

# MOM's Holistic Health and Wellness Programme

*A health care and wellness system that works, as opposed to a disease care system*

Strive to cultivate inner harmony  
and we will find peace and prosperity everywhere.

SWAMINI MAYATITANANDA



**Guyana Project** Community Instructorship Programme  
General Public Programme

**Location:** Mother OM Mission  
Lot East 10th Street  
Alberttown, Georgetown

Mother OM Mission (MOM) is a non-governmental and charitable organization founded by Swamini Mayatitananda (Mother Maya), pre-eminent spiritual teacher and Vedic monk who is a pioneer in the field of inner-medicine healing and whole life education for the individual, family and at-risk community. MOM has been mobilizing an international sustaining health and wellness force and has successfully established working models in the Asian and Caribbean communities in New York inner cities and in Guyana, South America.

## MOM's Programme Information & Schedule:

*MOM's Community Instructorship Programme*  
*Tuesday and Thursday evenings: 6:00 - 8:30 p.m.*  
*Saturdays and Sundays: 9:00 - 11:00 a.m.*

- Herbal Therapy
- Ayurvedic Nutrition
- Yoga
- Chanting
- Meditation

## MOM's Sit In for Inner Peace

(OPEN TO THE PUBLIC)

*Every Morning 5:30 - 6:30 a.m.*

- Morning Meditation
- Peace Invocation & Prayer  
for the World

**MOM's Mission Statement** - MOM is a charitable, holistic Vedic educational center whose goal is to support at-risk communities by empowering community members with the education and tools needed to restore health, abundance and a sense of shared responsibility for healthy, joyous lives. MOM has been mobilizing an international sustaining health and wellness force. MOM teaches communities of all ancestral traditions Wise Earth School Sadhana work for the betterment of health and community spirit. For communities which do not have access to health education, MOM makes Ayurveda an affordable means of physical, mental and spiritual health care.

## Global Press Recognition for MOM includes:

Wise Earth School of Ayurveda; New York Open Center; Institute of Noetic Sciences; Whole Life Conferences; Yoga Journal Conference; Omega Institute; Mind/Science Organization; World Ayurvedic Congress

## Awards:

Swamini Mayatitananda's latest book, *The Path of Practice* was nominated for the Nautilus Award, 2001.

## MOM/Guyana Contacts:

Rolinda Kirton  
email: rolindak@yahoo.com  
Tel. 225-5191

Lisa Insanally  
email: lisa@guyana.net.gy  
Tel. 226-9874

Marlin Motiram  
email: marlinmot.ram@hotmail.com  
Tel. 227-1402