



Living Ahimsa

PEACE MANTRA

LIVING AHIMSA WORLD PEACE TOUR · CANADA

with MAYA TIWARI

JULY - AUGUST, 2014 • www.ahimsalife.com

POWER TO HEAL WITH INNER MEDICINE Wise Earth Ayurveda Program with Maya Tiwari

Wise Earth Ayurveda education cultivates inner awareness by reclaiming our connection to nature's ways. Wise Earth Ayurveda establishes the ancient wisdom and ways of cyclical rhythms – daily, seasonal, lunar, and solar. In these profound studies we learn to awaken the memory and intelligence for absolute self-healing and profound peace. According to the Atharva Veda, Ayurveda's timeless education of sadhana is the most effective spiritual path to awaken consciousness and enhance our inner medicine potential for self healing. Wise Earth sadhana informs that Food, Breath and Sound are the three nourishers of nature. Through them we live in peaceful accord with nature and discover the true Self.

Morning (Part I):

Ayurveda Art of Sadhana - Inner Medicine Healing

Come and learn to imbibe the wind, space and fire of your soul as your hands and feet tread water and earth. Our soul and limbs are in continuous communion with nature's five elements. We are sustained by the peaceful memory of our journey in the universe. This class will help you to own your purpose and to embrace your stupendous nature. When we learn to nourish the body, nurture the mind and its thoughts, we become love.

Afternoon (Part II):

Power to Heal - Role of Ahimsa in Ayurveda

Ahimsa is the central principle of nourishment, nurturance and healing. Through Food, Breath and Sound - the three templates that sustain life, joy, wellness and love, we learn sadhana practices that allow us to reclaim the spirit of family and community. In Ahimsa food, breath and sound practice, you discover great inner and outer beauty everywhere. Through these practices you learn to remember our pure nature, and thereby reconnect with the spirit of wholeness, harmony and non-violence in each and every action in our daily lives. Ahimsa is the supreme practice that helps you to refine your humanity. In this workshop, we learn that food for one must be food for all; health for one must be health for all; love for one must be love for all.

TORONTO

The Living Ahimsa World Tour provides the awesome education of reclaiming wholeness, light, wellness and love. First, peace must start within, it begins with me!

Come and join Maya Tiwari in this epic experience where you learn the timeless practice that heals, nourishes, nurtures your body, and mind. Come and discover the One Soul that lives within all. Embrace the powerful practice of creating a peace mandala that generates inner harmony, happiness and wellness. Gather in the spirit of community and friendship with Maya Tiwari, mother of ahimsa.

Saturday, July 19, 2014

University of Toronto Multi-Faith Centre, Toronto, ON

POWER TO HEAL WITH INNER MEDICINE

Wise Earth Ayurveda Program with Maya Tiwari

Morning: 1000am - 1130am (Part I)

Afternoon: 200pm - 430pm (Part II)

Location: Multi-Faith Centre

(located in the Koffler House), University of Toronto

Main Activity Hall (Room 208)

569 Spadina Avenue, Toronto, ON

Phone: 1.416.946.3120 www.multifaith.utoronto.ca

Registration Contact: Anglea Lytle (Parvati)

Phone: 1.647.703.0795

Email: angelasabrina.lytle@utoronto.ca

Registration Fees:

Solidarity \$75 / \$85 after June 12

~ individuals who live on low or fixed income or are unemployed, including youth and students

Employed \$108 / \$130 after June 12

~ individuals who are employed, or who may have grants to pursue education

Sustainer \$130 / \$150 after June 12

~ individuals who can pay a commercial rate

(please note: those able to pay on this end of the scale enable us better to support those paying on the Solidarity side)

Full Schedule of Canada Tour Programs: www.ahimsalifecanada.ca