



The Ayurvedic Art
of
Health and Healing

Dr. Vasant Lad

July 17 – 22, 2012

Ananda Ashram • Monroe, NY

THE AYURVEDIC ART OF HEALTH AND HEALING

JULY 17-22, 2012



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“Ayurveda is a holistic system of medicine that is indigenous to and widely practiced in India. The word Ayurveda is a Sanskrit term meaning science of life.”



DR. VASANT LAD, B.A.M.S., M.A.SC.

Dr. Vasant Lad, a preeminent Ayurvedic Physician and Professor of Ayurveda, founded the Ayurvedic Institute in Albuquerque, NM, in 1984. Prior to that he had served as Professor of Clinical Medicine at the Pune



University College of Ayurvedic Medicine. He holds a Master of Ayurvedic Science (M.A.Sc.) degree. Respected throughout the world for his knowledge, Dr. Lad is the author of many articles and books including *Ayurveda: The Science of Self-Healing* and *Textbook of Ayurveda, Vol. 1 and 2*. He teaches at the Ayurvedic Institute and also in Pune, India, and travels extensively sharing the holistic wisdom of Ayurveda.

“Ayurveda was first recorded in the Vedas.

It is a healing system that has been practiced in daily life in India for more than 5000 years.” – Dr. Lad

TUESDAY

JULY 17

10:30AM-12:30PM & 2:00-4:00PM

UNDERSTANDING YOUR BODY & MIND
THROUGH THE PULSE

Pulse is foremost in Ayurvedic diagnosis. Pulse reading is not only a science, but also an art and a deep meditation. Through the pulse we can know the biological strength of all the vital organs and assess the present state of the immune system.

Dr. Lad will help students determine their own unique constitution through the pulse.

WEDNESDAY

JULY 18

10:30AM-12:30PM

FLOWING WITH LIFE ~ MANOVAHA SROTAS

An Ayurvedic Approach to Six Major Psychological Disorders

The mental channels which carry ideas and emotions throughout the body are called Manovaha Srotas. Due to obstructions in the srotas, an individual's health and personality can become weakened and ultimately destroyed. Ayurveda uses natural methods to allow the free flow of prana through these subtle pathways.

2:00-4:00PM

SAMA-BUDDHI ~

LIVING IN MOMENT-TO-MOMENT AWARENESS

God is all around us and is coming to meet us in the form of the various experiences of our lives, and whatever happens, we should live that happening fully, without “doership.” The doer is ego, and you are not the ego. Dr. Lad will guide students in the “double arrow” and other meditations to expand self-awareness.

"It is still the dawn of Ayurveda.

One day the sun will rise, the birds will be chirping and leaves rustling. That day will come soon." – Dr. Lad

THURSDAY

JULY 19

10:30AM-12:30PM

HEALTHY FOOD BRINGS HEALTHY RELATIONSHIPS

Life is relationship; not just between you and your spouse, friends, parents and children, but also the inner relationship between the body, mind and consciousness. A wise choice of foods is the foundation for healthy and happy relationships.

2:00-4:00PM

NATURAL AYURVEDIC REMEDIES

Your own kitchen can be a very valuable domestic resource for your family's health. Students will learn the natural preventative and therapeutic properties of some common kitchen spices and herbs, plus a number of essential herbs and household items to have on hand for non-emergency illnesses and first aid.

FRIDAY
JULY 20

10:30AM-12:30PM

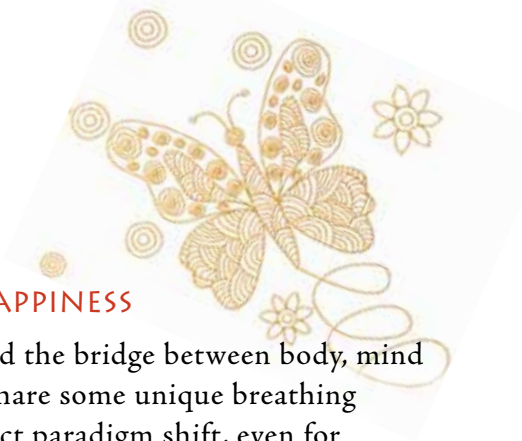
PRANAYAMA FOR INNER HAPPINESS

Prana is the vital breath of life and the bridge between body, mind and consciousness. Dr. Lad will share some unique breathing techniques that can bring a distinct paradigm shift, even for longtime pranayama practitioners. Each technique brings a different experience of meditative awareness.

2:00-4:00PM

THE ANCIENT ART OF RASAYANA FOR LONGEVITY

Rasayana is an ancient Ayurvedic method of rejuvenation designed to improve vitality, increase longevity, restore the youthfulness, strength and immunity of the body and the full functional capacity of the brain. Rasayana therapies include warm oil massage, diet and lifestyle changes and the practice of daily and seasonal health routines.



WEEKEND SCHEDULE

FRI EVE-SUN JULY 20-22

FRIDAY EVENING TALK – 8:30PM

*Transformation of the Individual
into the Totality*

SATURDAY
JULY 21

10:30AM-12:30PM

THE SECRETS OF ANCIENT AYURVEDIC ALCHEMY

Metals and stones contain pranic energy reservoirs that may be drawn upon for healing purposes. The ancient rishis discovered through meditation that adverse influences on the normal functions of the body and mind may be counteracted through proper use of gems and metals.

2:00-4:00PM

SPIRITUAL REALIZATION THROUGH RELATIONSHIPS

Often we use our personal relationships as a sort of power game to control others. Then our relationships become a battlefield rather than a field of love. Ayurveda recommends that our relationships be seen as a mirror for self-inquiry.

SUNDAY

JULY 22

10:30AM-12:30PM

BHAKTI ~ THE PATH OF DIVINE LOVE

Dr. Lad will speak on the healing aspects of chanting, followed by a lively celebration with bhajan and kirtan led by Dr. Lad and friends. Kirtan brings peace to the body, mind and spirit.

2:00-4:00PM

GANESHA PUJA FOR SELF-HEALING

Puja purifies the body and mind and creates a happy and holy environment. While performing puja ceremony, a communication is developed between the individual and the universal consciousness. Dr. Lad will perform the ceremony and explain its significance.



THE AYURVEDIC ART OF HEALTH AND HEALING

SEMINAR AT A GLANCE

TUESDAY, JULY 17

AM & PM Understanding Your Body & Mind Through the Pulse

WEDNESDAY, JULY 18

AM Flowing with Life: Manovaha Srotas

PM Sama-Buddhi: Living in Moment-to-Moment Awareness

THURSDAY, JULY 19

AM Healthy Food Brings Healthy Relationships

PM Natural Ayurvedic Remedies

FRIDAY, JULY 20

AM Pranayama for Inner Happiness

PM The Ancient Art of Rasayana for Longevity

8:30PM Transformation of the Individual into the Totality

SATURDAY, JULY 21

AM The Secrets of Ancient Ayurvedic Alchemy

PM Spiritual Realization Through Relationships

SUNDAY, JULY 22

AM Bhakti: The Path of Divine Love

PM Ganesha Puja for Self-Healing

SEMINAR TUITION

FULL 6-DAY SEMINAR - July 17-22, Tue-Sun \$360 (see overnight rates below)
Six-day seminar with overnight stay includes 12 seminar classes, Friday evening talk by Dr. Lad, daily Ashram meditations, yoga classes, vegetarian meals.

PART I ONLY, July 17-20, Tue-Fri \$245 (see overnight rates below)
Part I with overnight stay includes 8 seminar classes, daily Ashram meditations, yoga classes, vegetarian meals.

PART II ONLY, July 20-22, Fri eve-Sun \$140 (see overnight rates below)
Part II with overnight stay includes a Friday evening talk by Dr. Lad, 4 seminar classes, daily Ashram meditations, yoga classes, vegetarian meals.

DAY STUDENTS

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

OVERNIGHT GUEST RATES

FULL 6 DAYS - July 16-22, Mon eve-Sun:
Dorm \$355 (\$320 for members); Semiprivate \$445 (members \$400)

PART I ONLY, July 16-20, Mon eve-Fri:
Dorm \$240 (\$205 for members); Semiprivate \$290 (members \$255)

PART II ONLY, July 20-22, Fri eve-Sun: Dorm \$160 (\$140 for members);
Semiprivate \$200 (members \$180)

Please inquire about camping rates and reduced rates when contributing 1 hour of work per day. **To register call: 845-782-5575**

ANANDA ASHRAM

Ananda Ashram in Monroe, New York, is a spiritual retreat and educational center founded on the universal principles of Yoga and Vedanta and dedicated to East-West cultural exchange. It was established in 1964 as the country center of the Yoga Society of New York, Inc., by Shri Brahmananda Sarasvati, then known as Ramamurti S. Mishra, M.D.

The Ashram offers daily meditation programs with Yoga-Vedanta studies, chanting and readings and daily Hatha Yoga and Sanskrit classes, plus classical Indian dance and music instruction and a variety of weekend workshops and special events.

INTERNATIONAL SCHOOLS OF EAST-WEST UNITY (GURUKULA), INC.

Founded in 1992 by Shri Brahmananda Sarasvati, the International Schools of East-West Unity (Gurukula), Inc., at Ananda Ashram exists to strengthen relations and remove misunderstanding between East and West in the fields of culture, philosophy and science.

Its main departments are the School of Sanskrit, the East-West School of Dance, the East-West School of Music and the School of Hatha Yoga, with Ayurveda Studies available as an elective course.

International Schools of East-West Unity at Ananda Ashram

13 Sapphire Road . Monroe, NY 10950

845.782.5575 . www.anandaashram.org