



A Weekend Seminar & Discovery Workshop in an interactive and dynamic context: This Seminar-Workshop focuses upon Ayurvedic theory and practice. Our speakers are all professional Ayurvedic Practitioners of the highest caliber. Throughout the seminar they will engage participants with discourses, experiential learning, and panel discussions along with ample time for audience Q&A. Our aim is to help you to gain a clear understanding and appreciation for how Ayurveda benefits you with optimum health necessary to sustain a spiritual lifestyle.

REGISTRATION FORM

Registration Includes: Weekend Seminar, Yoga, and Saturday Veg Lunch

Name _____ Phone (____) _____

Address _____ City _____

State ____ Zip _____ Email _____

I WISH TO ATTEND THE FOLLOWING SESSIONS:

NOTE: Please Check all the Boxes applying to your Registration

- Free Lecture - Friday Evening
- Weekend Seminar - \$75 (through Sept. 20, 2011)
- Students with Valid ID - \$50
- Registration after Sept. 20, 2011 - Additional \$15.00
- Sunday Cooking Demo/Lunch - \$15 (*advance registration only*)

TOTAL Payment \$ _____

Please Return this Registration Form along with your Check & Mail to:
The Sambodh Society, Inc., PO Box 248, Kalamazoo, MI 49004

Sign up now for an AYURVEDIC CONSULTATION with

Dr. Ashlesha Raut or William Courson

- Appointments: Call (269) 327-3774 (Ruth Haring)
- \$100 Initial Consultation
- \$50 Follow up appointment

Please make your Consultation Payment directly to the Ayurvedic Practitioner at the time of your appointment.

Click to see Sponsorship Invitation on www.sambodh.us



Weekend Seminar and Discovery Workshop Ayurveda: A Science of Life

Both Ancient and Modern

September 23 - 25, 2011

Sambodh Center, 6363 N. 24th St, Kzo, MI 49004

Friday, September 23rd · 7:00 p.m. – 9:00 p.m.

Saturday, September 24th · 9:30 a.m. – 4:30 p.m.

Sunday, September 25th · *8:00 a.m. – 12:00 Noon
(or 2:00 p.m. with additional Cooking Demo & Veg Lunch registration)

*See Program Details for each day. Yoga on Sunday only.

Featuring...

Swami Bodhananda Saraswati

Founder and Spiritual Director
The Sambodh Society, Inc., Kalamazoo, MI



Ashlesha Raut, BAMS & MD, Ayurveda, N.C.

Ayurvedic Doctor, Nutritional Consultant and Health Educator; B.C., Integrative Medicine; Director, Main Street Yoga, Bloomington, IL



Bill Courson

Diploma in Ayurveda, Director and Educator,
NJ Institute of Ayurveda



Yoga Basics for Healthy Living

Sunday 8 – 9:00 a.m.
Diana Wilson, RYT
Yoga Instructor



Healthy Cooking Demo

Sunday: 12:30 – 2:00 p.m.
Bonnie Farmer, RD
Registered Dietitian



VENUE: Sambodh Center for Human Excellence
6363 N. 24th Street, Kalamazoo, MI 49004

Website: www.sambodh.us Email sambodh@charter.net

Office: (269) 492-0544 Info: (269) 327-3774

Friday, September 23, 2011

Free Public Lecture: 7:00 – 9:00 p.m.

Ayurveda: A “Science of Life” both Ancient and Modern

Welcome: Ruth Harring, Ph.D. CEO, Sambodh Center

Speakers and Panel Members:

Swami Bodhananda Saraswati, Dr. Ashlesha Raut, and Bill Courson

Late REGISTRATION for the WEEKEND SEMINAR available following Friday evening’s program at the Sambodh Center Office

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Saturday, September 24, 2011

Registration: 9:00 – 9:30 a.m.

MORNING SESSION 9:30 - Noon

**Dr. Ashlesha Raut**

9:30 Ayurveda and You: An Individualized Approach to Vitality  
(followed by a self-administered Prakruti Questionnaire)

11:30 Workshop: Aging Gracefully with Ayurveda – focus on  
Seniors’ Health Issues

NOON – VEGETARIAN LUNCH

AFTERNOON SESSION 1:00 – 5:00 p.m.

**Bill Courson**

1:00 A “Case” for Ayurveda: Theory and Practice

2:00 Workshop: Healing Ourselves using Food and Spices

2:30 Break

**Dr. Ashlesha Raut**

3:00 Healthy Mind, Healthy Body (or Don’t Make Yourself Sick):  
The Role of Psychology in Ayurveda

**Swami Bodhananda Saraswati**

4:30 Meditation Session, Closing Mantras & Blessing for Health,  
Healing, and Spiritual Vibrancy

Sunday, September 25, 2011

EARLY MORNING YOGA SESSION 8:00 – 9:00 a.m.

**Diana Wilson**

8:00 Yoga Basics: Optimizing Health with Yoga Therapy  
Focusing upon Seniors’ Interests and Issues

Sunday, September 25, 2011

Registration: 9:00 – 9:30 a.m.

MORNING SESSION 9:30 - Noon

**Bill Courson**

9:30 Western Herbal Wisdom and Ayurveda

**May All Be Well! Ayurveda, Vedanta and Yoga**

11:00 **Panel Presentation:** Announcing the **Bodhananda Vedic Institute.** Panel Members: Swami Bodhananda, Founder; Ruth Harring, Ph.D., Director; Dr. Ashlesha Raut, Bill Courson; also, in absentia: Dr. Aparna Bapat, and, Dr. Jyothi Bhatt

11:45 Closing Remarks and Thank you-s

AFTERNOON SESSION 12:15 – 2:00 p.m.

**Bonnie Farmer**

12:15 Healthy Cooking Demo: Fall Vegetarian Stew  
NOTE: for pre-registered participants only: Registration fee separate from the Weekend Seminar and Workshop.

1:15 Healthy Eating Demo



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