



The Ayurvedic Art of Health and Healing

A Six-day Seminar with Dr. Vasant Lad

July 19-24, 2011, Tues-Sun

Part I – July 19-22, Tues-Fri

Know Your Unique Psychophysiology

Tuesday, July 19, 10:30am-12:30pm

Each person has a unique fingerprint and also a unique combination of physical, mental and emotional characteristics that make up their particular constitution. Learn how to determine your constitution, and be able to use that knowledge as an ongoing guideline for self-healing.

Thoughts, Feelings & Emotions in Daily Life

Tuesday, July 19, 2:00-4:00pm

What is the mind and how does it operate? The ancient art & science of Ayurveda teaches us how to transform repressed thoughts and emotions into pure light and intelligence. This requires a willingness to accept change, not only in the way we eat but also in the way we respond.

Detecting the Onset of Disease

Entry of Dosha into Dhatu and Its Symptomology

Wednesday, July 20, 10:30am-12:30pm

The *dhatus* or bodily tissues can become deeply disturbed due to changes in diet, lifestyle, environment and by the constant movement of thoughts and emotions. Learn how to clinically evaluate imbalances by giving undivided attention to early signs and symptoms.

Shamana Chikitsa, The Gentle Remedies

Wednesday, July 20, 2:00-4:00pm

Shamana is a gentle method of detoxification especially suited for a person who is too sensitive for panchakarma due to depletion of *ojas*, *tejas* and *prana*. Shamana, or palliation therapy, pacifies the aggravated *doshas*, burns toxins and stimulates proper digestion.

The Role of Rasayana in Daily Life

Thursday, July 21, 10:30am-12:30pm

Rasayana therapies focus on deep regeneration and rejuvenation of tissues at the cellular level, delaying the aging process and strengthening immunity. Rasayana helps to restore the body's innate intelligence and unfolds *rasa*, the juice of life.

Facial Marma to Awaken Beauty and Vitality

Thursday, July 21, 2:00-4:00pm

Marmas are the meeting points of important energy pathways in the body. When touch is applied to specific points on the face, accumulated tensions are released, restoring natural vitality and radiant health, not only to the skin but to the whole body.

Death and Dying from an Ayurvedic Perspective

Friday, July 22, 10:30am-12:30pm

The death process is progressive and includes many subtle signs indicating that it is imminent. Clinical examination may reveal physical, psychological and spiritual symptoms. Dr. Lad will share his wisdom relating to the ancient art & science of *Arishta Lakshana*, recognizing the signs of death.

Karma and Rebirth from an Ayurvedic Perspective

Friday, July 22, 2:00-4:00pm

The qualities of an individual's past life actions are brought forward into the next birth and become his or her mental makeup. By understanding and transcending all karmas an individual gains success in achieving the four great goals of human life, *Dharma*, *Artha*, *Kama* and *Moksha*.

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Part II – Friday Eve-Sun, July 22-24

Radical Transformation in Daily Life

Friday Evening Talk: July 22, 8:30pm

Ayurveda and Jyotisha, the Science of Light

Saturday, July 23, 10:30am-12:30pm & 2:00-4:00pm

Jyotisha, the Vedic science of astrology/astronomy, can be used as a window into many aspects of life that are difficult to understand by other means. While Ayurveda focuses on earthly elements, Vedic astrology sees the influence of the heavenly bodies. When Ayurveda talks about *dhātu* or tissue, astrology will show the relationship of planets to the *dhātu*. Dr. Lad will offer a special full-day focus on the art and science of Jyotisha.

Pranayama for Self Healing

Sunday, July 24, 10:30am-12:30pm

Dr. Lad brings an ancient knowledge to the modern world with a special series of breathing exercises designed for maximum benefit to physical, mental and spiritual health and vitality. *Prana* is our vital breath and is the bridge between body, mind and consciousness.

Bhakti Bhajan with Dr. Lad & Friends

Sunday, July 24, 2:00-4:00pm

The seminar will conclude with final questions and answers, followed by devotional chanting with Dr. Lad and friends. A celebration of the life Divine, dedicated to self-healing and world peace.



Tuition:

Full 6 Days, July 19-24 Tue-Sun \$360

Full seminar with overnight stay (see guest rates below) includes 12 seminar classes, daily yoga classes, Ashram meditations, Friday evening talk by Dr. Lad, Saturday evening cultural event and purely vegetarian meals.

Part I only, July 19-22 Tue-Fri \$245

Part I with overnight stay (see guest rates below) includes 8 seminar classes, daily yoga classes, Ashram meditations and purely vegetarian meals.

Part II only, July 22-24 Fri eve-Sun \$140

Part II with overnight stay (see guest rates below) includes 4 seminar classes, daily yoga classes, Ashram meditations, Friday evening talk by Dr. Lad, Saturday evening cultural event and purely vegetarian meals.

Day Students: Single classes \$35 / Fri Eve Talk \$15 / Meals \$10 per meal (lunch or dinner)

Special Overnight Guest Rates, including Ashram daily programs:

Full 6 Days, July 18-24 Mon eve-Sun: Dorm \$355/memb. \$320; Semiprivate \$445/memb. \$400

Part I only, July 18-22 Mon eve-Fri: Dorm \$240/memb. \$205; Semiprivate \$290/memb. \$255

Part II only, July 22-24 Fri eve-Sun: Dorm \$160/memb. \$140; Semiprivate \$200/memb. \$180

Please inquire about camping rates and reduced rates when contributing 1 hour of work per day.

To register call 845.782.5575

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