

October 14, 2009

Dear Friends,

Wise Earth Ayurveda® is pleased to present a beginner's intensive training program, Women's Health and Spirituality, Level 1- Part 2 for students, practitioners and instructors to occur July 26-30, 2010 in Cheshire, Massachusetts.

Developed by Sri Swami Mayatitananda, founder of the Wise Earth School of Ayurveda, this course is intended for individuals from all cultures and backgrounds who are studying and/or working in the holistic health and education field. This course is designed to instruct the knowledge of the long forgotten Vedic wisdom of the lunar cycles and cultivation of awareness that guide a woman's health and longevity. We welcome practitioners and students who intend to put these life-generating practices firstly in their personal lives and by extension share this invaluable wisdom with women in their community.

In Ayurveda education today, these priceless practices and lunar therapies for the maintenance of women's health have been defunct for more than a century. For the past quarter of a century, Sri Swami Mayatitananda has been restoring Ayurveda's lost therapies and lunar practices relating to women's health and offering this unique Inner Medicine® healing education.

The emphasis of this course is centered on the Ayurveda Nourishing practices, cultivating awareness, the key to our health, and lunar observances for women's vitality, joy and well being. In keeping with Wise Earth's unique Inner Medicine® sadhana methodology, participants learn how their health and harmony is integrally related to lunar rhythms and learn to guide other women to live in harmony with lunar rhythms. This Intensive Level One course includes The Healing Passes™- a highly revolutionary therapeutic form of yoga that is unique to Wise Earth Ayurveda and a must for yoga instructors and new and old students of yoga who seek to learn authentic wisdom of yoga's relation to the cosmic lunar rhythms. In this course you will also gain knowledge of individual women's conditions, building on the Level 1-Part 1 curriculum and preparing the appropriate healing regimens. You will study some of the earth-based therapies for women's health that will help you live every day in wisdom while helping others to heal. Lastly, in our daily Ajapa-Japa meditation practice, you will learn to recite Vedic mantras and bring forth the magic of your own personal sound. In so doing you strengthen breath, resolve thoughts, access your power of intuition and may begin to cleanse old ancestral karmas and cultivate the heart of ahimsa – inner harmony and healing. In other words, you are learning to heal yourself, nature, and all things that surround you.

Nina Usha Molin, MD, Director of Wise Earth Ayurveda® Education in the U.S, who has been awarded the distinct title of Sadhaka-Adept by Mother Maya, will instruct this course. The aim of Wise Earth Ayurveda® is to train holistic health practitioners and individuals in this ancient, cosmic rhythm-based tradition of the Vedas. This course is taught in the oral style of the traditional Vedic Gurkula, where students spend their time harmoniously with their instructors and share in the facilitating and hands-on practice of the course.

Due to the popularity of these programs and space limitation, we ask that you reserve your seat early. Priority acceptance is given to those individuals who are qualified and are committed to bringing Ayurveda education into their lives and into the community.

New students of Wise Earth Ayurveda® who would like to study for their own healing, are also welcome to apply.

This course embraces the fundamentals of the Wise Earth Ayurveda templates of *Food Breath & Sound* – Inner medicine®, educational practices that attune you to your inner rhythm and your true nature of *ahimsa* – self harmony & spirit of non-hurtfulness. We look forward to receiving you in the beautiful Berkshires.

You will find in enclosure the registration details and application for this course. For further inquiries please contact [ninamoln@ananda-health.com](mailto:ninamoln@ananda-health.com)

In Service,

Nina Usha Molin, MD  
Director of Wise Earth Ayurveda Education-U.S.

P.O. Box 82  
Lenox, MA 01240  
413 822 0852  
Fax 413 637 8146

For more information on Wise Earth Ayurveda: [www.ananda-health.com](http://www.ananda-health.com) or [www.wisearth.org](http://www.wisearth.org)

## **WISE EARTH AYURVEDA® ~WOMEN'S HEALTH AND SPIRITUALITY-PART 2 ~ LEVEL ONE INTENSIVE INSTRUCTORS' TRAINING**

**July 26-30, 2010**

(This course begins at 9:00am and ends at 12:00pm)

Nearest airports: Albany, NY or Hartford, CT (BDL)

Bus Lines: Peter Pan and Bonanza

### **APPLICATION FORM**

**Application Due Date: May 15, 2010**

Please fill in the following information:

**Name:**

**Age:**

**Address:**

**E-Mail:**

**Phone:**

**Occupation:**

**Gender:**

**How did you learn about this course?**

**Nearest contact person in the event of emergency:**

**Present health condition (List Allergic reaction to foods, scents, etc. (if any):**

**(State present or past conditions of serious nature. If any, note if condition is past and/or present):**

**Course Fee (Includes Tuition, Study Materials & Course Credits): \$950.00**

Housing Accommodations and meals are NOT included except lunch M-Th. Upon acceptance into the Course an email will be sent to you with accommodation options and a local guide to Health Food stores and Vegetarian Eateries.

**To register for this Program:** A deposit of \$250.00 toward your fees is required with your completed application. **Please make check payable to Nina Molin, MD.** You'll be notified of your acceptance into the course within 2 weeks. If not accepted, your deposit will be promptly refunded. Your remaining course fee will be required upon acceptance into the course.

Please, postal mail only.

**Mail to:** Nina Molin, MD, PO Box 82, Lenox, MA 01240  
**E-mail:** ninamoln@ananda-health.com **Tel:** 413.822.0852

1. Return application with your deposit for the course no later than May 15, 2010.
2. If accepted, you will receive confirmation by mail no later than 2 weeks from receipt of your application.
3. After you receive your acceptance letter, you will be asked to send in your payment in full.
4. If unable to attend the course, you must give us 6 weeks notice prior to course start date to cancel.
5. Once accepted into this course your course fees will be entirely non-refundable.
6. Wise Earth Ayurveda® program's terms of use agreement and public usage copyright conditions apply.

## **KINDLY ATTACH YOUR BRIEF 7 YEAR BIO**

Note: No bio is necessary if you have already attended a Wise Earth Practitioner Training Program with Nina Molin, MD

Your bio-data is required as part of the application process. Limit your answer to the following questions to no more than 10 lines. Bio-data length should not exceed three pages. In addition, it is imperative that you provide three current professional references in the field of Ayurveda and Yoga along with your prior educational background and studies in these fields. **All applications must be sent by postal mail only to Nina Molin, MD, P.O. Box 82, Lenox, MA 01240.** Do not e-mail your application. Improper submissions and/or incomplete applications will not be processed. Be sure to answer every question as they are presented below.

## **TELL US ABOUT YOURSELF:**

Have you attended previous Wise Earth programs?

Are you a Holistic Instructor or Practitioner -and if so-tell us about your work?

What are your experiences as an Ayurveda practitioner and/or holistic health educator?  
Why do you want to study Wise Earth Ayurveda?  
Do you wish to become a Wise Earth Ayurveda Instructor?  
What is your understanding of Ayurveda Sadhana Practice & Inner Medicine practice?  
Tell us about your daily holistic activities: nutrition, yoga, meditation, & other healing practices & spiritual arts.  
What vision do you hold of yourself in terms of your spiritual development at this time?  
What are your goals for yourself in two-years time?  
Describe briefly your Strengths & Challenges Re: health concerns; family life; career.  
Describe briefly your relation to your mother, father, and your children.  
How did you come to hear about us?  
Are you planning to serve the community with the knowledge you gain from Wise Earth Ayurveda?

WEA/WHS11/10