



Shakti Yoga presents....



## Ayurveda for Women: Sadhana of Self Care

In this workshop we will explore Ayurvedic self care practices for women through a sensorially rich exploration of habits and practices related to diet and body care intended to foster well being and resiliency. Participants will:

- ~explore the meaning of health in Ayurveda and the Vedic archetype of the divine Feminine.
- ~learn about the health benefits of establishing habits that are in keeping with one's core values (sadhana as an expression of svadharma).
- ~ discover the energetics of herbs using the Ayurvedic model of six-tastes
- ~make simple yet customized culinary and body care products from readily available herbs and ingredients.
- ~practice mindful use of these materials for self care.



**Dr. Padma Raman-Caplan** has pursued in-depth studies in Advaita Vedanta, Ayurveda, and supporting topics for over twenty years. She is a long time student the renowned teacher of non-dualist philosophy, the late Pujya Swami Dayananda Sarasvati and the teachers of Arsha Vidya Gurukulam Institute of Advaita Vedanta and Sanskrit in Pennsylvania where students engage in self inquiry through the study of classical Indian philosophical texts.

Dr. Padma is a graduate of the National University of Natural Medicine in Portland, Oregon and is licensed there as a Naturopathic Physician. Prior to returning to the northeast she was involved in clinical private practice, medical research, and was an adjunct faculty member.

**Thursday, July 6, 7:00-8:30 pm**

**Fee: \$25 by June 29 \$30 at the door.**

**SUNY students: \$12**

**Workshop location: Shakti Yoga 2 School St., Geneseo**

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**Mail - in Registration for Sanskrit Workshop**

**Name:**

**Email:**

**Phone:**

**Enclosed amount(checks to: Shakti Yoga):** \_\_\_\_\_

**Mail to: Shakti Yoga, PO Box 515, Geneseo, NY 14454**

[www.shaktiyogageneseo.com](http://www.shaktiyogageneseo.com)

[shaktiyogageneseo@gmail.com](mailto:shaktiyogageneseo@gmail.com)

**585-243-5240**