

June 20, 2009

Dear Sadhakas,

Wise Earth Ayurveda® is pleased to present a beginner instructors' training program: *Wise Earth Ayurveda*® Nutrition: Food, Breath and Sound-Level 1. This unique course will be offered in three parts; Friday, March 26-Sunday, March 28; Friday, May 7-Sunday, May 9 and Wednesday, June 30-Friday, July 2, 2010.

Developed by Sri Swami Mayatitananda, founder of the Wise Earth School of Ayurveda, this program is intended for individuals from all cultures and backgrounds who are studying and/or working in the holistic health and education field. **Due to the popularity of these programs and our space limitation, we ask that you reserve your place early.** Priority acceptance is given to those individuals who are qualified and who are committed to bringing Ayurveda education into their lives and into the community. New students to Wise Earth Ayurveda® are also encouraged to apply.

Nina Usha Molin, MD, Director of Wise Earth 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 in this ancient, cosmic rhythm-based, tradition of the Vedas which focuses on healing without medicine, cultivation of inner awareness and healing with Food, Breath and Sound.

This course covers the fundamentals of the Wise Earth Tradition introducing long lost grass roots knowledge of Ayurveda, the *sadhana* of food, breath and sound (*annavidya*, *pranavidya* and *mantravidya*). These are healing and educational practices that attune you to your inner rhythm and your true nature of *ahimsa* – a life of harmony, prosperity & non-hurtfulness. You will learn the Wise Earth energetics and anatomy of nature's foods, The Doshas influence on nutrition and health, the meditative art of cooking, the life-enhancing principles of seasonal recipes and the serene mantras and breath-work for nurturance of body, mind and spirit. You will learn how a hand filled with sadhana is a hand that will heal yourself and others.

Course Credit will be given towards Wise Earth Ayurveda® certification.

This popular program is at the heart of Wise Earth Ayurveda's powerful Inner Medicine® healing work and scheduled to be held in the beautiful Berkshires in Cheshire, Massachusetts.

You will find in enclosure the registration details and application for this course. For further inquiries please contact 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 the School of Wise Earth Ayurveda visit: www.wisearth.org

WISE EARTH AYURVEDA® ~ NUTRITION: FOOD, BREATH AND SOUND~ LEVEL ONE INTENSIVE

March 26-28; May 7-9; June 30-July 2, 2010

(This course begins at 9:00am on the first day and ends by noon on the last day of every session)

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

Bus Lines: Peter Pan and Bonanza

APPLICATION FORM

Application Due Date: January 15, 2010

Please fill in the following information:

Name:

DOB:

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):

Course Fee (Includes Tuition, Study Materials & Course Credits): \$1300.00

Housing Accommodations and meals are NOT included except lunch the first two days of each session. 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 \$350.00 toward your fees is required with your completed application. **Make check payable to Nina Molin, MD.** You will be notified of your acceptance into the course within 3 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

For questions: E-mail: ninamoln@ananda-health.com Tel: 413.822.0852

Directions for Application:

1. Return application with your deposit for the course payable to Nina Molin, MD no later than Jan.15, 2010.
2. If accepted, you will receive confirmation by mail no later than 3 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 two months 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 Usha 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/FBS/2010