



C G JUNG INSTITUTE  
OF CHICAGO

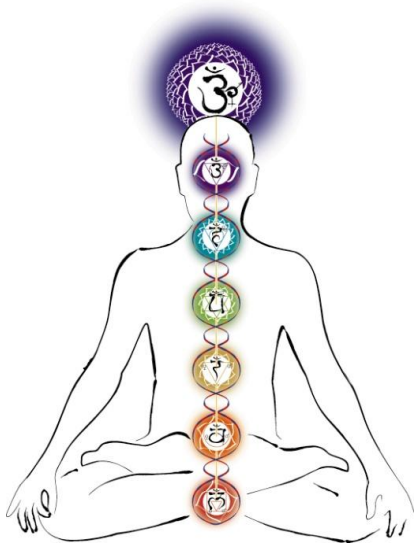
# KUNDALINI BALANCING FOR HEALTH & RENEWAL OF THE MIND, BODY AND RELATIONSHIPS

with

**Ashok Bedi, M.D., Bryant Mascarenhas, C.Y.T., & Chef Usha Bedi**

**Saturday, October 23<sup>rd</sup>, 2010 – 9am to 4pm**

Explore the mysteries and practice of Kundalini Yoga as a sacred path to experience the Restoration, Rejuvenation and Renewal of the Mind, Body and Relationships. The day long encounter includes lectures by author and Jungian psychoanalyst Ashok Bedi on Kundalini Balancing, Yoga techniques for Kundalini balancing with Yoga Master Bryant Mascarenhas and an Ayurvedic afternoon meal prepared by the renowned Chef Usha Bedi.



## **LOCATION (Milwaukee)**

7111 W. Center St. Wauwatosa, WI 53210  
(414)774-9642

## **FEES\***

\$ 200 (\$180 pre-registration)  
\$120 for full time college students  
(\$110 pre-registration)  
\$15 additional fee - 6 CE credits  
(Call 312.701.0400)

**\*Vegetarian lunch prepared by  
Chef Usha Bedi is included**

For all registrations visit  
**[www.jungchicago.org](http://www.jungchicago.org)**

## **Learning Objectives**

- Discuss the fundamentals of the theory of Kundalini Yoga
- Outline the basic tenets of each of the seven centers of Kundalini Yoga
- Experience the practice of Yoga Asanas and Pranayama for seven Kundalini centers
- Practice a Kundalini Meditation session
- Explore some of the basic tenets of an Ayurvedic Diet

The C. G. Jung Institute of Chicago is approved by the American Psychological Association to sponsor continuing education for psychologists and by the Illinois Department of Professional Regulation to provide continuing education (CE) credit for social workers, professional counselors and marriage and family therapists. The Institute maintains responsibility for this program and its contents.

## Yoga Accessories for this Workshop

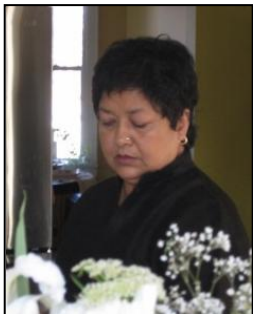
Please bring your Yoga mat, one to two yoga straps, three Mexican blankets or equivalent and at least one yoga brick. Wear loose and comfortable clothing as you will be learning yoga postures, breathing and meditation. **(No black clothing please)**



**Ashok Bedi, M.D.** is a Diplomat Jungian psychoanalyst and a board certified psychiatrist. He is a Distinguished Fellow of the American Psychiatric Association; a Clinical Professor in Psychiatry at the Medical College of Wisconsin in Milwaukee, President Elect, Training Analyst and a faculty member at the Carl G. Jung Institute of Chicago. He is author of several books including *Path to the Soul*, Weiser Books, 2000, *Awaken the Slumbering Goddess: The Latent Code of the Hindu Goddess Archetypes*, Booksurge Publishers, 2007 and the coauthor of *Retire Your Family Karma*, Nicholas-Hays, Inc. 2003, These and his other upcoming presentations can be previewed at his website [www.pathtoth soul.com](http://www.pathtoth soul.com)



**Bryant F. Mascarenhas, C.Y.T.** has been teaching yoga since 1986 in India, and is certified internationally as a senior yoga teacher from India in the alignment based practice of yoga. Bryant is also recognized at the national level with Yoga Alliance in the US as an experienced registered yoga teacher. Bryant holds a Bachelors degree in Chemistry, a Masters degree in Business, and in Information Technology. He also is an accomplished Black Belt in the martial arts system 'Ketsugo'. He conducts yoga programs in Wisconsin, Canada, Germany, Switzerland and India. He has been an invited inspirational speaker at several institutions including the Northwestern's Kellogg School of Management. He conducts the specialized yoga program 'KripaTM Model has taught alignment based yoga to tens of hundreds of people in India, Canada, Ohio, Germany and Wisconsin. Bryant is founder/director of KripaUS Inc. the non-profit organization the 'Iyengar Way'. Information about Bryant's other offerings is available at website [www.santoshyoga.com](http://www.santoshyoga.com)



**Usha Bedi** of Milwaukee, Wisconsin honed her unique Indian contemporary cuisine by blending Ayurvedic culinary principles with her experience of cooking in India, Great Britain and United States. She is the former Chef and owner of the highly acclaimed chic Indian restaurant in the fashionable East side of Milwaukee; the Dancing Ganesha Inc, for over ten years. She is presently on a sabbatical from her business, while she finishes publishing her cook books. She continues to conduct cooking classes in Milwaukee and leads culinary tours to India. She is a cultural consultant on the annual study groups to India, "Jungian Encounters with the Soul of India" under the auspices of the New York Jung Foundation. [www.mindfuljourneys.com](http://www.mindfuljourneys.com)

*This event is cosponsored by the C. G. Jung Institute of Chicago,  
USA India Jung Foundation and Santosh Yoga LLC  
All proceeds donated to the USA India Jung Foundation & Santosh Yoga LLC.*

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