

Introduction to Ayurveda

The Knowledge of Life



Two Free Workshops

with Sonam Targee

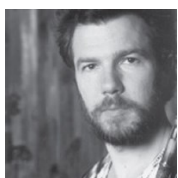
Ayurveda, the "knowledge of life," is an ancient Indian system of medicine which follows an integrated approach to the prevention and treatment of imbalance and illness within an individual. Through the combination of approaches such as changes in lifestyle, herbal remedies, food choices, yoga practices, and exercise, Ayurveda teaches us how to reestablish and maintain harmony and union with our body, mind, heart, and spirit.

Spurrier Dance Studio

Wednesday, October 29, 2014

1:50pm - 3:15pm and 3:25pm - 4:40pm

Sonam Targee is an Ayurvedic herbal practitioner with over 25 years of clinical and teaching experience. He has studied with such luminaries as Dr. Vasant Lad, Dr. Robert Svoboda, Dr. Yeshe Donden (former physician for the Dalai Lama), David Winston (a Cherokee Medicine Man) and Susan Weed (of the Wise Woman tradition).



Sonam is trained in both Chinese and Tibetan medicine and has a working knowledge of many aspects of allopathic medicine and lectures throughout the U.S. in yoga centers, universities, hospitals, and private groups. Sonam actively leads Kirtan, traditional Indian devotional chanting, in the Rochester area with a chanting band called *Amrita*. He also plays multiple musical instruments and has been performing sacred music from around the world for more than 30 years.

For more information, call the University of Rochester Program of Dance and Movement at 585-273-5150 or visit www.rochester.edu/college/dance/events.