

Announcing a Holistic Seminar

Food for Thought – and Action!



Sowing Seeds of Change
Saturday, April 24, 2010
11:45 – 4:30 p.m.

at the
Sambodh Center for Human Excellence

6363 N. 24th Street, Kalamazoo, MI 49004

Phone: (269) 327-3774; **Email:** indiaink@charter.net

VEGETARIAN LUNCH Provided by KURRY GURU

The cost for participants covers lunch with Early Registration
\$10 early registration \$15 at the door. Door Prizes!

DESCRIPTION: The seminar is focused upon the current trend in industrialized food production and the crisis this trend presents for our physical and spiritual well-being. Our purpose is to create awareness not only of this issue, but to sow “seeds of change.” You will hear speakers and dialogue with panelists from the Kalamazoo community, places like the **Natural Health Food Center, People’s Food Co-op, Fair Food Matters,** and **Eater’s Guild** (a local organic farm). Each panelist will offer both their perspective of the current food crisis and discuss what their organization or business is doing to serve our community as a counterpoint to the problem. Our **special guest, Dr. Aparna Bapat, Ayurvedic Doctor** will give a presentation on “**Food as Medicine.**” Her lecture will focus upon Ayurveda and what it has to say about nutrition, food, diet, a healthy lifestyle and our physical well-being.

SPONSORS

The Sambodh Society, Inc.

A Non-Profit Organization for the teaching of Vedanta and Meditation
6363 24th St. Kalamazoo, Mi 49004 www.sambodh.us or indiaink@charter.net; (269) 327-3774

and Natural Health Food Center

Westwood Plaza, 4610 West Main St, Kalamazoo, MI 49006 www.naturalhealthfoodcenter.com

and the Southwest Michigan Wellness Directory

www.wellness-swmi.com or info@wellness-swmi.org Info: (269) 372-2128

“FOOD, INC.” FILM VIEWING AT SAMBODH CENTER

Prior to the Seminar, we offer members the opportunity to view this important film, being shown on the lower level of Sambodh Center

9:30 a.m. Registration & Purchase of Film Ticket

10:00 a.m. Food Inc. – recent Academy Award documentary nominee

\$3 Single Film Ticket \$5 Twosome Tickets

Morning Film Viewing is NOT included as part of the Seminar Registration.

The Film has a Separate Fee

AFTERNOON SEMINAR SCHEDULE

FOOD FOR THOUGHT & ACTION: SOWING SEEDS OF CHANGE



11:15 – Noon: Registration and Tickets for Door Prizes

11:45 a.m. Viewing of “What Will We Eat?” a MI-based documentary by Chris Bedford, Film producer, activist, speaker and writer.

12:15 p.m. Lunch catered by Kurry Guru – Must Pre-register with Payment by 4/10/10 to Include Lunch

1:00 p.m. Panel Presentations, featuring local experts, and a chance for participants to ask their questions &

discuss their concerns with informed panel members.

2:30 Break: Juicing Demo and Taster

3:00 p.m. Food as Medicine: Special Presentation by Dr. Aparna Bapat, Ayurvedic Doctor, practicing in New York. Ayurveda means “The Science of Life” and is a major medical system of India. Ayurveda views healthy food and eating habits as the basis for wholesome life.

**To Register: Mail this form along with your check payable to:
The Sambodh Society, Inc. Mail To: PO Box 248, Kzo, MI 49004**

Name _____ Phone _____

Address _____ City _____

State _____ Zip _____ Email _____

\$3 Single Film Ticket \$5 Twosome Tickets

\$15 Regular Registration after 4/10/10 and at the door

Vegetarian Lunch by Kurry Guru with Registrations received by April 21st

**NOTE: Lunch must be preordered and is not included
with On-Site Registration**

In addition, I wish to sign up for this Special Opportunity for a

One-Hr Initial Consultation with Dr. Bapat, Ayurvedic Doctor: \$100

Follow up appointment: \$50

Dates: April 23, 25-27th - Phone for appointment: (269) 327-3774