

Ayurveda

India's ancient holistic medical system

Friday, May 15th
Saturday, May 16th

Black Dog Yoga
Sherman Oaks

The Five Sheaths of Existence: Exploring the Koshas

Friday, May 15th • 7:00p–9:00p

In the Tantra (evolution of Intelligence), consciousness devolves from the vibrational realm to the emotional realm, the mental, and finally to the physical realm. These stages of consciousness are known as Koshas, or sheaths, that exist in the "inner galaxy" of our bodies. We will examine these sheaths as well as the Nadis, energy systems similar to meridians, and the chakra energy centers using Ayurvedic and yogic principles. Mostly lecture, but wear comfortable clothing for spontaneous exploration.

Healing The Sacred Centers: A Journey Into The Chakra System

Saturday, May 16th • 1:00p–4:30p

Part lecture, part practicum, we will explore and deepen our understanding of the chakras and energy systems that were introduced in Friday's lecture. You will learn several powerful healing modalities including the use of herbs, diet, gemstones, mantras, asanas, pranayamas, and aromatherapy to bring deep healing to each of the vibrational planes of consciousness. Detailed handout will be provided!

Friday – \$35 • Saturday – \$45 • \$70 for both

You must pre-register with payment in order to secure a place in this workshop. Major credit cards accepted. Payment is non-refundable after May 8th.

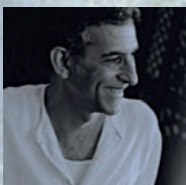
Call 818.380.0331



an eclectic mix of hatha yoga™

Black Dog Yoga 4454 Van Nuys Blvd. Ste 206,
Sherman Oaks, CA 91403. Detailed directions
can be found at our website. Abundant
long-term and free parking.

blackdogyoga.com



Arun Deva is a senior Diplomate in Ayurveda, a CAAM Board Member and a longtime yoga therapist/teacher. Arun bases his work on ancient Ayurvedic and yogic teachings, staying true to the original intentions of the seers of old. He has a clinical practice in West Hollywood as well as Dana Point, where he sees Ayurvedic clients and teaches yoga privately. He can also be found teaching classes at Liberation Yoga, Pacific Ashtanga and Dancing Shiva. He is the author of numerous articles, has appeared on TV and radio shows, gives lectures and teaches workshops locally and internationally. Born in India he has made Southern California his home for over thirty years now. For more information please visit his site: www.yogarasayana.wordpress.com