

Self Healing

Free Third Saturday Seminars in Cerritos, Southern California

The California College of Ayurveda^[1] is pleased to announce our new 2013 Seminar Series to acquaint you with or deepen your knowledge of Ayurveda. At these seminars you will have the opportunity to meet with our instructors and learn how to better incorporate Ayurveda into your everyday life.

Please click [HERE](#) [2] for more details on upcoming talks.

May 19th: Ten Essential Herbs for every Family, with Vidya Venkatesh.

Location: 17100 Norwalk Blvd., Suite 108, Cerritos, CA 90703

Cost: FREE! (Please feel free to bring a friend.)

Time: 11:00 AM - 12:30 PM

For questions or to RSVP, contact Sandhiya Ramaswamy at **(949) 391-7504** or email sandhiya@ayurvedacollege.com [3]

Sunday Meditation

Weekly Inspirational Service

Meditation is a natural process of withdrawing attention from external conditions and directing it inward to a chosen focus of concentration.

The beneficial side-benefits of regular meditation practice have been widely reported in a variety of secular news magazines and newspapers. These can include stress reduction, strengthening of the body's immune system, better organized thought processes, improved powers of concentration, enhanced powers of memory, refinement and enlivening of the nervous system, awakening of regenerative energies, slowing of biologic aging processes, development of the capacities of the brain to process perceptions and states of consciousness, and orderly functioning of the body's organs, glands, and systems. For these reasons, regular meditation practice is now increasingly recommended by many physicians and other health practitioners.

While the side-benefits can be welcomed and enjoyed, the primary purpose of meditation practice is to elicit clear states of consciousness and to facilitate progressive, authentic spiritual growth. The following basic procedure is easy to learn and practice:

[See Flyer for more info](#) [4].

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Links:

[1] <http://www.ayurvedacollege.com/glossary/term/10>

[2] [http://www.ayurvedacollege.com/flyers/CCACerritos Seminars 3rd Saturdays 2013.pdf](http://www.ayurvedacollege.com/flyers/CCACerritos_Seminars_3rd_Saturdays_2013.pdf)

[3] <mailto:sandhiya@ayurvedacollege.com>

[4] [http://www.ayurvedacollege.com/flyers/Sunday Meditation.pdf](http://www.ayurvedacollege.com/flyers/Sunday_Meditation.pdf)