

Mother Om Mission presents

Wise Earth Ayurveda Nutrition Education

Schedule of Classes: September 28, 2013 through December 14, 2013

Saturday, September 28, 8:am to 11am
Introducing Healing Foods/Gunas/ 5 Element theory

Saturday, October 19, 8am to 11am
Ghee Ceremony/ Prayer Chants/5 Elements/Tri Dosha Theory

Saturday, November 9, 8am to 11am
Healing Kitchadi/ Tri Dosha Theory/Your Body Type

Saturday, November 16, 8am to 11am
Seasonal Masala/ 6 Tastes/Heating & Cooling/Hands of Sadhana

Saturday, November 23, 8am to 11am
Field Trip to Union Square Farmer's market/ What's local & in season

Saturday, November 16, 8am to 11am
The Whole Bean and Whole Grain/ Elements/Dosha/ Tastes/Season

Saturday, December 7, 8am
Vegetable Cutting/Stir Fry/ Whole grain/6 Tastes/6 Seasons/Doshas

Saturday, December 14, 8am to 11am
Chappati/Seasonal Chutney/Sadhana kitchen

Call to register for this rare opportunity to receive this unique practice of nurturance, health and spirit. Learn how to advocate and practice these sacred principles to cultivate better health outcomes for you and your family.

Phone #'s Joan Jorawar: 718 994 5526/646 6341943. Alicia Jorawar: 914 374 5502

Donation: \$25.00 upon registration. Donation is used to purchase materials used in class.
Course Materials: A Life of Balance by Maya Tiwari, Completion of application, Small notebook and pen.

Location: Durga Shiva Mandir. 1120 Beach Ave, Bronx, NY 10467

Also Available: Free Yoga Class inspired by Wise Earth Ayurveda & and facilitated by MOM, every Thursday at 7pm, at the Durga Shiva Mandir, Beach Ave., Bronx NY

WEA Women's Health Education: Uttara Vasti, Caring for the womb. Available upon request.

Wise Earth Ayurveda recreates and introduces ancient origins of Ayurveda: Sadhana, the long lost grass roots knowledge of food, breath and sound (annavidya, pranavidya, and mantravidya) – rhythm based practices of the Vedas. Wise Earth's is a non invasive model for healing, founded by Maya Tiwari (Mother Maya); WEA's teachings focus on the cultivation of inner awareness and healing ways that restores wisdom and nurtures us. The goal of WE Ayurveda Sadhana education is to provide the missing link in contemporary Ayurvedic education, giving the Sadhaka insight to information on cosmic rhythm tradition of the Vedas & its healing practices.

Mother Maya founded the Mother OM Mission in 1998, the aim of the Mission is to bring WEA education and the Sadhana practices to diverse global populations.