Ayurveda for Spring Health
with Ami Jayaprada Hirschstein, AHC

The changing of the seasons is an important time to support your health. Ayurveda is the ancient healing science of India and sister science to yoga. Based on a five elemental theory, Ayurveda works on creating balance through diet and lifestyle. Spring is time of Water & Earth or Kapha. This is the perfect time to shed toxins, built up in the stagnation of winter. In this workshop you will learn a daily Ayurvedic regimen to bolster your immune system. We will also discuss Springtime allergies and cleansing.

Saturday 4/6
3:00 - 5:00pm
early reg $35
day of $40

Ami Jayaprada Hirschstein, AHC, C-IAYT is a Certified Ayurvedic Health Counselor and Yoga Therapist.