

Daily Ayurvedic and Yoga Practices

Presented by

Dr. Beena Vesikar M.D.

And Suzanna Ran E-RYT 500

Saturday February 20th 12:00 – 4:00 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. Honor your individual nature by incorporating these time-tested healing techniques of Yoga and Ayurveda into your daily health regimen for greater vitality and wellbeing.

This is the first workshop in a two-part series. In the first introductory workshop you will learn:

- Your natural Ayurvedic constitution
- Foods combinations that are not compatible
- How to use spices and herbs in your kitchen for healing
- How to eat according to the season
- Yoga routines that balance the 3 doshas

FEE: 75\$ at the door*

*Receive a \$10.00 discount by pre-registering electronically at www.yogatherapy-om.com before February 15, 2010 and still pay by check or cash at the door.

NO EXCEPTIONS.

Our Ayurvedic Nutrition workshop:

<http://yogatherapy-om.com/images2/2010-ayurvedic-nutrition.pdf>

Information regarding Dr. Beena Vesikar: www.beayurvedic.com.

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