



## **Preventing & Reversing Diseases**

### **4-Day Training Program for Medical Professionals only**

- Do you want to conduct holistic health seminars about food as medicine?
- Are you interested in learning more about using vegan diet as a tool to heal your patients - and how and why this diet is critical to a healthy life?
- Would you like to learn how to help patients change their lifestyles, and stop harmful habits and addictions?

If you answer YES to any one of the above,  
then this program is for you

#### **Requirements**

- You need to have completed any one of SHARAN health seminars for foundational background information. If you have not attended any of our seminars, please get in touch and we will tell you how you could attend one to qualify for this program.
- A short write up on why you want to do this program and how it will be useful to you.

#### **Course Description and Program**

This course will take place in the beautiful international spiritual township of Auroville.

We will have theory and interactive sessions every day. The tentative daily schedule is below.

#### **Daily program – Day 1 to Day 3**

<b>From</b>	<b>To</b>	<b>Topic</b>
7.00 am	8.30 am	Pranayama/ Yoga course (optional)
10.00 am	12.00 pm	Introduction and theory
12.00 pm	12.15 pm	Break
12.15 pm	1.30 pm	Interactive Cooking Class
1.30 pm	2.30 pm	Lunch

2.30 pm	3.30 pm	Theory and discussion sharing
3.30 pm	3.45 pm	Break
3.45 pm	5.30 pm	Interactive session or Talk by contributors

Day 4 will be spent sightseeing and is optional

We will cover details about reversal of diseases through diet. We will cover details of how to explain to patients in a way that they will be able to make the change. Further, the cooking classes will help you understand the basics of healthy cooking – and enforce your messages.

We will also provide you with support materials to start your own programs.

**Place : Auroville**  
**Dates : 22<sup>th</sup> to 25<sup>th</sup> December 2011**  
**Course fee : Rs. 6,000 per person**

### **Arrival Information**

Auroville is best reached from Chennai airport or train station. You may book taxis for the 3-hour road trip to Auroville. Taxis are less expensive if organized from Auroville (approx: Rs. 2,000). Please let us know at the earliest if you want us to book one. Additionally, if you so desire - we will coordinate taxi-sharing if other participants are reaching Chennai around the same time.

You need to reach Auroville at least one day before program start date.

### **Accommodation**

We have temporarily booked basic and clean rooms in centrally located guest houses. (approx. Rs. 500 - 600 / night for single rooms.) If you want higher level accommodations, you may either book them yourself or we can try to help you book these as well. In case you like to share a room, please let us know too. We will find a suitable room mate from amongst the participants. You may also want to use this opportunity to take time off with your family. If you need a double room or an extra room or extra beds - let us know soon and we will make suitable bookings. If you would like to stay longer, please let us know and we will forward the request to the guesthouse.

Please let us know at the earliest since this is a peak travel season in Auroville.

We will also organize a complementary group tour of Auroville and Pondicherry on the last day of the training program.

To register contact Tanvi at [tanvi@sharan-india.org](mailto:tanvi@sharan-india.org)

It is important to book this event early because –

- **We are offering only 15 seats to offer personalized training.**
- **This is the best - and the busiest - time for travel to Auroville, and advance accommodation bookings is strongly recommended.**