

## Ongoing classes and seminars:

### Heal Thyself - 100 Hour Ayurveda for Self-care Certification Course:

A unique opportunity to study the practical principles of Ayurveda for self-care, healthy living and natural preventive medicine.

*This series of workshops will include:*

**The background of Ayurveda**  
**Constitutional Analysis**  
**Anatomy & Physiology**  
**Stages of Disease - Methods of Diagnosis**  
**Ayurvedic Herbology**  
**Dietary Therapy and Cooking**  
**Mantra Therapy, Asana, and Prana Therapy**  
**Yogic and Ayurvedic Psychology**

Format: 12 weekly classes + 6 Saturdays  
fee: \$1100.00 - course books and study material included.

### Meditation and Self-awareness:

Through the practice of deep meditation we can still the rambling mind, develop intuitive wisdom and touch that part of the Divine that lies within us all.

In this class you will learn more than a dozen progressive techniques of Raja Yoga, Tantra and Kriya Yoga, which lead one from *Asana*, through *Pranayama*, *Pratyahara* and *Dharana* into *Dhyana* - silence of mind – *Meditation*.

**Learn: - How to sit - How to breathe, and How to Meditate  
- as you attain a new state of awareness!**

Format: 5 weekly classes.  
Fee: \$ 150.00 - course books and study material \$10 extra.

### The Source Teachings of Yoga

The Vedas of ancient India are the universal root of much of the world's mystical tradition. They contain a complete system of spiritual science which includes all the practices of Yoga .

A series of five workshops exploring the wisdom of the ancient Himalayan Seers from the Vedas, Upanishads, Bhagavad Gita, Yoga Sutras and other classic texts.

Format: 5 weekly classes.  
Fee: \$ 150.00 - course books and study material \$20 extra.



Ed Zadlo D.Ay (*Acharya Premanand*) is a Certified Ayurveda Practitioner, Integral Yoga- Ayurveda Therapist and Acharya of Yoga/Vedanta, Ayurveda and Vedic Dharma.

He has had an Ayurveda practice for over 12 years, and has offered trainings in Ayurveda, Meditation and the Inner Practices of Yoga for over 25 years.

He began his study of Ayurvedic Healing with Dr. David Frawley (*Pundit Vamadeva Shastri*) director of *The American Institute of Vedic Studies* in 1986, is also a graduate of their *Ayurvedic Intensive Training, Yoga and Ayurveda Advanced Course* and *IYTA Teacher Training* and was certified by Dr. Frawley in 2008 as an *Ayurveda Yoga Acharya* with 1200 hours of advanced Integral Yoga/Ayurveda study.

He graduated from *The New England Institute of Ayurvedic Medicine* in 1996 where he also became a faculty member. He completed advanced clinical study at the *Rishikesh College of Ayurveda* in Rishikesh, India in 2000 and 2001. He is a member of the *American Ayurvedic Medical Association* with status as a Diplomat in Ayurveda (D.Ay).

Ed was ordained to teach in the Yogananda *Kriya Yoga* tradition in 1980 and lives near Sumneytown, PA where he has his full time *Integral Ayurveda Yoga* practice.

***Ed Zadlo (Acharya Premananda) is one of the most experienced teachers of Yoga in its broader and deeper applications that one can find in America today. He can guide his students through classical Yoga and traditional Ayurveda, along with special usages of pranayama, mantra and meditation aimed at self-healing, psychological well-being and Self-realization.***

*Dr. David Frawley*

*Director of the American Institute of Vedic Studies*

***Ayurvedic Consultations***  
***Meditation Classes***  
***Vedic Studies Classes***  
***Vedic Astrology***  
***Private instruction***  
***Workshops***  
***Study Groups***



**ACHIEVE YOUR  
NATURAL STATE OF  
TOTAL HEALTH WITH**

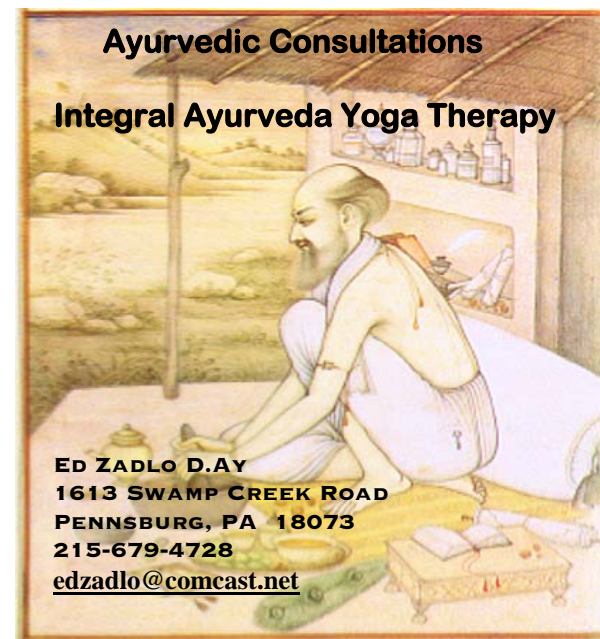
# **YOGA AND AYURVEDA**

**ANCIENT TOOLS FOR  
MODERN LIVING**

Ayurveda is recognized as one of the most important systems of mind-body medicine and its popularity is spreading throughout the world. More and more people are turning to this unique blend of yoga, meditation, herbal medicine and dietary advice to recover from illness and to stay healthy.

## **Ayurvedic Consultations**

### **Integral Ayurveda Yoga Therapy**



**ED ZADLO D.AY**  
**1613 SWAMP CREEK ROAD**  
**PENNSBURG, PA 18073**  
**215-679-4728**  
**edzadlo@comcast.net**

## Harmony

Ayurveda can help you:

- *Improve digestion and elimination*
- *Maintain health*
- *Promote healing from disease*
- *Boost immunity*
- *Stimulate detoxification of the body*
- *Calm the nerves while preserving mental clarity*



**FEES: \$125 FOR 1<sup>ST</sup> CONSULTATION**  
**\$ 75 FOR FOLLOW-UPS**  
**\$100 FOR VEDIC ASTROLOGICAL**  
**CONSULTATION**

Call 215-679-4728 for an appointment

## Inner Balance

**Disease can be prevented  
By maintaining a natural state  
of inner balance.**

*STRESSFUL LIFESTYLES, UNSUITABLE DIETS AND  
ENGAGING IN ACTIVITIES OUT OF TUNE WITH  
NATURAL RHYTHMS CAN UPSET THE DELICATE  
BALANCE REQUIRED FOR HEALTHY LIVING.*

*THE UNIFYING FORCE IN AYURVEDIC MEDICINE IS  
THE BODY'S INNATE ABILITY TO HEAL ITSELF.*

*BY APPLYING AYURVEDA'S PRINCIPLES OF  
HEALTHFUL BALANCE WE CAN KEEP OURSELVES IN  
A STATE OF HEALTH AND HAPPINESS.*



**Healing modalities include:**

- Individualized dietary programs
- Herbal medicine
- Nutrition
- Psychology
- Body work
- Detoxification
- Tonification
- Ayurvedic Yoga therapy

## Individual Consultations

*A personal profile will be created  
detailing your constitutional  
make-up along with  
recommendations on how to  
achieve your goals for wellness  
and balance.*



**Consultation services include:**

- Mind/Body type evaluation
- Recommendations of herbs, spices, foods and diet to promote healing and healthy living
- Cleansing and detoxification therapy
- Integral Ayurveda Yoga therapy  
*(Therapeutic application of all eight limbs of Yoga)*
- Rejuvenation therapy
- Mantra and Meditation Therapy
- Marma therapy
- Shirodhara Therapy
- Vedic Astrological Readings