



DINACHARYA

This three-day workshop will cover daily health routines that can enhance wellness and improve immunity and joy in our lives. Dr. U. K. Krishna of Japan returns to AUCM to discuss and explain methods of heightening health from the time we wake up in the morning until bedtime at night. He will be assisted by Drs. Jayagopal and Anupama. Each day features:

- * Lectures on simple Ayurvedic routines that can make the difference between radiant health and the onset of disease.

- * Yoga classes taught by well-recognized teachers like Kishan Shah.

- * Cooking demonstrations with recipes for each season, and explanations about the foods, spices, and meals.

- * Chanting and meditation.



AYURVEDIC WAY OF LIFE

IMPORTANT INFORMATION

Date	January 29 - 31, 2010
Location	JOSHUA TREE RETREAT CENTER 59700 Twentynine Palms Highway Joshua Tree, CA 92252 TEL: 760-365-8371
Contact	AUCM Tel: 310-550-7445 Fax: 310-550-0543 E-mail: RasayanaAUCM@gmail.COM WEBSITE: WWW.AUCM.ORG
Cost	\$400 -dbl occupancy \$450 -sngl occupancy Based upon availability ALL MEALS INCLUDED.
CEU's	CEU's approved for Nurses.
Refunds	Refunds before Dec. 15, 2009 minus a \$25 administrative fee. No refunds thereafter.



REGISTRATION FORM

2010 AYURVEDIC RETREAT

Name: _____

Billing Address: _____

City: _____

State: _____ Zipcode: _____

Tel: _____

E-mail: _____

Credit Card Type: MC Visa

Card No.: _____

Exp: _____ 3-digit code: _____

Signature: _____
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This workshop is sponsored by the American University of Complementary Medicine (AUCM) in Beverly Hills, CA. AUCM is a non-profit University that offers a wide breadth of courses in natural medicine including the only legal, state-approved clinical Doctor of Ayurvedic Medicine degree and the only Ph.D. in Ayurvedic Medicine in the USA.