

Upcoming Yoga Event



Continuing Education for Teachers and Dedicated Students

Introduction to Ayurveda

Saturday April 24, 12-5 pm



Natalie Gougeon

Natalie is a student of life. She offers courses, treatments and consultations in Ayurvedic health care throughout the U.S. Through her research of 20 years, Natalie has discovered the importance of Ayurveda's holistic approach to health. Natalie has trained in Ayurveda at Benares Hindu University, and received degrees from the Himalayan Ayurveda Research Institute in Nepal, and the American Institute of Vedic Studies in the U.S. Her current coursework are with Shantideva's Dr. Mary Jo Cravatta, and the Ayurveda Healing Arts Institute in California.



Saturday the 24th, 12-5 pm

Ayurveda, which literally means "the science of life," is the 5,000 year-old healing science from India. In this afternoon intensive you will learn about Ayurveda's 3 Doshas and the 5 Elements. You will also develop diagnostic tools for determining your own Doshas and learn Ayurvedic applications -daily Ayurveda, health care, and healthy lifestyle for individual constitutions.

In addition, this workshop will include Asana and Pranayama practices for different body/dosha types, conditions, and seasons.



Cost:

5 - hour workshop:
\$70 (\$60 for Vajra Pani Graduates)

As a Registered Yoga School (RYS®), Vajra Pani Yoga meets continuing education contact hour requirements for Yoga Alliance.

For further Info Call:

Amy Cooper (530) 926-0221