

Healing the Sacred Centers

A Yoga & Ayurveda Workshop on the 7 Chakras

with *Arun Deva*



In the Tantra, the bridge between the physical and the energetic realms has seven gates known as chakras. As we cultivate our ability to access and balance these subtle centers, we move toward emotional, spiritual and physical health.

Using the tools of Ayurveda and yoga, we will explore the impact each chakra has on our health and state of mind. These tools include yoga poses (asana), pranayama, meditation, and Ayurvedic tools such as herbs, mantras, marma point massage, gemstone and color therapy. Participants will learn about all these practices either through explanation or experience at this hands-on workshop, and leave with more ways to move toward balance, health and joy.

Come ready to practice and write!

Sunday October 19th, 2008

1pm - 4pm

\$40/\$45 at the door

Living Yoga Center

27570 Commerce Center Drive, #116, Temecula, CA 92590

www.living-yoga.com

To inquire or sign up, please call (951) 676 2206

Arun Deva started his studies of both yoga and Ayurveda growing up in India, and has made his home in Los Angeles for the past 30 years. Arun is a Diplomate in Ayurveda and a Board Member of the California Association of Ayurvedic Medicine. He is the founder of Arunachala Yoga and Ayurveda and does Ayurvedic consultations and many treatments including panchakarma. He can be reached at yogarasayana@gmail.com and his work can be found at www.yogarasayana.wordpress.com.