Welcome** – Ruth Harring, Ph.D. CEO & Trustee
The Sambodh Society, Inc.
- **Discourse: Introducing Vedanta:**
A Holistic Spiritual Philosophy
Swami Bodhananda Saraswati
Spiritual Director and Founder
The Sambodh Society, Inc.
- **Closing Mantras**

Saturday, October 2, 2010

Registration 7:30 – 9:00 a.m.

- 8:00 – Yoga, Walking (or Indoor) Meditation
- 9:00 – Healthy Breakfast

all Saturday sessions conducted by

Dr. Aparna Bapat, BAMS

Ayurvedic Doctor

- 9:30 Intro to Ayurveda – Doshas/Imbalances
- 11:00 Break
- 11:15 Demo: Pulse Diagnosis: Vata Pita Kapha –Questionnaire
- 12:30 Vegetarian Lunch – Catered: byKurry Guru
- 2:00 Kitchen Pharmacy – Dr. Bapat
- 3:30 Break
- 3:45 Panchakarma: Detox, Maintenance, Oils & Massage
- 4:30 Break
- 4:45 Panel Discussion: The Experience of Ayurveda
along with Open Forum Q&A
Panel Members: Dr. Aparna Bapat; Others TBA

Sunday, October 3, 2010

Registration 7:30 – 9:00 a.m.

- 8:00 – Yoga, Walking (or Indoor) Meditation; Tai Chi
- 9:00 – Healthy Breakfast

Diana Wilson, RYT

Yoga Instructor

- 9:30 Yoga Basics for Health and Digestion
- 11:00 Break

Dr. Aparna Bapat, BAMS

Ayurvedic Doctor

along with

Bonnie Farmer, M.S.,

Dietitian

- 11:15 Seasonal and Locally Grown Foods
Tasty Food Teaser Sampling
- 12:30 Vegetarian Lunch – Catered by Kurry Guru

Swami Bodhananda Saraswati

Spiritual Director and Founder

The Sambodh Society, Inc.

- 1:30 Ayurveda, Vedanta & Yoga
- 2:30 Panel Discussion: Putting It all Together: Ayurveda,
Vedanta and Yoga: Fostering an Integrated Lifestyle
Along with an Open Forum with Q & A
Panel Members:
Swami Bodhananda, Dr. Aparna Bapat, Diana Wilson
- 3:30 Closing Comments & Thank you-s

May One and All be Happy Healthy and Prosperous!
OM Peace Be, Peace Be, Peace Be