



The Asia in Maryland (AIM) Cultural History Project Spring 2016

Student Research

Student Researcher: Alexandra Palmer

Subject: Susan Weis-Bohlen: Ayurveda and Vedic Meditation

Susan Weis-Bohlen is a certified Ayurvedic healer by the Chopra center in southern California. She opened up a bookstore in 2004 called *Breathe Books* in Hampden, Baltimore which was also a place of meditation and Susan would give consultations for people who want to find balance within themselves. *Breathe Books* and cafe closed in 2014 because Susan felt she needed to get back to the real purpose behind the store, spreading the word about Ayurveda and meditation. The store had become too much of a distraction from the real purpose behind her work.

So, now she works out of a home in Reisterstown, MD where she still offers individual Ayurveda consultations. She also offers a five-week course called 'Perfect Health Through Ayurveda' to anyone who wants to learn how to find balance in all aspects of their life. She holds free to the public meditation sessions for anyone to come and join two times a week in various neighborhoods in Baltimore.



Applications:

Finding Susan was karma! The AA&CC plans to create an exhibition, workshops and Family Art Day activities focused on Asian healing arts in fall 2017. Both Susan and Alex have already participated in a brainstorming meeting to begin planning for those programs. We hope they will both continue to participate in the project as curators and program leaders.