An introduction to

Ayurveda

Ayurveda is a naturopathic and holistic system of healing with a track record of over 5000 years. It’s goal is to maintain good health and heal disease in order to connect with our true divine nature and live in harmony with the laws of nature.

Using a variety of natural therapies such as diet, exercise, meditation, herbs and cleansing or rejuvenation therapies, Ayurveda guides us on the path of greater self awareness and self healing.

Topics covered:

- Origins, philosophy and principles of Ayurveda.
- Recognizing your natural constitution and signs of imbalance.
- Understanding and addressing the root cause of disease.
- Tools of Ayurveda.
- Daily practices to increase vitality and to stay healthy.

Ajita Patel  C.A.S, P.K.S is a Clinical Ayurveda Specialist who is very passionate about the wisdom and knowledge of Ayurveda.

She has been teaching Pranayam, Meditation & Ayurvedic cooking classes and is currently in practice at the Sanctuary Wellness Center & Yoga Studio in Tustin.

Ajita is a member of Faculty at the California College of Ayurveda.

When: Saturday May 12th 2012.
Where: The Sanctuary Wellness Center
Time: 3PM.
Cost: $15 ($10 for Sanctuary Yoga Members)
RSVP: www.awakensanctuary.com/register.html
www.meetup.com (Look for Tustin Yoga Group)