

Introduction to Ayurveda

with Abigail Axelrod, LMT

Tuesday, July 13, 2010

Ayurveda is the sister science of yoga and literally means “the science of life.” Abi Axelrod, student at the Kerala Ayurveda Academy, will present a basic introduction to this early form of medicine.

This session will help you begin to understand your Dosha, live in balance with nature and adjust well to seasonal changes. Abi will provide a questionnaire for you to complete after the workshop.



Date and Time:

Tuesday

July 13, 2010

7:00 – 9:00 pm

Cost: \$20 p/p

Register:

Email Abi at
daikonpeach@aol.com



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