



**Welcome to the
Bodhananda Vedic Institute
School of Ayurveda**

6363 N 24th St., Kalamazoo, Michigan 49008

Founded and operated by The Sambodh Society, Inc., a Michigan Ecclesiastical Nonprofit Corporation established in 1998, and guided by His Holiness, Swami Bodhananda Sarasvati, the Institute is offering a syllabus of courses in the study of Ayurveda, a spiritual science that encompasses and supports all dimensions of human life, in particular a healthy body, mind and spirit.

What is Ayurveda? Ayurveda means “the science of life” and is based upon India’s timeless scriptures, known collectively as the *Vedas*. The body of ayurvedic knowledge was handed down from generation to generation for over 5000 years. Its written form, the *Charaka Samhita*, appeared in the first century A.D. Ayurveda provides a complete system of balancing the body, mind and spirit, nurturing human life and supporting life’s spiritual goal and ultimate purpose, Self-Realization.

The science of Ayurveda embodies centuries of refinement and testing of its principles and practices for healthy living. Ayurveda’s fundamental philosophy says that health is founded upon three pillars and their inter-relationships: a sound mind, a sound body, and a sound soul. Its holistic practices are based upon the awareness that the Creation is relational and that humanity and all other forms of life are interdependent. It recognizes that the plant-life that serves as the basis of our diet and many useful medicines evolved together with humanity over a long period of time. In fact plant-life and plant “wisdom” are actually much older than humankind’s arrival on the scene. Michael Pollan writes, in *The Botany of Desire*, “Plants are nature’s alchemists, expert at transforming water, soil and sunlight into an array of precious substances, many of them beyond the ability of human beings to conceive, much less manufacture,” including “chemical compounds that nourish and heal” (xix). The science of Ayurveda is a study of that wisdom as it enhances and fosters the well-being of human life. When individuals apply the wealth of knowledge that Ayurveda provides, making simple changes in their life-style practices and habits, it results in self-healing, longevity, and a healthy lifestyle.

The Institute’s current offerings of classes have been designed with a broad audience of people in mind. They provide a foundation of knowledge and practice to educators, healthcare providers, and health-conscious individuals whose interests lie in providing holistic-health alternatives either for themselves and their friends and families, or for their clients. For more info write to Dr Ruth Small: <sambodhsociety@sambodhsociety.us>