

# Come Experience Amrithika...



**Amrithika**  
*for your soul,  
for your senses..*

248 Hamilton Ave, Palo Alto, CA 95051  
Ph: 650 462 1980  
www.amrithika.com



Discount Card

10% off any one  
regular price item!

Valid until April 30<sup>th</sup>, 2009  
Cannot be combined with  
any other discounts, use for  
one transaction per day only.  
Follow store discount  
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**April '09**

Amrithika is an Eco Friendly, Spiritual gift store that brings the nectar of life to Silicon Valley. Amrithika supports fair trade, women's organizations and artisans from all over the world. Come and find unique gifts from India, Nepal, Tibet, and Indonesia ranging from paraffin-free soy or olive oil candles, natural incense and holders, gold painted Buddhas, to Radha Krishna engraved on marble, white marble Taj Mahal, spiritual books, ethnic wear, sterling silver jewelry and much more..

April 3 <sup>rd</sup>	Meet and Greet the artists	6:00-8:00 pm	Free
April 4 <sup>th</sup>	African Drumming and dancing	3:30 – 6:30 pm	\$\$
April 12 <sup>th</sup>	Poetry with Divine Expressions (Open Mic event)	5:00 pm	Donation
April 17 <sup>th</sup>	Meet and Greet the artists	6:00-8:00 pm	Free
April 18 <sup>th</sup>	Ancient Secrets for Modern Living by Dr. (Vaidya) Priyanka	12:30-2:30pm	\$\$
April 18 <sup>th</sup>	Jym Mark's Trio plays Jazz	6:30 pm	\$\$
April 19 <sup>th</sup>	Prescription for Peaceful Mind: The art of meditation Swami Sri Nithya Medhananda	10:30-12:30	\$\$
April 25 <sup>th</sup>	Family Concert with Hey Mom	2:00-4:00pm	\$\$
April 26 <sup>th</sup>	Carnatic Music with Dr. Kowsik	2:00-3:00pm	free

## **ART EXHIBITION April 1-30, 2009**

**Meet and Greet Dana Underwood, Sangeetha Kowsik, Trinh Mai and Hieuh Mai**

**Friday April 3<sup>rd</sup> and April 17<sup>th</sup> 6:00-8:00 pm Free**

In the month of April we will be showcasing Dana Underwood's "Around the world" photographs, Trinh Mai's beautiful art work, Hieuh Mai's green bonsais, and Sangeetha Kowsik's soulful art!!

*Light Refreshments will be served*

## **Divine Expressions - Poetry Night**

**Sunday April 12<sup>th</sup> 5:00 pm Donation**

Are you an amateur poet, or love to play violin or guitar or some musical instrument and are looking for an audience and place to express your talent? Divine Expressions is all about positive expressions and positive enlightenment with Chris McDaniel. Come share your poems, stories or anything that needs to be expressed!

## **Ayurveda- the science of life Ancient secrets of Modern Living" with Dr. (Vaidya) Priyanka**

**Saturday April 18<sup>th</sup> 12:30 to 2:30pm \$27**

Dr (Vaidya) Priyanka comes from a 715 year old lineage of women Ayurvedic healers from Kerala, India. She teaches the principles of Ayurveda and how to integrate the various applications of this ancient science with use of medicated oil, aromatherapy, color therapy, yoga, nutrition, music, cooking, dance, exercise, and meditation into people's daily lifestyles. She will discuss a comprehensive 25 points of Ayurvedic Secrets that can be part of your current lifestyle.

## **Jym Marks Trio plays Jazz**

**Saturday April 18<sup>th</sup> 6:30pm \$15**

Jym who is involved in the arts of poetry, writing and public speaking, is romanticizing his time with his first love. Jym Mark's trio accompanied with Wiil Nichols on Piano and Cole Hamlin on Bass to create beats and rhythms of music that you cannot resist tapping to!!

## **Prescription for Peaceful Mind: The art of meditation with Swami Nithya Medhananda**

**Sunday April 19<sup>th</sup> 10:30 - 12:30pm sliding scale \$7 to \$15**

Meditation is the art to keeping our inner space peaceful and blissful. It takes us from unconscious decision making to conscious decision-making. It frees us from the clutches of our own obscure emotions. It brings us to the present. It gives us tremendous freedom in the inner and outer worlds. It helps integrate the body, mind and spirit. Meditation propels us from logic to intuition. Logic is a servant while intuition is a Master. Meditation is the key to becoming a Master.

## **Hey Mom Concert**

**Saturday April 25<sup>th</sup> 3:30pm - 5:30pm \$5 adults/ \$3 children**

Hey Mom!" is a Bay Area quartet of professional musicians (and moms) dedicated to presenting music that appeals to children as well as parents. With sparkling vocal harmonies and instruments including steel drum, banjo, guitar, fiddle, mandolin, kazoo, hand drum and harmonica, they weave a wide variety of styles and textures into their songs. Their music ranges from traditional to modern folk, to jazz, to south of the border, to just plain fun.

## **Carnatic Music with Kalpagam Kowsik**

**Sunday April 26<sup>th</sup> 2:00 to 3:00pm free**

Dr Kalpagam Kowsik will be singing soulful Carnatic music at Amrithika with her accompanists on Sunday afternoon.

We also have yoga and meditation events on a daily basis.

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