

HOLISTIC HEALING & ADVAITA VEDANTA

BENEFIT EVENTS FOR CHARITY



Holistic Healing

A multi-dimensional process of integrative transformation

Advaita Vedanta

A radical approach to holistic healing & well-being

EXPLORE ~ INVESTIGATE ~ QUESTION ~ PRACTICE ~ DISCUSS

Explore the Relationship Between Holistic Healing & Advaita Vedanta

Investigate From Immediate Experience a New Awareness of Body~Mind

Question From Experience the Nature of Self & Other ~ Subject & Object

Practice Skills that Heal Matters of the Heart & Dissolve the Residue of the Mind

Discuss How to Integrate into Daily Life Advaita Vedanta's Approach to Healing

Presentations ~ Discussions ~ Short Practices

Wednesdays 6:30 – 8 p.m. \$15 each

September 26, 2018,

October 03, & October 10

Workshops: Practices & Discussion

Saturdays 1 – 5 p.m. \$60 each

October 13 &

October 20

**Register & Make Payment Prior to Attending
at www.martycottler.com**

All Proceeds Donated to the Charities of Ammachi, known as the "Hugging Saint"

[Less the Cost of Room Rental] For more info about Ammachi and the charities, go to www.amma.org

All Events Held at Inner Path, 200 Commercial Street, Nevada City

Contact Marty: [info \[at\] martycottler.com](mailto:info@martycottler.com)

Marty Cottler, PhD (Psychology) has lived in Amma's ashram at Amritapuri, Kerala, India since 2014, and is visiting Grass Valley-Nevada City for one month. At the ashram, Marty is Director of the Amrita Wellness Program, Panchakarma Program, Amrita Ayurveda Center. From 2009-2011, he received training in Mindfulness and MBSR at the Center for Mindfulness in Medicine, Health Care, and Society, University of Massachusetts Medical School. Marty also trained in Jyotisha (Vedic Astrology) under the tutelage of Hart deFouw from 2003-2011. Dr Cottler maintained a counseling practice beginning in 1975, including in Grass Valley from 1990 through 2014.

These presentations and workshops are for informational purposes only. If you have a medical or personal problem, then please consult with a licensed health care provider, such as a Medical Doctor, Registered Nurse, Counselor or Psychologist.