



C G JUNG INSTITUTE
OF CHICAGO

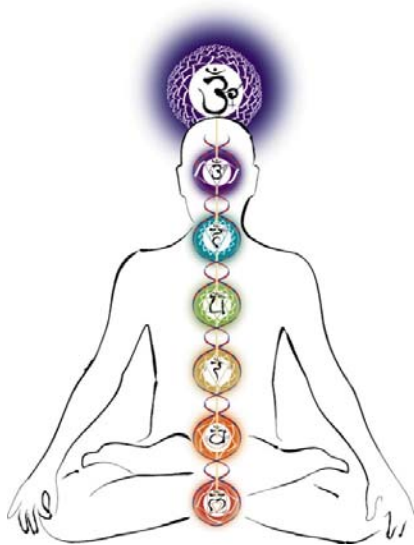
YOGA FOR HEALTH & RENEWAL OF THE MIND, BODY AND SOUL

with

Ashok Bedi, M.D., Bryant Mascarenhas, CYT, & Chef Usha Bedi

Saturday, April 24th, 2010 – 9am to 4pm

Explore the mysteries and practice of this ancient tradition as a sacred path to experience the Restoration, Rejuvenation and Renewal of the Mind, Body and Soul. The day long encounter includes lectures by author and Jungian psychoanalyst Ashok Bedi on Health and Harmony, Yoga encounters with Yoga Master Bryant Mascarenhas and an Ayurvedic afternoon meal prepared by the well known Chef Usha Bedi.



LOCATION (Milwaukee)

7111 W. Center St. Wauwatosa, WI 53210

(414)774-9642

***Vegetarian lunch prepared by
Chef Usha Bedi is included**

FEES*

**\$ 200 (\$180 pre-registration)
\$120 for full time students (\$110 pre-
registration)
\$15 additional fee - 6 CE credits
(Call 312.701.0400)**

For all registrations visit

www.jungchicago.org

Learning Objectives

- Discuss the fundamentals of the theory of Health & Harmony in the Eastern Holistic tradition
- Outline the basic tenets of Yoga, Pranayama, Meditation and Mindfulness
- Experience the basic practice of Yoga Asanas and Pranayama practice for different body systems
- Practice a Meditation session
- Explore some of the basic tenets of an Ayurvedic Diet

The C. G. Jung Institute of Chicago is approved by the American Psychological Association to sponsor continuing education for psychologists and by the Illinois Department of Professional Regulation to provide continuing education (CE) credit for social workers, professional counselors and marriage and family therapists. The Institute maintains responsibility for this program and its contents.

Yoga Accessories for this workshop

Please bring your Yoga mat, one to two yoga straps, three Mexican blankets or equivalent and at least one yoga brick. Wear loose and comfortable clothing as you will be learning yoga postures, breathing and meditation. **(No black clothing please)**



Ashok Bedi, M.D. is a Diplomat Jungian psychoanalyst and a board certified psychiatrist. He is a Distinguished Fellow of the American Psychiatric Association; a Clinical Professor in Psychiatry at the Medical College of Wisconsin in Milwaukee, President Elect, Training Analyst and a faculty member at the Carl G. Jung Institute of Chicago. He is author of several books including *Path to the Soul*, Weiser Books, 2000, *Awaken the Slumbering Goddess: The Latent Code of the Hindu Goddess Archetypes*, Booksurge Publishers, 2007 and the coauthor of *Retire Your Family Karma*, Nicholas-Hays, Inc. 2003, These and his other upcoming presentations can be previewed at his website www.pathtothesoul.com



Bryant F. Mascarenhas, CYT has been teaching yoga since 1986 in India, and is certified internationally as a senior yoga teacher from India in the alignment based practice of yoga. Bryant is also recognized at the national level with Yoga Alliance in the US as an experienced registered yoga teacher. Bryant holds a Bachelors degree in Chemistry, a Masters degree in Business, and in Information Technology. He also is an accomplished Black Belt in the martial arts system 'Ketsugo'. He conducts yoga programs in Wisconsin, Canada, Germany, Switzerland and India. He has been an invited inspirational speaker at several institutions including the Northwestern's Kellogg School of Management. He conducts the specialized yoga program 'KripaTM Model has taught alignment based yoga to tens of hundreds of people in India, Canada, Ohio, Germany and Wisconsin. Bryant is founder/director of KripaUS Inc. the non-profit organization the 'Iyengar Way'. Information about Bryant's other offerings is available at website www.santoshyoga.com



Usha Bedi of Milwaukee, Wisconsin honed her unique Indian contemporary cuisine by blending Ayurvedic culinary principles with her experience of cooking in India, Great Britain and United States. She is the former Chef and owner of the highly acclaimed chic Indian restaurant in the fashionable East side of Milwaukee; the Dancing Ganesha Inc, for over ten years. She is presently on a sabbatical from her business, while she finishes publishing her cook books. She continues to conduct cooking classes in Milwaukee and leads culinary tours to India. She is a cultural consultant on the annual study groups to India, "Jungian Encounters with the Soul of India" under the auspices of the New York Jung Foundation. www.mindfuljourneys.com

*This event is cosponsored by the C. G. Jung Institute of Chicago,
USA India Jung Foundation and Santosh Yoga LLC
All proceeds donated to the USA India Jung Foundation & Santosh Yoga LLC.*

SAVE THE DATE - SATURDAY, SEPTEMBER 25TH 2010
BASICS OF KUNDALINI YOGA

Ashok Bedi, M.D., Bryant Mascarenhas, MBA, MIS, CYT, & Chef Usha Bedi

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