



Are you looking for a Universal and global perspective?

Please join ... Jeffrey Armstrong ~ Kavindra Rishi

One of N. America's Best Speakers on The Philosophy & Lifestyle of Yoga
Founder of VASA Vedic Academy of Science & Arts

July 10, 2009

① Friday 7pm - 9pm

Mystic Poetry & Magical Music

Featuring

Award-winning Mystic Bhakti Poet **Kavindra** performing with local guest musician **Richard Raven Williams** who brings his mastery of 16 stringed and wind instruments.

Kavindra will be reading from his recent book *The Night We First Met*. He will also present his latest CD of Love Poems "There is Only One Love" a collaboration with award-winning New Age composer Patrick Bernard.



Held at the beautiful **Ashland Ayurveda Healing Retreat**
Please call to reserve your seat
541-535-7382
By donation - refreshments available

DIRECTIONS:

The Ayurveda Retreat Center is NW of Talent at 1625 Camp Baker Road - For directions: www.ashlandayurveda.com
Suggested Donation: \$15 (no one turned away)

OPTIONAL

Jeffrey is also an Internationally renown AyurVedic Astrologer and he will have time for a few Consultations. You must book in advance.

Personal Coaching \$150/hr.
AyurVedic Charts \$250 - 1½ hr
Update to Charts \$200 - 1hr
Call 1-866-872-6224.



Through the knowledge of Yoga, one reaches their highest potential.

These talks will expand your consciousness in all areas of your life and will accelerate your ongoing spiritual journey.

② July 11, Saturday 1- 4 pm

BALANCING LIFESTYLE & SPIRITUALITY

The "Yamas and Niyamas" of the YOGA Philosophy

Everything and everyone in your environment brings balance or imbalance to your life. Learn how to maintain optimum performance and nurturance of the mind/body/spirit with elements of yoga and the infusion of Divine consciousness in your life. Jeffrey will offer creative and effective strategies for maintaining balance in your personal, professional and spiritual life.

WHERE: ASHLAND Yoga Center 485 "A" Street, Ashland
CONTACT: Vrnda at 541-552-0108
Suggested Donation \$20

③ July 12, Sunday 10 am - 1pm

SUMMARY TALK ON KARMA YOGA

THE 9 EMPOWERMENTS FOR INTEGROUS & SUSTAINABLE ACTION IN THE WORLD

Jeffrey Armstrong summarizes the core Yoga teachings on the implications of action in the world and how to understand the difference between integrous action that leads to liberation and action that further entangles one in the cycle of cause & effect. Learn to understand environmental sustainability in relation to karma and what the personal and global implications of Karma are.

WHERE: ASHLAND Ayurvedic Healing Retreat - NW of Talent 1625 Camp Baker Rd
CONTACT: Kimberly at 541-535-7382
Suggested Donation \$20

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