The Yoga Sutras of Patanjali are the classic statement of yogic philosophy, which, surprisingly, offer a very practical approach to basic issues of life today. In our current turbulent times we need everyday guidance more than ever—a map to guide us through the multitude of choices and options. Dr. Ziska will focus upon the “what” and the “how” of this.

Lecture: “Spiritual Aspects of Ayurveda”
Date: Thursday, April 25th, 2013         Time: 6:30 pm - 8 pm

Location: Claire T. Carney Library, Grand Reading Room (122) UMass Dartmouth (Parking Lot 13)

Date: Friday, April 26th, 2013         Time: 12 pm - 1:30 pm

Location: Claire T. Carney Library, Grand Reading Room (122) UMass Dartmouth (Parking Lot 13)

Martina Ziska M.D., D.Ay, bridges the worlds of western allopathic medicine and the “healing” power of the ancient traditions of India. From the world of neurology, clinical research, public health, and pharmaceuticals, Dr. Ziska reached across the gap to ayurvedic-medicine—which became her personal path for 15+ years. Practicing in America, the Netherlands, and the Czech Republic, she contributes, edits, and reviews for clinical journals and served as editor-in-chief for Light on Ayurveda: Journal of Health. She authored a book on ayurvedic nutrition and a documentary on a personal journey with cancer.