

Seven Weeks to Rejuvenation Workshop
Wednesdays 6:30pm – 8:30pm
April 16th One Hour Free Orientation Class (6:30 pm – 7:30 pm)
Seven Classes @ \$7.00 each
April 23 – June 4
Room 191

Taught by Dr. Laj Utreja

Seven Weeks to Rejuvenation Workshop is for people, who may not have dedicated time for specific disciplines for total health and rejuvenation. SWR comprises several components that can be worked into your daily routine. Major health benefits of the practice include relief from stress, anger, anxiety, and depression. The practice of SWR fights fatigue and laziness, restores body's immune system, and inhibits extraneous thoughts leading to mental peace and happiness in life. SWR aids in developing positive energy that increases efficiency and effectiveness leading to improved performance at work. SWR significantly improves a number of chronic physical and mental conditions. Regular practice of SWR develops enthusiasm and focus in daily activities, and helps alleviate reactions to situations. For questions regarding SWR, call Dr. Utreja at 256-604-6927.

Week 1

Human body (make up), needs and maladies	6:30 pm – 7:15 pm
Detoxification and five cleansing actions	7:15 pm – 8:15 pm
Fellowship	8:15 pm – 8:30 pm

Week 2

Yoga diet and nutrition	6:30 pm – 7:15 pm
Basic flexing, body relaxation and introduction to yoga postures	7:15 pm – 8:15 pm
Fellowship	8:15 pm – 8:30 pm

Week 3

Sun gazing and salutation (recitation and practice)	6:30 pm – 7:15 pm
Body energy centers and introduction to yoga breathing	7:15 pm – 8:15 pm
Fellowship	8:15 pm – 8:30 pm

Week 4

Human values, Physical and mental attitudes, hand gestures & locks	6:30 pm – 7:15 pm
Daily yoga postures and breathing	7:15 pm – 8:15 pm
Fellowship	7:45 pm – 8:00 pm

Week 5

Human values, steady gazing and concentration	6:30 pm – 7:15 pm
Introduction to yoga meditation	7:15 pm – 8:15 pm
Fellowship	5:00 pm – 5:30 pm

Week 6

Human values, yoga psychic sleep and inner silence	6:30 pm – 7:15 pm
Flow of consciousness and daily meditation	6:45 pm – 7:45 pm
Fellowship	7:45 pm – 8:00 pm

Week 7

Healing Consciousness, daily cleansing, and diet	6:30 pm – 7:15 pm
Daily flexing, yoga postures, breathing, and meditation	7:15 pm – 8:15 pm
Fellowship	7:45 pm – 8:00 pm

Workshops on Seven Weeks to Rejuvenation

Beginning at Trinity on Wednesday, April 16, with a free orientation class at 6:30pm, in room 191 We will offer a newly designed series of workshops entitled "Seven Weeks to Rejuvenation." The workshops will be held at the Trinity United Methodist Church 607 Airport Road in Huntsville. Learn and explore the body's innate capacity to stay healthy and preserve itself against factors such as food, thoughts, and pollution (indoor and outdoor). Seven workshops will include practices to restore the body, mind and soul back to their intended states. Most people who follow selected parts of the program have never had the need for serious medical attention.

If we know what makes us unhealthy or sick (may this be the food, situations, or thoughts from work, family, commuting, or financial worries) we can take steps to control those aspects. The other factors that exacerbate the condition of our health are being a human being, that is, we are self-conscious, attached to the objects of the world and sensitive to our image in the society. These uniquely human conditions can be managed by inner growth through healing consciousness. First, we need to understand the body-mind system and then take steps to manage mind-generated emotions. That process begins to integrate the self to be an effective person through the process of healing consciousness.

Healing Consciousness

Healing Consciousness (HC) is an approach to bring to awareness our inherent characteristic to be happy and complete. HC begins from the basic understanding of who we are, to recognize the importance of being in harmony with the environment and prepare us to develop a sense of what a healthy body, calm mind and a sharp intellect can do to develop our unrealized potential. Living in a world of information overload it allows us to choose and be an effective participant based on our respective natures and acquired skills. It heightens our awareness to discriminate and use discretion for actions in life that are conducive to maintaining a healthy body and a calm mind that provides feedback to develop awareness of what the body and mind may need for sustained happiness. The sense of wellbeing is developed through a set of disciplined actions that allow one to activate body's natural healing processes.

There is no active regimen or therapy and in that sense HC is not a prescriptive form of either modern or alternative medicine. It is best described as a collection of disciplinary tools that with practice add up to a state of wellbeing. It draws upon a variety of traditions ranging from the art of breathing to stimulate the five vital airs in the body, stretching and specific yoga postures for flexing and toning the muscles, chanting healing sounds and listening to healing tunes, meditation to connect to the source, detoxifying the body and well-experimented diet from Ayurvedic schools. In addition, there is emphasis on exploring new approaches through sharing, their suitability for HC and integrating them into workable routine.

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Dr. Laj Utreja

Dr. Laj Utreja's professional experience covers a wide range of disciplines related to the U.S. space and defense programs. He has worked in various capacities, as hands-on engineer, as technical leader in people management, and as CEO of a small business in developing corporate vision. In 2001, he received the George M. Low award, NASA's highest honor for quality and technical performance to a small business. He has taught courses in the Mechanical Engineering and the Department of Foreign Languages and Literatures at the University of Alabama in Huntsville. He has also taught courses related to Wellbeing for Continuing Education at the University of Alabama in Huntsville.

Over the span of his professional career in engineering, Laj has accumulated considerable training and experience in *praanayaama*, *yogaasana* and *ayurvedic* healing from Isha Yoga, Art of Living, Bihar school of Yoga and Arsha vidya Gurukulam at Saylorsburg, Pennsylvania. Laj is founder of the International School of Healing Consciousness (ISH). He teaches and conducts workshops on Healing Consciousness, *Praanaayaama*, *Yogaasana* & stress management, including anger control and anxiety disorders. Laj has developed a system of Healing Consciousness (HC). It is best described as a collection of disciplinary tools that with practice add up to the state of wellbeing.