

Mother OM Mission (MOM) presents . . .

Ayurveda/Outreach Community Education



Sri. Swamini Mayatitananda (formerly Bri. Maya Tiwari) is a compassionate spiritual Mother who has helped thousands of people to heal from life threatening diseases. Mother Maya is a world renowned pioneer of *inner medicine* healing — the most powerful Ayurveda education that restores individual health and community wholesome lifeways. Mother Maya is the spiritual head of Wise Earth School of Ayurveda, a nonprofit organization in North Carolina, USA, and is the founder of Mother Om Mission (MOM), a charitable organization whose radical new approach in several at-risk community sites is transforming violence and disease into peace, nurturance and health.



A pre-eminent Vedic monk, Sri. Swamini Mayatitananda has been carefully tutored by His Holiness Swami Dayananda Saraswati and belongs to India's most prestigious Vedic lineage – Veda Vyasa.

MOM'S OUTREACH PROGRAM:

Arya Samaj
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Richmond Hill, NY 11419

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MOM/Queens, NY Program Instructors :
— Anthony Boodoo, James Boodoo, Carol
Mohammed, Florence Maharaj and
Diwanti.

— AUTUMN/EARLY WINTER, 2003 —
SCHEDULE OF CLASSES

Every Tuesday, from 7:00 - 8:00 pm
September 9, 2003 - December 16, 2003

Healing Passes: Yoga and Breathwork

The Healing Pass is a unique therapeutic form of yoga designed to integrate body, mind and spirit. In this highly practical yoga training, you will learn to breathe and move and express inner sound in alliance with the greater cosmic energies, strengthen your two main channels of breath, and restore memory and health. Cultivating this keen awareness is the way of Wise Earth Practice.

Every Monday, , from 7:00 - 8:00 pm
September 8, 2003 - December 15, 2003

Play Yoga™ for children

Play Yoga™ is a Wise Earth creative educational practice that helps children to reclaim their sense of joy, and develops confidence, strength and immunity. Play Yoga™ series consists of postures inspired by the movement of the animals. Participants are encouraged to use their imagination during class to tell stories through postures and group play scenarios.

- MOM's programs will be closed during Navaratri Holidays, September 26th - October 4th, 2003.

PURPOSE OF MOM CLASSES

The mission of MOM is to empower community members by teaching them the self-healing principles of Ayurveda in the Wise Earth Tradition. MOM teaches communities of all ancestral traditions Wise Earth School of 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.