

## The Meditation Center

Himalayan Yoga Tradition  
Serving the Twin Cities Yoga Community for over 40 years!

### *Yoga and Prana: the meaning and value of vata* *An Evening with Dr. Eduardo Cardona-Sanclemente*

**Monday April 21st , 2014**

**6:30pm - 8:30pm**

**Cost: \$25.00 - Register online at  
[www.themeditationcenter.org](http://www.themeditationcenter.org) or call  
The Meditation Center office**

*In Ayurveda, the human body is a biological mélange of the five elements: Ether, Air, Fire, Water, and Earth. Prana, the life force, manifests as different Vata organisations in the body and represents the combination of Ether and Air.*

*The different functions of Vata are related to the Ayurvedic bio-morphology and are classified as five types: Prāṇa, Udāna, Samāna, Apāna, and Vyāna. The supremacy of each of the Vata in the body varies with each individual. This nature is exhibited as diverse body types, or constitutions, called the Doshas Vata-Pitta-Kapha. Individuals have a combination of all three Doshas, with usually one or two of them being more predominant. Vata when calm provides health; when agitated causes ailments. Vata is the biological principle of movement governing all activities in the body, which sustains the organic network of forces within us, down to an autonomic level.*

*We are going to analyse the specific structural locations of these five subtypes of Vata at a physiological, biochemical and anatomical level and discuss the practical and therapeutic values in addressing imbalances of Vata dosha at different levels of individuals and their practices.*



*Dr. Cardona-Sanclemente's career spans professorships and senior teaching and research posts at some of Europe's most distinguished medical schools including Institut Pasteur; Salpêtrière Hospital; Institut Biomedical des Cordeliers, Institut Français de Chiropractie, Paris; University of Perugia Medical School, Italy; King's College London and St. Bartholomew's Hospital Medical College, London. After graduating in Medical Sciences he completed his Masters in Clinical Biochemistry, his PhD in the mechanism of neurotransmitters and his Doctor of Science (Docteur d'Etat) in Physiology of Nutrition. He has a Masters in Ayurvedic Medicine, with internships at AVP Hospital, Coimbatore and Udupi (India) where he holds Visiting Professorships. He is Research Committee Director of the Ayurvedic Practitioners' Association (APA) and is an Ayurvedic Practitioner. Dr. Cardona-Sanclemente is a Fellow of The Royal Society of Medicine (UK). He is a Member of The College of Medicine (UK).*