

# Ayurvedic Nutrition, Cooking and Yoga

Dr. Beena Vesikar M.D.

And Suzanna Ran E-RYT500

**Saturday March 20<sup>th</sup> 11:00 – 3:00 pm**

Ayurveda is a science of self-healing. It teaches us how to maintain balance in our lives and to live in harmony with our environment. Ayurvedic Nutrition helps us understand what is an appropriate diet for our individual body constitution in order to bring it to balance and maintain that balance.

This second workshop in the two-part series will help you understand how to maintain your health and wellbeing per your individual body constitution, in winter and spring seasons.

Included in this workshop are:

- Yoga practice to balance all 3 doshas
- Ayurvedic recipes and food plan for the spring season
- The six tastes and their effect on our bodies
- The use of Ayurvedic Spices and herbs in cooking.
- Cooking recipes the Ayurveda way
- Question and answer session

**FEE: 75\$ at the door\***

\*Receive a \$10.00 discount by pre-registering electronically before March 15, 2010 at [www.YogaTherapy-OM.com](http://www.YogaTherapy-OM.com) and still pay by check or cash at the door.

**NO EXCEPTIONS.**

For more information about Dr. Beena Vesikar visit [www.beayurvedic.com](http://www.beayurvedic.com).

Workshop Location: Yoga Therapy of Michigan 7511 Autumn Hill Drive West Bloomfield MI 48323