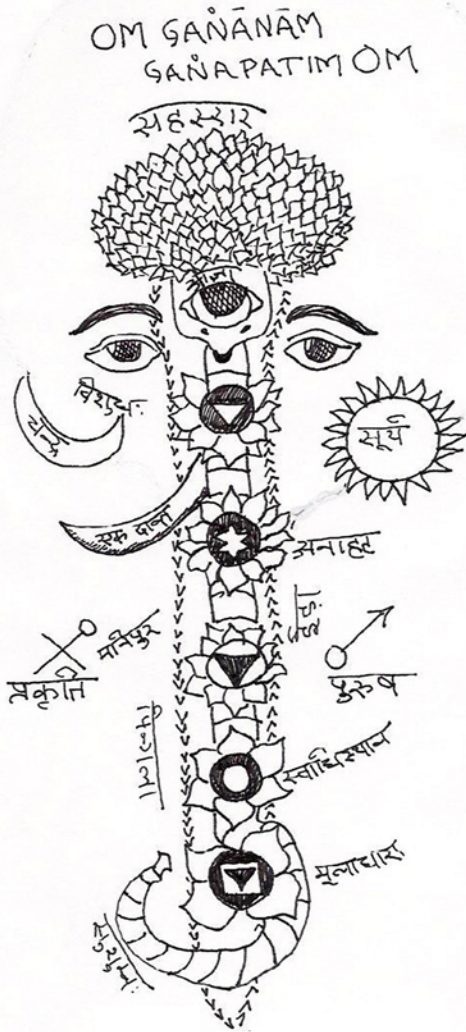


Manas Chikitsa:

Healing the Mind with Ayurveda

with Arun Deva



The Yogic/Ayurvedic concept of the mind consists of a very deep and complex understanding for a science that is at least 5000 years old! From recognizing four levels of mental activity to four levels of consciousness; from the three manifestations of energy to the influence of the three different constitutions; and from the interconnection and not separation of mind and matter, this science has been instrumental in both understanding as well as creating a harmonious mind.

In this workshop, we will introduce these concepts as well as therapies arising from both Ayurveda and yoga. Using practical tools such as pranayama, meditation, Ayurvedic treatments and herbs, as well as dietary and lifestyle choices, we can alter our mental terrain into a positive reflection of the possibilities hitherto hidden within us.

Sunday April 6, 2008

1pm - 4pm

\$40 early / \$45 day of

Yoga Flow

3131 North Cherry Avenue, Tucson, AZ 85719

To inquire or sign up please go to www.yogaflowtucson.com or call (520) 321 YOGA



Arun Deva is a Diplomate in Ayurveda and a Board Member of the California Association of Ayurvedic Medicine. As a well-known advocate of yoga and Ayurveda, he has been featured many times on both radio and television. 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. He is also certified in Vinyasa Krama Yoga, trained in Ayur*yoga, done teacher training and thereapeutics in Anusara Yoga® and spends his summers at the Ayurvedic Institute, deepening his studies with Dr Vasant Lad. Arun's commitment is to the 'trimurti' or threefold path of studying, practicing and teaching in order to further his travels along the Yogic path.

He is the founder of Arunachala Yoga & Ayurveda (www.yogarasayana.wordpress.com) and teaches Ayurvedic and Yogic workshops and classes, writes articles for different publications and does Ayurvedic consultations and various treatments including panchakarma. He can be reached at yogarasayana@gmail.com.