



FRIENDS OF AYURVEDA

Friends of Ayurveda
is pleased to sponsor the
Ayurveda & You lecture series.

Applying Ayurveda In Your Daily Life with Special Reference to Home Remedies

A practical workshop to remedy chronic & common ailments given by
World-Renowned Ayurvedic Physician, Dr. Vasant Lad, B.A.M.S, M.A.Sc.,
author of The Complete Book of Ayurvedic Home Remedies.

Saturday, April 18 - 10:00AM - 6:00PM
Sunday, April 19 - 10:00AM - 3:00PM

Santa Monica Community College
1900 Pico Boulevard - Room HSS 104
Santa Monica, CA 90405

Includes special Ayur*Yoga sessions with Arun Deva, DAsc.

\$195 person

(Lunch is Included)

Group rates available at
\$150 per person for 5 or more.

Register Now!

No Refunds or Exchanges • Limited Seating



Friends of Ayurveda

Reservations: 800.505-3887 or info@friendsofayurveda.com
www.friendsofayurveda.com

Love Your Life through Ayurveda!