

# AYURVEDA 101 Fundamentals

## *Four- Week Class Series on the Power of Holistic Living!*

**Do you need easy and effective ways to improve your health, reduce stress, and cultivate inner peace? Do you wish for more energy, focus, and direction?**

Ayurveda, the 5,000-year-old holistic healing system of India and the sister science of Yoga, has the answers you are looking for. Translated as the “Science of Life,” Ayurveda shows you the power of lifestyle- how to promote longevity, avoid disease, and live intelligently. Observing daily rituals maximizes your energy, reduces stress, enhances self-awareness, and allows you to live life to your fullest potential. Whether your body type is *Vata* (Air), *Pitta* (Fire), or *Kapha* (Earth), you can strategically avoid imbalance and prevent many diseases. Learn the basics of mindful eating, appropriate exercise for your constitution, and the value of meditation and yoga. This comprehensive four-week series is only for those who are motivated to transform their lives!

**Week 1-** Introduction to Ayurveda & Your Body Type

**Week 2-** Living an Ayurvedic Lifestyle

**Week 3-** Following an Ayurvedic Diet

**Week 4-** Ayurvedic Detoxification & Self-Care

### **Ayurveda 101 Four-week class series**

**Dates:**

**Time:**

**Location:**

**Cost:**

**Testimonial:** *“This class introduces you to a different lifestyle. It questions how you are living today and encourages you to change the way you live NOW!”*

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**Mission Statement:** Dedicated to sharing the inspiring wisdom & holistic principles of Ayurveda.

