

# SPRING INTO BALANCE: Yogic Kriyas & Ayurveda

With Ami Jayaprada Hirschstein  
and Carisa Borrello



**Saturday**

**May 12th**

**3:00-5:30pm**

**Price: \$45**

**\* Preregistration required**

In the spring season, nature provides bitter herbs and fruits for us to detoxify our winter sluggishness. In the winter months we tend to rely more on heavy foods and fats that provide us with extra warmth. Spring is allergy season and it is important to cleanse our organs to support our body in maintaining health.

**In the spring we need to lighten up, purify our organs and shake off our winter inactivity!**

In this class you will learn Yogic Kriyas (internal cleansing), self-massage for the abdomen, Pranayama and asanas to stimulate health and vitality. This will be followed by a talk and discussion on Ayurvedic nutrition and oils for self-care. During the discussion, a sampling of detoxifying teas and digestive elixirs will be provided to cleanse and nourish you during the spring season.

**\*Please come on an empty stomach or eat very lightly before class.\***



**THE LIVING SEED YOGA AND HOLISTIC HEALTH CENTER**  
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