

LIVING ĀYURVEDA

with Dr. Liladhar Gupta, B.A.M.S. of Vrindavan India

June 2-3

9am- 5pm

Lunch 12-2

Laguna Beach

\$150 /\$175

For practitioners or students of Āyurveda

Deepen your knowledge with a 4th generation Vaidya



Come join us for two days of exploration in Āyurvedic study with a prominent practitioner and scholar, Dr. Liladhar Gupta, B.A.M.S. Participants will come away with a deeper understanding of how to guide themselves and their clients back to their natural state of health and well-being using traditional Āyurvedic methods. This is an intermediate to advanced workshop intended for Āyurvedic practitioners as well as students of Āyurveda.

Dr. Gupta is considered an Āyurvedic fundamentalist so he stresses using food as medicine, balancing Apāna Vāyu as a priority and examination of one's life as a means to bring balance for the long term. The importance of living a healthy life and promoting sattva for practitioners will be a focus of the intensive. He is known by many as a scholar of the classic texts of Āyurveda especially the Caraka Saṃhitā and Aṣṭāṅga Hṛdayam and cites directly from them. This workshop will be unique and will fill the needs of those present. Themes of the workshop may include:

- Understand the relationship between Hetu, Liṅga, Auśadhi (cause, symptom and treatment) and knowing when you are treating the symptom rather than the cause
- Challenges of practicing during the Kali Yuga
- Focus on healthy functions of the body in order to know disease
- Discuss Āyurvedic medical ethics and learn to do the right thing

Dr. Gupta is the founder and director of Dhanvantari Dham, an Āyurvedic Hospital in Vrindavan, India. His hospital includes a five acre medicinal herb garden where he grows most of the medicine used in the hospital. He travels extensively throughout the world disseminating traditional Āyurvedic knowledge.

Location: 481 Osgood Court. From Main Beach go south on PCH for 1.4 miles, at the signal at Diamond turn left, go 2 blocks to Catalina and turn right. Park near here. Then on foot, go left on Osgood Ct. and I'm the last house on the right.

Cost: \$150 if postmarked by May 23,
\$175 after May 23

Questions: Rob Talbert at 949-497-3134
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To register:

Send a check
payable to Jivaka Āyurveda to:

Jivaka Āyurveda
481 Osgood Court
Laguna Beach, CA 92651

Please include your email address and
phone number.

Ā y u r v e d i c M e d i c i n e I n t e n s i v e