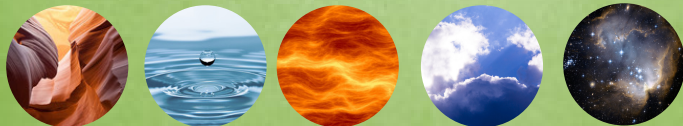


Introduction to Ayurveda



Saturday, August 10th 2019

1:00 - 2:30 PM

Ayurveda means "science of life". It is a 5000 years old practice coming from India. It is a nature based system that optimizes health and brings longevity. Ayurveda contains general lifestyle suggestions, from nutrition to exercises and self-care to maintain or improve health.

The workshop is designed to give newcomers understanding of the principles of Ayurveda such that they can enjoy life even more fully.

- In this workshop, you will learn:
- The five elements
 - The influence of the seasons
 - The three doshas
 - Your body constitution
 - intro to ayurvedic nutrition
 - Self-care



Sophie Malahieude - Ayurveda Consultant & E-RYT 500

Explains with simple words how students can apply the principles of Ayurveda in every day life.

Location: Sage Yoga Studios
115 N Main Ave. Fallbrook

Reservation: www.sageyogastudios.com
(760) 451- 8771

Price: \$20

