

# The Heartbeat of the Soul

Join **Amala Guha, PhD, MPH, MA,**  
for a talk and discussion on the **Ayurvedic** concept of  
**Spirituality.**

*Ayurveda* is the ancient Indian science of life and the art of living in harmony with nature.

**Learn ways to cultivate awareness for self and the means/methods to  
achieve spiritual peace.**

Dr. Amala Guha is an Assistant Professor of Medicine and the Program Director of Complementary & Alternative Supportive Care "CASC", at the University of Connecticut School of Medicine. Dr. Guha's expertise in cancer immunology and her training in Ayurvedic medicine brings a unique blend of understanding in the field of integrative medicine.

**Saturday April 17, 2004**

**11:00 AM – 12:00 PM – Presentation**

**12:00 – 1:00 PM – Food, Beauty, Nutrition & Networking**

**YWCA of Greenwich**

**259 E. Putnam Avenue**

For information call: Monica St. Clare 203/869-6501 ext. 131

**\$5.00 DONATION**

