

Ed Zadlo D.Ay
(*Acharya Premanand*)

“Resting in the Self”

Thursday July 16th - 7:30 - 9:00 pm
Pebble Hill Interfaith Church
320 Edison-Furlong Road Doylestown, PA
(\$5 Suggested Donation or what you can afford)

On Doing – Non-Doing
Acharya Premanand

“The problem of doing action in the world is a confusing one as long as there is a problem of identity. When we see ourselves to be a separate entity, different from our surroundings and from other beings – then it is quite natural to believe that we are the one who initiates our actions and makes choices on what to do or not to do.

Once we recognize that we have no existence or identity separate from the whole, the one consciousness, then it becomes clear that That alone is acting, being or doing and we are simply witnessing or participating in a larger set of actions.”

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Ed Zadlo D.Ay (*Acharya Premanand*) is a Certified Ayurveda Practitioner, Integral Yoga-Ayurveda Therapist and *Acharya of Yoga/Vedanta, Ayurveda and Vedic Dharma*. He has had an Ayurveda practice for over 18 years, and has offered trainings in Ayurveda, Meditation and the Inner Practices of Yoga for over 30 years.

Ed was ordained to teach in the Yogananda *Kriya Yoga* tradition in 1980 and lives near Sumneytown, PA where he has his full time *Integral Ayurveda Yoga* practice. His website is: <http://edzadlo.com/>.

