

# WOMEN'S TRANSITIONS, WOMEN'S LIVES

## A WEEKEND SEMINAR WITH CLAUDIA WELCH, DOM

What Every Woman Should Know

April 10 - 12, 2009



A Doctor of Oriental Medicine and graduate of the Ayurvedic Studies Program at the Ayurvedic Institute, Dr. Welch began her study of Ayurveda in 1987, under the tutelage of Dr. Robert Svoboda. Claudia is a former member of the Faculty at Southwest Acupuncture College, where she obtained her degree in Oriental medicine in 1997. Among other subjects, Dr. Welch taught women's health there. Dr. Welch writes and lectures on Ayurvedic and Traditional Chinese Medicine.

Explore some major physiological changes women encounter in their lives and the factors that go to facilitate smooth transitions at those times. Special attention is given to changes that occur around ages 35 and 50, but others are addressed as well. Learn the western (allopathic) understanding of hormones and how they relate to women's transitions and lives, alternatives to HRT (hormone replacement therapy) and an Ayurvedic approach to bringing balance to these areas. Approach these transitions with awareness and understanding to set the foundation for realizing your full potential in your life and path at any time.

**FREE Friday evening lecture.**  
Call to reserve your space!

**Call (505) 291-9698**  
for more information or visit  
us at [www.ayurveda.com](http://www.ayurveda.com)



*The*  
**Ayurvedic  
Institute**

11311 Menaul Blvd NE • Albuquerque, NM

### WEEKEND SCHEDULE

Friday 7 - 9 PM

Saturday 10 AM - 6 PM

Sunday 10 AM - 4 PM

### PRICING

\$252 Members, seniors and graduates

\$280 Standard enrollment

**Continuing Education Units (CEU)** are approved for Cosmetologists (12) and Yoga Alliance (12 YA credits). They are pending approval for Acupuncturists/DOM (10 PDA).