

100 hour

Ayurveda Certification

NEW CLASS BEGINS JULY 18TH 2010 AT YOGA ON MAIN

Learn practical Ayurveda for self-healing, healthy living and spiritual development, with the area's most experienced practitioner and teacher.

The course emphasizes a practical study of the principles of Ayurveda and how to practice them as part of living a Yogic lifestyle

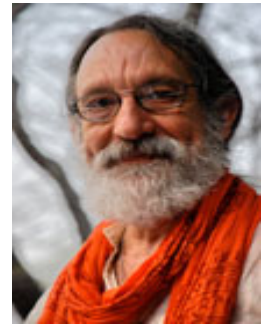
You Will Learn:

- ◆ The history and spiritual background of Ayurveda
- ◆ How to determine your own constitution and how to assess others
- ◆ Anatomy & Physiology - Stages of Disease
- ◆ Methods of Diagnosis and Treatment
- ◆ Constitutional and Therapeutic Lifestyle Guidelines
- ◆ Ayurvedic Herbal Therapy
- ◆ Dietary Therapy and Cooking
- ◆ Mantra Therapy and meditation
- ◆ Ayurvedic Yoga

Facilitator: Ed Zadlo D.Ay

Ed Zadlo D.Ay (*Acharya Premanand*) is a Certified Ayurveda Practitioner, Integral Yoga-Ayurveda Therapist and Acharya (expert teacher) of *Yoga/Vedanta, Ayurveda and Vedic Dharma*.

He has had an Ayurveda practice for over 12 years, and has offered trainings in Ayurveda, Meditation and the Inner Practices of Yoga for over 25 years. He is a member of The American Ayurvedic Medical Association and is the first certified Acharya of Integral Ayurveda/Yoga Therapy in the U.S. Ed lives near Sumneystown, PA where he has a full time Ayurveda practice and also teaches Vedic Studies, Vedanta and Meditation for many ashrams and yoga centers in the USA.



YOGA ON MAIN

4363 Main Street
Manayunk, PA 19127

The hours of this study program are approved for certification by *The American Institute of Vedic Studies*, Dr. David Frawley, director.

FOR INFORMATION ABOUT THE COURSE CALL:

YOGA ON MAIN- 215-483-0504 OR ED ZADLO AT 215-679-4728

WWW.YOGAONMAIN.COM INFO@YOGAONMAIN.COM

CLASS SCHEDULE:

First Class Sunday July 18th - 12:00PM

Twelve Mondays - 6:30-9:30PM

Beginning July 19th through Nov 28th, 2010

Five Saturdays - 12:00PM - 6:00PM

Sept. 11th - Oct. 9th - Oct. 30th - Nov 20th - Nov 27th

Two Sundays - 12:00PM - 6:00PM

First class - July 18th Last class - Nov 28th

PAYMENT

Fee: \$1100

Course manuals included

REGISTRATION

You may register by filling out the form below and sending a check payable to: Yoga On Main, or using a MC or Visa, by mail, telephone, email or fax. A \$150 deposit is required to enroll. The balance is due by the first class or payment plans are available. The \$150 deposit becomes non-refundable on Sept 10th, 2009 and all fees paid after that date are non-refundable.

REGISTRATION FORM

Name: _____
Address: _____
Telephone: _____ E-mail: _____

Card # _____ Visa Mastercard
Exp. Date _____

Yoga On Main – 4363 Main St. Manayunk, PA 19127 – 215-483-0504 Fax 215-482-9606

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