

Ayurveda 101!

The Foundations of Ayurveda for Self-Care

a weekend course for beginners



To Schedule Your Ayurvedic Consultation with Dr. Aparna Bapat, BAMS contact the Sambodh Center Office at (269) 492-0544 or Ruth (269) 327-3774



The Bodhananda Vedic Institute: School of Ayurveda, anticipates the start-up of a Certification Course of Study in Ayurveda, with a staff of the country's premier instructors, scholars, writers and practitioners of Ayurveda, in September 2012.

WATCH FOR FURTHER ANNOUNCEMENTS



Venue: Sambodh Center 6363 N. 24th Street Kalamazoo, MI 49004



Saturdays – Sundays

April 21-22 / 28-29, 2012

in 4 sessions – from 1:00 – 5:30 p.m.

DESCRIPTION: This freestanding course is for individuals interested in Ayurveda who wish to learn the basics of self-care for themselves and their families. This program is intended as an **Introduction to Ayurveda** for the non-health professional who wishes to take more responsibility for their own health. The course also serves as well as a basis for further study and is prerequisite to all other courses in the Ayurvedic Practitioner Training Program opening in 2012 at the Sambodh Center.

Course Requirements: 16 class hours; additional outside study and homework, and final exam.

Certificate in Ayurvedic Self-Care & Health Maintenance is awarded by students who successfully complete the two-weekend course & final exam.

Cost: \$425 Tuition; \$50 Materials & Certification

Registration deadline: April 15, 2012

NOTE: \$150 deposit due with initial Registration.

Registration Payment: PayPal via www.sambodh.us or by Personal Check to The Sambodh Society, Inc.

FOUNDATIONS IN AYURVEDA FOR SELF-CARE

Course Topics Include

- History of Ayurveda & Classical Literature of Ayurveda; Basic Concepts; Terminology, Nomenclature
- Basic Ayurvedic Anatomy and Physiology: Doshas, Dhatus: Malas and Gunas
- Origin and Elaboration of the Disease (Pathogenesis) Process, Stages of Development
- Samkhya philosophy; Mind-Body-Spirit connections; Vedic cosmology; and the Creation and nature of matter.



Information & Appointments

Sambodh Office (269) 492-0544 or (269) 327-3774

Dr. Bapat is available for Public Lectures

Call (269) 492-0544 for information or to arrange a lecture for your organization or business.



MAIL-IN REGISTRATION FORM

- I wish to register for the 2-weekend course on Foundations in Ayurveda for Self Care
- I have enclosed the *Registration Fee of (check those which apply):
 - \$150 to confirm my registration for the course
 - \$425 as full payment for the course
 - \$50 materials and certification fee
- In addition, I would like to schedule an Ayurvedic Consultation with Dr. Aparna Bapat, BAMS
 - \$100 Initial Consultation
 - \$60 Follow up appointment (for those who have met with the practitioner earlier)

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

Mail-In Registration and Deposit Deadline: Friday, March 23, 2012

* All fees and full payment for the course are due 2 weeks prior to the start of the course.

Name _____ Phone (_____) _____

Address _____ City _____

State _____ Zip _____ Email _____

Mail Registration and Payment to: The Sambodh Society, Inc., PO Box 48, Kalamazoo, MI 49004

- Please make **COURSE REGISTRATION PAYMENTS:** payable to The Sambodh Society, Inc.
- **AYURVEDIC CONSULTATION PAYMENTS:** Please make checks Payable to Dr. Aparna Bapat