

Ayurveda:

THE SCIENCE OF LIFE

with *Arun Deva*

SATURDAY OCTOBER 11: 2 - 5PM

SAMJHAUTA: Introduction To The Science Of Life:

Ayurveda, the sister science to Yoga and for centuries the medical veda (science) of India, is profound in its ability to understand the human condition: what constitutes dis-ease, what causes it, what cures it and what prevents it. In this session we will introduce its philosophy, its practicality and its universal wisdom of healing.

SUNDAY OCTOBER 12: 2 - 5PM

SWASTHAVRITTA: Self-healing Practices:

In Ayurveda, the first line of defense is self-care. And it is best contained in the way you plan and execute your day (dinacharya) Knowing what herbs to put in your morning tea to calm a cold, reduce a fever or give you energy can put you in control for the rest of the day. Knowing what foods to eat and when, how to prevent headaches, what to do for aches and pains, all of these are explained in this session. We will try to save time to address individual needs as well.



EARLY BIRD SPECIAL: \$40 EACH OR \$70 FOR BOTH
AT THE DOOR: \$45 EACH OR \$80 FOR BOTH
(Prerequisite for second workshop by itself: teacher approval)



LIBERATION YOGA

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Arun Deva is a Diplomate in Ayurveda, a Board Member of the California Association of Ayurvedic Medicine, an Ayur-yoga Therapist and a Vinyasa Krama certified yoga teacher. As a well-known advocate of yoga and Ayurveda, he has been featured many times on both radio and television. Born in India, he has made his home in Los Angeles for the past 33 years. He can be reached at yogarasayana@gmail.com and his work can be found at: www.yogarasayana.wordpress.com. He can also be found teaching at Liberation Yoga in the wee hours of the morning!