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WEEKEND TEACHES THE ART OF SELF HEALING:

“Immerse Yourself in Ayurveda”

LITCHFIELD COUNTY (LAKEVILLE), CONNECTICUT, April 2004 ... The Interlaken Inn Resort, located in the foothills of the Berkshires, and The International Society for Ayurveda and Health, a non-profit agency, are offering a unique weekend on the art of “self healing,” June 4 – 6, 2004. Co-sponsors of the weekend are the Ayurveda Institute of Albuquerque, New Mexico, and the University of Connecticut School of Medicine.

The Ayurveda weekend is designed to help guests explore ancient holistic health techniques and a way of life that originated in India over 6000 years ago, and which continues to this day. In fact, Ayurveda is the world’s oldest comprehensive health care system and describes science, philosophy, and spirituality as necessary aspects for healthy living. The oldest written medical texts of Ayurveda -- Charak Samhita and Sushruta Samhita -- were written prior to Hippocrates’ *Corpus Hippocraticum*.

Included in the weekend are topics such as the intimate mind & body connection; Vedic astrology & palmistry; herbs, diet & nutrition; diet & immunity; as well as experiential Hatha yoga; Mantras; chanting and much more.

Keynote speakers include medical doctors and health care professionals from the University of Connecticut School of Medicine, published authors on Ayurveda, and more.

The “Immerse Yourself in Ayurveda” weekend is \$205 per person per day, double occupancy (single occupancy is \$272 per day), and includes deluxe guest accommodations at The Interlaken Inn Resort, all meals, taxes and service charges. An additional registration fee is paid directly to the Ayurveda Institute. For more information on the Ayurveda seminar and for specific details on keynote speakers, visit <http://www.ayurvedahealth.org/page0006.html>

The Interlaken Inn Resort (www.InterlakenInn.com) is located in the foothills of the Berkshires, in historic Litchfield County, Connecticut. The property is situated between two picturesque lakes. It offers 87 first-class guestrooms and the award-winning Morgan's Restaurant, serving New American cuisine. The Inn features extensive resort, recreation and fitness facilities. It is located adjacent to Hotchkiss Golf Course, which is recognized as one of Connecticut's most scenic and challenging courses, and near Route 7, Connecticut's renowned antique route. The Interlaken Inn is 100 miles north of New York City. Recently the property completed an extensive renovation of all its facilities, including the century-old original Victorian inn, one of four guest accommodations at the resort.

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