

M I S S I O N   S T R E E T

yoga

*Ayurvedic Home Remedies*

Arun  
Deva

Ayurveda is an ancient holistic medical science from India. Considered the sister science to Yoga, it is based on the same philosophy (Samkhya). A living science (vidya), it contains within itself a complete and precise medical system.

In Ayurveda, there are three types of practitioners. There is the "forest dweller" whose wisdom comes from the earth, its plants and animals. On the other end of the spectrum is the "vaidya" or doctor. Having studied for at least 7 years, his knowledge is the cumulative wisdom of at least two thousand years of medical history. Somewhere in between is "the grandmother's purse", a magical cornucopia of common household herbs for most simple family ailments. From colds and coughs, headaches, constipation and indigestion through aches and pains and sleepless nights, this "little purse" would magically conjure up simple potions that seemed to work wonders.

Based on this ancient tradition of the family healer, we will learn the immense power of self-healing. Adapting to our modern world, using common household remedies and easily found Ayurvedic formulations, we will create our own "grandmother's purse" with a special focus on Winter/Spring ailments.



Arun Deva is a Diplomate in Ayurveda and a Board Member of the California Association of Ayurvedic Medicine. He has also twice done teacher trainings in Ayur?yoga from the Ayurvedic Institute, where he spends his summers deepening his studies with Dr. Vasant Lad. He has also done teacher trainings in both Vinyasa Krama Yoga and Anusara Yoga. Having started his studies of both yoga and Ayurveda as a child growing up in India, he has made his home in Los Angeles for the past 30 years. His commitment is to the "trimurti" or threefold path of studying, practicing and teaching in order to further his travels along the Yogic path. Arun is the founder of Arunachala Yoga & Ayurveda and teaches Ayurvedic and Yogic workshops and classes, writes articles for different publications and does Ayurvedic consultations and various treatments including panchakarma.

Sunday, January 7<sup>TH</sup>, 2-5 • \$35 by 1/2/07, \$40 after

Unlimited series do not apply; no refunds or credit.

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