

**Dr. Rama Prasad**

***Ayurvedic Approach to Soul Searching***

***Date: October 3, 2016***

**Time: 1000 hrs – 1045 hrs**

In the 1980s while studying to graduate in Ayurveda and Yoga, I read the *Mahabharata*, which is an epic that compels to us to question anything and everything. This led me to explore the pathways of the Vedas, science and metaphysics. This is going to be a fun-filled, open-hearted and deeply-exploratory presentation about my journey on the divine path of ancient seers and sages. I am going to use simple and precise language to demystify the *Vedas*, *Upanishads* and *Darshanas*; the Indian books of knowledge that form the basis of the practices of Yoga, while showing you the hidden treasures on the way. You will love it. Join me with a smiling heart.