



Seminar and Workshop

Ayurveda, Vedanta and Yoga

Fostering an Integrated Lifestyle

October 1-3, 2010

Friday - Sunday

Oct. 1 - 7:00 p.m. – 9:00 p.m.

Oct. 2 - 8:00 a.m. – 5:30 p.m.

Oct. 3 - 8:00 a.m. – 4:00 p.m.

DESCRIPTION: 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



Featuring

**Swami Bodhananda
Saraswati**

Spiritual Director and Founder
The Sambodh Society, Inc.



Dr. Aparna Bapat, BAMS
Ayurvedic Doctor



Diana Wilson, RYT
Yoga Instructor

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

----- REGISTRATION FORM ----- ✂-----Clip and Mail-----

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 (East Indian Cuisine)

- Full 3 days - \$125
- Early Bird - Full Seminar- Workshop - \$100 with payment by Sept. 18, 2010
- Students - \$65 with valid ID

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

AYURVEDIC CONSULTATIONS with DR. BAPAT

- Call Ruth for Appointment (269) 327-3774
- \$100 Initial Consultation
- \$50 Follow up appointment

Name _____ Phone (____) _____

Address _____ City _____

State _____ Zip _____ Email _____

See the Full Program and [Sponsorship Invitation](http://www.sambodh.us) on www.sambodh.us