



C G JUNG INSTITUTE
OF CHICAGO

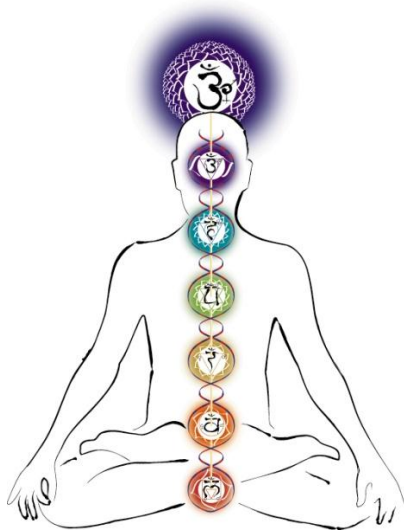
DREAM YOGA

with

Ashok Bedi, M.D., Bryant Mascarenhas, CYT, E-RYT & Chef Usha Bedi

Saturday October 1, 2011 – 9am to 4pm

Dreams are the whispers of the Soul. Yoga yokes our outer consciousness to our Soul consciousness. When these two bridges from the ego to the soul are integrated, they exponentially amplify our connection with our depths and the well spring of health, healing and wholeness. The day long encounter includes presentations by author and Jungian psychoanalyst Ashok Bedi, Yoga encounters with Yoga Master Bryant Mascarenhas and an Ayurvedic afternoon meal prepared by the well known Chef Usha Bedi.



LOCATION (Milwaukee)

SANTOSH YOGA

7420 West State Street - Suite B

Wauwatosa, WI, 53213.

(414)774-9642

***Vegetarian lunch prepared by
Chef Usha Bedi is included**

FEES*

\$180 (\$200 at the door)

\$110 for students (\$120 at the door)

**** \$15 additional fee - 6 CE credits**

For all registrations visit

www.jungchicago.org

Learning Objectives

1. Discuss the fundamentals of the Jungian theory of interpretation of dreams
2. Outline the basic tenants of Yoga
3. Experience the basic practice of Yoga
4. Practice dream embodiment via Yoga
5. Explore some of the participants dream vignettes to explore Yoga method to incarnate the dream in consciousness

Yoga Accessories for this workshop

Please bring your Yoga mat, one to two yoga straps, three Mexican blankets or equivalent and at least one yoga brick. Wear loose and comfortable clothing as you will be learning yoga postures, breathing and meditation. **(No black clothing please)**

**The C. G. Jung Institute of Chicago is approved by the American Psychological Association to sponsor continuing education for psychologists and by the Illinois Department of Professional Regulation to provide continuing education (CE) credit for social workers, professional counselors and marriage and family therapists. The Institute maintains responsibility for this program and its contents.



Ashok Bedi, M.D is a Diplomat Jungian psychoanalyst and a board certified psychiatrist. He is a Distinguished Fellow of the American Psychiatric Association; a Clinical Professor in Psychiatry at the Medical College of Wisconsin in Milwaukee, President of the Carl G. Jung Institute of Chicago. He is author of several books including *Path to the Soul*, Weiser Books, 2000, *Awaken the Slumbering Goddess: The Latent Code of the Hindu Goddess Archetypes*, Booksurge Publishers, 2007 and the coauthor of *Retire Your Family Karma*, Nicholas-Hays, Inc. 2003. These and his other upcoming presentations can be previewed at his website www.pathtothsoul.com



Bryant F. Mascarenhas has been teaching yoga since 1986 in India, and is certified internationally as a senior yoga teacher from India in the alignment based practice of yoga. Bryant is also recognized at the national level with Yoga Alliance in the US as an experienced registered yoga teacher. Bryant holds a Bachelors degree in Chemistry, a Masters degree in Business, and in Information Technology. He also is an accomplished Black Belt in the martial arts system “Ketsugo”. He conducts yoga programs in Wisconsin, Canada, Germany, Switzerland and India. He has been an invited inspirational speaker at several institutions including the Northwestern’s Kellogg School of Management. He conducts the specialized yoga program Kripa and has taught alignment based yoga to tens of hundreds of people in India, Canada, Ohio, Germany and Wisconsin. Bryant is founder/director of KripaUS Inc. the non-profit organization “The Iyengar Way” to enhance the well-being for those afflicted. For more information about his other offerings is visit www.santoshyoga.com & www.kripaus.org



Usha Bedi of Milwaukee, Wisconsin honed her unique Indian contemporary cuisine by blending her ancestral Ayurvedic culinary principles with her experience of cooking in India, Great Britain and United States. She is the former Chef and owner of the highly acclaimed, Zagat rated, extensively reviewed chic Indian restaurant in the fashionable East side of Milwaukee; the Dancing Ganesha Inc, for over ten years. She is presently on a sabbatical from her business, while she finishes publishing her cook books. She continues to conduct cooking classes in Milwaukee and leads culinary tours to India. She is a cultural consultant on the annual study groups to India, “Jungian Encounters with the Soul of India” under the auspices of the New York Jung Foundation. www.mindfuljournesys.com

*Sponsored by the C.G. Jung Institute of Chicago
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Event is in Milwaukee*