



# Transformational Ayurveda Program

with

## Balarama Chandra das

### Introduction to Ayurveda & Yoga Lecture

Friday 6/10/2016  
From: 6:30 pm – 8:30 pm

### Ayurvedic Movement Theory & Practice

Saturday 6/11/2016 – 9:00am to 5:30pm  
Sunday 6/12/2016 – 10:00am – 12:30pm

### Pranayama Theory & Technique

Sunday: 6/12/2016  
From: 2:00 pm – 6:30 pm

### Lectures on Ayurvedic Tantra (Bhuta Shuddhi, Sense Care and Vibrant Living)

Monday 6/13/2016  
From: 8:30am-6:00pm

### Shiva Nata Level One

Tuesday 6/14/2016  
From: 8:30 am – 12:30 pm

More details about each individual class can be  
found on the back of this flyer



a wellness community for  
mind, body & soul

We are delighted and honored to welcome a dear friend Balarama Chandra das to Vitality to teach a comprehensive Ayurvedic Course this June. Balaram(a) is well known to those who practice and teach Ayurveda, but his welcoming, gentle and enigmatic style of “teaching” gets the most complex of concepts across to a varied audience in a clear and fully engaging way. He is a Certified Ayurvedic Consultant who has been inspired by and trained with some of the world’s leading Ayurvedic Practitioners. He currently focuses his professional practice on Ayurvedic Psychology and Habit Reformation through positive expression and the simple means of yoga, breath, and diet. He loves facilitating the conversation of self transformation and dharma via international educational trainings, retreats, and personal counseling. Balarama is a true pleasure to study with as he has the dynamic ability to make the seemingly complicated – practical, humorous and exciting.

This course is offered as a collection of individual elements which come together as a comprehensive program.

**The cost of the full program is: \$412**

You may sign up for one element or several, but please note that we encourage you to sign-up early. Preference for the limited classes will be given to those who sign-up for the full program and thereafter on a first come first served basis.

TO RESERVE YOUR PLACE

<http://www.vitalityspa.com/integrative-wellness/ayurvedic-lifestyle/ayurvedic-course-june-2016/>

Please also note our course cancellation policy

Vitality Spa & Holistic Health,  
14 Lyme St. Old Lyme, CT 06371  
Call: 860.434.1792



# Ayurveda Program June 2016

## Introduction to Ayurveda & Yoga Lecture

**Friday 6/10/2016 From: 6:30 pm – 8:30 pm**

A life well lived, well experienced, is a truly healthy life. A full attempt should be made to find one's true nature; truly living in an active conscious spectrum is to know one's limitations and abilities on all levels of self. The art of Ayurveda and it's use of traditional Yoga techniques reveals and assists in establishing a strong character attuned to one's life needs and goals.

**Cost: \$31.20 (before March 31st)  
or \$39.00 (regular price)**

## Ayurvedic Movement Theory & Practice

**Saturday 6/11/2016 – 9:00am to 5:30pm**

**Sunday 6/12/2016 – 10:00am – 12:30pm**

Harmony can be explained as the effective, timely use of Solar and Lunar energies. Properly performed yoga asana, vinyasa, and pranayama can be used to open gross and subtle channels and permit solar and lunar energies to be used efficiently and effectively for health and goal achievement. This class takes place over two days: Saturday June 11th from 9:00am-5:30pm with a break for lunch from 12:30-2:00pm and finishing up on Sunday, June 12th from 10am-12:30pm

**Cost: \$127.20/\$159.00  
(Class limited to 18 participants)**

## Pranayama Theory and Technique

**Sunday: 6/12/2016**

**From: 2:00 pm – 6:30 pm**

Prana is one of the most easily available means for self-transformation on the subtle and gross levels of one's self. Proper technique and knowledge of the why and how – according to time, place and special circumstance will make self-transformation more easily observable, and long lasting.

**Cost: \$63.20/\$79.00  
(Class limited to 18 participants)**

## Lectures on Ayurvedic Tantra (Bhuta Shuddhi, Sense Care and Vibrant Living)

**Monday 6/13/2016**

**From: 8:30 am – 6:00 pm (this event will break for lunch from 12:30-2pm)**

In simplest explanation, Tantra is a term used for proactively using the 6 senses for consumption of energy as substance and expression of energy through performance of actions. We will learn the methods and techniques for therapeutically orienting oneself to the world's natural influences/systems and then specifically discerning life habits to cleanse, use and nourish the sense organs and their faculties in harmony with the world's natural elements.

**Cost: \$127.20/\$159**

## Shiva Nata Level One

**Tuesday 6/14/2016 From: 8:30 am – 12:30 pm**

Shiva Nata is a rarely available Himalayan Tantric Sadhana of Bodily Movement. It is a Yogic art which develops conscious control, coordination and the potential abilities of the physical body and directive mind. In the Dance of Shiva, the main accent is made on the development of the multi-sector control of the body's controlling structures, the increases of the speed of the controlling processes, and the forms of the new algorithms of transcendental links in the consciousness. These new links increase the power and generation of the bio-processor.

**Cost: \$63.20/\$79**

**(Class limited to 18 participants)**



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