



SANCTUARY WELLNESS CENTER & YOGA STUDIO

FREE WALK-IN CLINIC

1ST AND 3RD SATURDAY FROM 10AM TO 1PM

Come join us at The Sanctuary Wellness Center & Yoga Studio and explore transformational avenues of healing for free or by donation. All of our healers are highly trained and experienced in their modalities and have a sincere desire to help the community. No appointment necessary. Bring a friend and come meet our healers.



SERVICES OFFERED

Ayurveda, Acupuncture, Diksha, Massage, Pranic Healing,
Reconnective Healing, Reiki and More...

Donate if you like the services. Testimonials on Yelp, likes on Facebook
or referrals are always welcome.

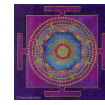
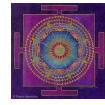
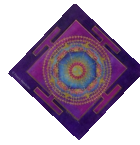
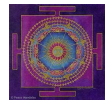


505 West First Street, Tustin, California 92780

www.awakensanctuary.com

(714) 617-4593





healing with

Pranayam



Ajita Patel C.A.S., P.K.S. received her training from the California College Of Ayurveda, Patanjali Yog Peeth, various Ayurveda Ashrams & Hospitals in India and with the world renowned Dr. Vasant Lad.

She offers Ayurveda, Panchakarma, Pranayam, Ayurveda Cooking and Holistic Workshops. Ajita is currently in private practice as an Ayurveda Practitioner at the SANCTUARY WELLNESS CENTER & YOGA STUDIO in TUSTIN California.

A carefully guided class that explores the powerful techniques of Pranayam and Meditation to bring more clarity, calm and health benefits. Learn the knowledge of Yogic breathing integrated with meditation to tap into your own healing powers.

These sessions will motivate you to start your own practice at home and reap the tremendous benefits of daily practice to ...

- increase lung capacity
- reduce toxins in your body
- improve digestion and elimination
- improve concentration and memory
- relieve stress and calm the mind
- have more energy and stamina
- improve your immunity
- improve self-control and anger management
- learn to meditate effectively

Learn how to harness your life force and revitalize your body and mind.

Location: **SANCTUARY WELLNESS & YOGA STUDIO**

505 W. 1st Street, Tustin, CA 92780

Call (714) 617-4593 for class times

All are welcome! From beginners to Yoga students.