

Saturday, March 10
2:00–4:00pm

\$30 if registered by March 3
\$40 drop-in on day of event

basic principles of ayurveda

AYURVEDA IS AN ANCIENT HEALING SYSTEM from India that parallels Yoga. In Sanskrit, *Ayur* means life and *Veda* means knowledge. This knowledge of life can help you balance mind, body and consciousness, so you are centered, blissful and truly healthy. Western medicine often describes health as the absence of disease but in Ayurvedic medicine health means so much more.

In this workshop, you'll learn and discuss:

- The Ayurvedic system and history
- Three doshas: Vata, Pitta and Kapha.
- Balancing your Doshas with time of Year, Day and Life
- Foods and spices to prefer and foods to avoid for optimal health
- Health tips for pacifying Kapha in the Spring season
- Benefits of good lifestyle, pranayama, yoga and meditation

As food and lifestyle choices become healthy habits, our life purpose can become more clear so that fulfillment of positive desires becomes attainable. No prior experience with Ayurveda is needed to attend the workshop. All levels are welcome to attend.

For questions, email: ann.wagoner@gmail.com



ANN WAGONER is a Certified Ayurvedic Practitioner and Registered Yoga Teacher. She offers Ayurvedic Consultations at Yoga Pearl. Her Ayurvedic recipes can be found at www.ayurvediccooking.com. Cooking classes are available through People's Food Co-op.



“Ayurveda finds its home in the hearts of special beings whose dharma it is to preserve and maintain traditions of wisdom for the purpose of healing themselves and the world.” –DR. VASANT LAD