



Shakti Yoga presents...

AYURVEDA

The Knowledge of Life



An Introductory Workshop with **Sonam Targee**

Ayurveda, the "knowledge of life", is an ancient Indian system of medicine which follows an integrated approach to the prevention and treatment of imbalance and illness within an individual.

Through the combination of approaches such as changes in lifestyle, herbal remedies, food choices and exercise, Ayurveda teaches us how to reestablish and maintain harmony within our body and mind.



Sonam Targee is an Ayurvedic herbal practitioner with over 30 years of clinical and teaching experience. He has studied with such luminaries as Dr. Vasant Lad, Dr. Robert Svoboda, Dr. Yeshe Donden (former physician for the Dalai Lama), David Winston (a Cherokee Medicine Man) and Susan Weed (of the Wise Woman tradition). Sonam is trained in both Chinese and Tibetan medicine and has a working knowledge of many aspects of allopathic medicine and lectures throughout the U.S. in yoga centers, universities, hospitals and private groups. www.ancientuniversalmedicine.com

When: Sunday, April 22, 2:00-5:00 pm

Where: Shakti Yoga, 2 School Street, Geneseo

Fee: Early bird by April 15: \$40 After April 15: \$45 SUNY students: \$20

-----Mail-in Registration for Ayurveda Workshop -----

NAME: _____ EMAIL: _____ PHONE: _____

Introduction to Ayurveda _____ Amount enclosed: _____ Checks to Shakti Yoga. Sorry, no credit cards.

Shakti Yoga, PO Box 515, Geneseo, NY 14454

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