

# AYURVEDA HANDS-ON WORKSHOPS

## 18-21 DEC 2011 (With Certification)



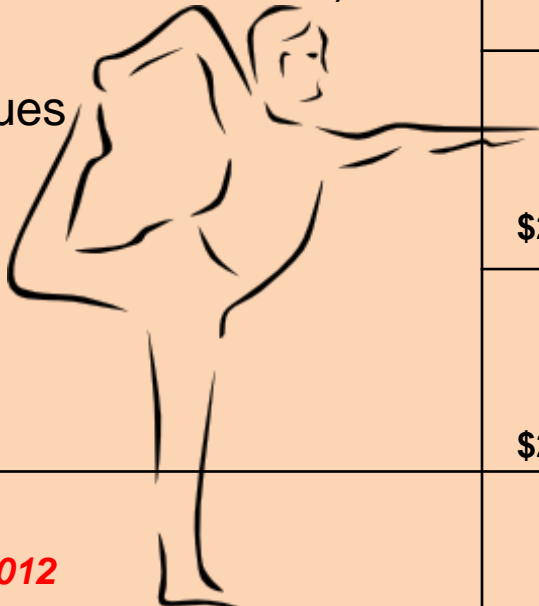
#	NAME		COST	WHEN	TIME
1	<b>Introduction to Ayurveda: Mandatory Theory Session</b> - Introduction to Ayurveda & Fundamental Principles - Introduction to the following practical sessions: <ul style="list-style-type: none"><li>o Facial and Eye Care</li><li>o Head &amp; Shoulder Massage and Nasyam (Nasal Medication)</li><li>o Joint Care; Managing Varicosity; Foot Massage</li></ul>	5 hrs	\$100	18 Dec Sunday	1.30pm- 6.30pm
2	<b>Art of Herbal Facial and Eye Care: Practicals</b> <b>(Attendance at Theory Session is Mandatory)</b> - Ayurvedic face cleansing, toning, moisturizing, scrub and face pack. - Learn the art of eye massage, how to make eye-care packs	2.5 hrs	\$60	19 Dec Monday	7-9.30pm
3	<b>Art of Head &amp; Shoulder Massage and Nasal Medication: Practicals</b> <b>(Attendance at Theory Session is Mandatory)</b> - Learn how to tackle Headaches, Migraines, Blocked nose/sinuses	2.5 hrs	\$60	20 Dec Tuesday	7-9.30pm
4	<b>Art of Joint Care, Managing Varicosity and Foot Massage: Practicals</b> <b>(Attendance at Theory Session is Mandatory)</b> - Learn how to look after your joints, manage varicose veins' related problems and ayurvedic foot massage	2.5 hrs	\$60	21 Dec Wed- nesday	7-9.30pm

Register for theory + 1 practicals @ \$100 + \$60 = \$160

Register for theory + 2 or more practicals @ \$100 + \$50 for each of the practicals

Members are entitled to additional 10% discount.

# OM YOGA (PAID) CLASSES

#	YOGA LESSONS	COST	WHEN	TIME
1	<b>YOGA</b> - Pranayama (Breathing exercises) - Soorya Namaskar (Sun Salutations) - Simple Asanas - Relaxation Techniques 	\$10 PER CLASS OR \$20 PER MONTH *	MONDAYS	9AM - 10AM
2		\$10 PER CLASS OR \$20 PER MONTH *	SATURDAYS	11AM - 12NN
3		\$10 PER CLASS OR \$20 PER MONTH *	FRIDAYS <b>COMING SOON</b>	7.30PM - 8.30PM
4	<b>TRATAKA</b> <i>COMING SOON IN JAN 2012</i> - simple powerful practice that can strengthen the eyes, improve concentration and memory and lead to stages of meditation	TBA	TBA	TBA

**\* OM VEDIC HERITAGE MEMBERSHIP AT \$100/YEAR**



# 24-HR SCHOOL HOLIDAY 'Awaken the leader in you' CAMP

Have a meaningful and mindful holiday..... Awaken the leader in you!

**UTKARSH-OM's** Self-Unfoldment School (to be launched soon) for children will help harness your child's inner resources. Our value oriented methods are directed towards achieving excellence in whatever we do. We focus on creativity and productivity to help every child develop a poised and indomitable personality. Our activities will be based on the cycle of TRUTH – GOODNESS – BEAUTY

Time	Programme	Objective
6.30pm	Registration	
7pm	Briefing for parents and children	
7.30pm	Ice breaker session	Know your friends and understand the meaning of what's in a name?
8.30pm	Supper & values	Importance of food good/desired life style
10pm	Sleep	A fitful rest
5.30am	Wake up	Right way of waking up
6am	Yoga	Sun Salutations
7am	Bath and Freshen up	
8.30am	Here & Now: Leadership Workshop	Being at the moment , Workshop on Awareness, Self Reflection etc
11.30am	DIY Lunch	Cooking – Satvic food preparation
1pm	Power Nap	
1.30pm	Games	To understand 'Perception– A way of life'
3pm	Break	
3.20pm	Boys and Girls	Meaning of relationships and qualities to imbibe
4pm	Games	Truth, Goodness and Beauty
5pm	Reflections	What I learnt
6.30pm	Pack up and camp closure	Till we meet again

COMING SOON...  
 UTKARSH-OM's Self-Unfoldment School  
 (to be launched soon)  
 DATES TO BE ANNOUNCED

Your cloth can ensure a warmer winter for someone.. somewhere..



# A BIG THANK YOU TO ALL!

<http://goonj.org/>

## Om Charity Drive Nov 2011

We had a record collection of **794.6kilos** of toys, stationery., clothes, winter clothing, shoes/slippers...

Items have all been shipped to Delhi (GOONJ) through ST Cargo at a rate of \$3/kilo (door-to-door delivery) expected to reach Delhi, India in Jan 2012

**ST. CARGO AGENCIES PTE. LTD.**  
 No.28, Roberts Lane # 01-01, Singapore 218307, Opp. Mustaffa Behind Angulia Mosque  
 E-mail: info@stcargosg.com / www.stcargosg.com / www.stcourier.com  
 Tel : +65-6295 0949, +65-6348 8351 Fax : +65-6348 8352 Reg. No : 200500633-N

Sender: MRS SHAILAJA SURESH  
 Tel: 92859520

Receiver: Mr. ANSHU GUPTA  
Room J. J-93, SARTA VIHAR  
NEW DELHI - 110076  
011-26972357 Tel: 41401216

INVOICE NO: OMDA **30009**  
 DATE / TIME: 2/12/11 5:0  
 CTN: 56  
 SHIPMENT: S/C  
 DELIVERY: Door  
 WEIGHT (KG): 794.615  
 AW / VW: 794.615

No	Material Details	Qty	No	Material Details	Qty
1	11-20kg Box 01	12.8	21	41-21.7kg Box 21	12.8
2	12-5kg Box 02	19.0	22	42-22.2 kg Box 22	19.0
3	Box 03	9.9	23	43-22.4kg Box 23	20.6
4	Box 04	0.9	24	44-22.5 kg Box 24	13.3
5	05	10kg	25	45-16.3kg Box 25	13.1
6	06	22.4	26	46-24.7 Box 26	9.6
7	07	9.6kg	27	47-24.0 Box 27	13.1
8	08	7.6	28	48-11.5 Box 28	21.00
9	09	20.4	29	49-7.6 Box 29	23.5
10	10	10.5	30	ELECTRICAL & ELECTRONIC ITEMS Box 30	10.9
11	11	10.8	31	50-11.5 Box 31	12.1
12	12	10.6	32	51-14.6 Box 32	11.7
13	13	10.1	33	52-24.7 Box 33	16.8
14	14	7.2	34	53-7.7 Box 34	13.4
15	15	8.7	35	54-10.8 Box 35	14.4
16	16	9.5	36	55-12.9 Box 36	12.8
17	17	10.9	37	56-13.2 Box 37	10.6
18	18	8.00	38	57- Box 38	18.00
19	19	26.2	39	58- Box 39	9.7
20	20	4.8	40	59- Box 40	10.9

Declared Value S \$..... 02/12/11  
 Total Amount Payable \$S 2350/2

Sender's Sign: Shailaja Suresh 02/12/11  
 Receiver's Sign: ANSHU GUPTA  
 Management's Sign: [Signature] 2/12/11

As Agreement to ST Cargo's Terms & Conditions  
 Terms & Conditions:  
 \* Claims and complaints would not be accepted after 24 hours from the date of delivery. \* ST Cargo will not be responsible for any items that had not been declared on the invoice.  
 \* Please ensure that the declared items are not PROHIBITED and THEFT items. \* Please note that there will be a cancellation FEE of 25% of the billing amount.  
 \* We would not be responsible for any damages of Glassware, Fragile, Electrical & Electronic items which are not bundled over in their original packing.  
 \* Please note that any items valued above \$500 should have a 5% insurance of the declared value. \* Only insured parcel can claim refund for loss. \* Claim process duration: 1 month.  
 \* Please ensure that this shipment does not contain CASH, JEWELLERY, FLAMMABLE and DANGEROUS Goods. ST Cargo has the rights to check the contents of the parcel if required.  
 Chennai Office: No.199 Hariyan Street, C-Pallavaram Chennai 43, Tel:+91 44 45676699; +91-81222 02436

# ***Om Inherit - Dispensing Ancient Wisdom***

## **Doctor's Corner**



### **EPILEPSY (Apsmara)**

**In most Ayurvedic texts, epilepsy has been mentioned as Apasmara or Apasmrti, and has been described as one of the earliest eight diseases known (diagnosed) that can be controlled only with medical therapies and can sometimes be incurable and remain uncontrolled**

**... A wide variety of ghrtas (purified butters) have been recommended for internal use. Use of mixtures of ghrta and taila (oil) cooked with drugs has also been mentioned. Even nasyas (nasal applications) have been recommended. The use of a wide variety of anjanas (collyriums) and anjana vartikas (collyriu sticks) to bring the patient to senses has also been mentioned. The modes of administration of drugs for epilepsy recommended in Ayurveda include external applications, internal use, application in the eyes and nose.**

**We are managing such cases at our centre. Treatment varies from person to person. For further details, Visit :- Om Vedic Heritage Centre, 43 Tessensohn Road. Call 62972670 for an appointment with Dr Dharna**



# Om Charity Drive Jan 2012



[http://www.trustchildren.org/images/TrustChildren-Sponsor\\_Annual\\_Report\(2010-2011\).pdf](http://www.trustchildren.org/images/TrustChildren-Sponsor_Annual_Report(2010-2011).pdf)

Welcomes you

Trust Children's Gurukulam School in Chennai, India, started in 2004, currently has 182 children from LKG to VII Grade for the academic year 2011-2012. To make the dreams of these economically poor children come true, Gurukulam needs your support. Donations of any amount will go a long way in bringing smiles on Gurukulam children.

For more details check out the URL: <http://www.trustchildren.org/>  
<http://www.trustchildren.org/donate.aspx>

Sponsorship Required	Donation Amount Required in 2011-2012	
	Indian Rupees	Singapore Dollars
<b>Annual Education &amp; Travel Sponsorship per Child</b>	INR 15,500	S\$ 400
<b>Annual Meal Sponsorship per Child</b>	INR 3,700	S\$ 100

If keen to be part of this effort please contact [shailu@93859520](mailto:shailu@93859520)