Ayurveda and the Science of Yoga

Asia Society Northern California, the Asian Art Museum, and the UCSF Osher Center for Integrative Medicine are pleased to partner on a three-part event series on Ayurveda—an ancient traditional medicine native to the Indian subcontinent—and the science of yoga. The events will be held in conjunction with the Asian Art Museum’s new exhibition, Yoga: The Art of Transformation (Feb. 21-May 25), which presents a visual history of yoga’s ascendance into a global phenomenon. Events are co-presented with the International Association of Yoga Therapists.

LOCATION: Asian Art Museum, Samsung Hall, 200 Larkin Street, S.F

Dive deep with the experts to learn the practice and science of yoga and the 5,000-year-old system of medicine called Ayurveda in a two-part lecture. Qamar Adamjee, associate curator for South Asian art at the Asian Art Museum, Dr. Margaret Chesney, director of UCSF’s Osher Center for Integrative Medicine, and Dr. Anand Dhruva, an integrative medicine physician at the Osher Center, use artworks from the exhibition to discuss their origins and their health impacts.

The Ancient Science of Yoga
Saturday, March 8, 2:00—3:30 p.m.
Discover the body’s seven energy centers (chakras) and learn about color and sounds associated with each.

The Modern Science of Yoga
Saturday, April 12, 2:00—3:30 p.m.
Learn about contemporary scientific research on the effects of yoga on lower back pain and learn a few simple poses to do at home.

Both presentations are FREE with museum admission!

The Ayurvedic Kitchen: The Yoga of Culinary Spices
Thursday, April 17, 6:00—7:30 p.m.
Join Dr. Anand Dhruva and chef Nalini Mehta for an evening of conversation and cuisine showcasing the Ayurvedic principles of cooking. Discover your mind-body type (dosha) and explore the origins and properties of Indian spices. Small tastings served.

TICKETS: $20 members; $25 non-members

For more information on programs at ASNC, visit AsiaSociety.org/Northern-California

CONNECT WITH ASNC
twitter @asiasocietysf
facebook.com/asiasocietync
instagram.com/asiasocietysf

Asia Society Northern California
500 Washington Street
Suite 350
San Francisco, CA 94111
(415) 421-8707

In partnership with: