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Ayurveda Wellness Workshop

Speaker: Dr. Avinash Lele

Date: March 14, 2008 (Friday)

Time: 9:00 AM - 4:00 PM (Lunch and two coffee breaks included)

Location: Woodland Commons

Attendance is free but registration is required. Please email Maureen Jennings [mjennings@umassd.edu or 508-999-8588] before February 15, 2008 to sign up for the workshop.

What is Ayurveda?

Ayurveda, a Sanskrit word that means the science of life, is an ancient Indian practice that stresses holistic balance of the physical body and mind. It believes that each of us has a unique combination of the five basic elements of existence: earth, water, fire, air, and ether. This dynamic system is influenced by daily inputs such as diet, family, stress, etc. If we can understand our constitution (based on a distribution of the five elements), we can take the first steps to harmonize our body and mind with every activity that we undertake, resulting in a more peaceful life.

Bio: Dr. Avinash Lele, BAMS, MASc, is a specialist in panchakarma and rasayan. He has been a postgraduate teacher of Ayurveda since 1983, in India, Europe, and the United States. A skilled practitioners of Ayurvedic herbology and pharmacology, Avinash Lele runs a school and clinic in Pune, India, where he regularly hosts foreign students of Ayurveda.

For more information contact: Maureen Jennings at 508-999-8588 or mjennings@umassd.edu or Professor Sukalyan Sengupta @ 508-999-8470 or ssengupta@umassd.edu.



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