



C G JUNG INSTITUTE
OF CHICAGO

Yoga Encounters

Experience the Restoration, Rejuvenation and Renewal of the Mind, Body and Soul

with

**Ashok Bedi, M.D., Bryant Mascarenhas, MBA, MIS, CYT,
and Chef Usha Bedi**

Saturday September 26th, 2009 – 9am to 4pm*

Each one of us lives in two worlds; an outer world of Ego consciousness and a deeper world of Soul Consciousness. The Soul is the pace maker of our Ego consciousness and guides it on to the optimal path of health & well being. When the Ego and the Soul get disconnected, we loose our moorings and chaos prevails in our physical, mental, relational and Spiritual health. For thousand of years, the Spiritual traditions of India have found ways to reconnect the Ego to the Soul and the Spirit. Yoga, Pranayama and Meditation are ways to Yoke the Ego with the Soul and the Spirit. Experience this long immersion into the mysteries and practice of this ancient tradition as a sacred path to experience the Restoration, Rejuvenation and Renewal of the Mind, Body and Soul. The day long encounter includes lectures by author and Jungian psychoanalyst Ashok Bedi on Health and Harmony, Yoga, Pranayama, Meditation demonstrations and exercises with Yoga Master Bryant Mascarenhas and afternoon meal prepared by the well known Chef Usha Bedi



LOCATION

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

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

DISCUSSION FEE**

\$180 (\$160 pre-registration)

\$110 for students (\$100 pre-registration)

**** \$15 additional fee - 6 CE credits (call 312.701.0400 for credit)**

For all registrations visit www.jungchicago.org

Learning Objectives

- Discuss the fundamentals of the theory of Yoga, Pranayama and Meditation
- Outline the emerging research on Meditation & Mindfulness
- Experience the basic practice of Yoga Asanas, Pranayama practice and Meditation
- Present the fundamental principles of Health, Harmony and Wholeness
- Illustrate how these practices may facilitate health and healing

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:

1. Yoga mat
2. One to two yoga straps
3. Three Mexican blankets or equivalent
4. At least one yoga brick

Clothing

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 and a Training Analyst and a faculty member at the Analyst Training Program 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.pathtothesoul.com



Bryant F. Mascarenhas 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 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 battling drugs, alcohol and HIV/AIDS. 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 ‘Kripa™ Model the Iyengar Way’ to enhance the well-being for those afflicted. More information about Bryant’s other offerings is available at his website www.santoshyoga.com



Usha Bedi of Milwaukee, Wisconsin honed her unique Indian contemporary cuisine by blending her ancestral 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, Zagat rated, extensively reviewed 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.mindfuljournesys.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 and Santosh Yoga LLC.*

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