

Seminar on Examining the Correlation of Ayurveda and Modern Medicine

Varna, Bulgaria, 7 -10 April 2011



Dr Eduardo Cardona-Sanclemente

A rare opportunity to learn about Ayurveda through examining the points of interconnection between this ancient medical system and modern medicine.

The seminar is hosted by Dr Eduardo Cardona-Sanclemente, a well known senior research scientist, currently working in the fields of Integrative Medicine, Ayurveda and other healing modalities. Dr Cardona-Sanclemente will show in practical and theoretical terms that there are many areas where each medical system could benefit from ideas and knowledge originating from the other.

The aim of this seminar is to correlate and integrate the available knowledge of Ayurvedic medicine with modern medicine by the use of bio-medical information, in order to achieve a proper understanding of the body-mind connection as it relates to our health and the origin of and the way to prevent different diseases.

The seminar will be taught in English. Some of the main topics include:

- Ayurvedic view of anatomy & physiology
- the human constitution
- diet and lifestyle
- the causes of diseases and how to prevent and manage them
- Ayurvedic therapies through the use of food, herbs and oils

Through practical sessions participants will learn about the therapeutic use of yoga, meditation and breathing techniques. These sessions will be led by Kripalu certified Ayurvedic yoga specialist Stefka Regelous.



Stefka Regelous

The seminar is open to all, but is designed to be of particular benefit to medical practitioners and professionals who are curious to discover mutual learning opportunities between the two systems.

The Living Water complex is a private estate in the vicinity of Varna. The city has become internationally known as a health centre benefiting health recovery through the combination of climate, sea and mineral waters. The estate comprises houses built in the old revival style of architecture. Accommodation and meals will be provided onsite.

The cost of the seminar is Eu225 (residential) or Eu175 (non-residential), excluding flights. Varna is accessible directly from Vienna or Budapest or through connection via Sofia.

For bookings and further details please contact: sregelous@hotmail.com or +44 7710 045 144.