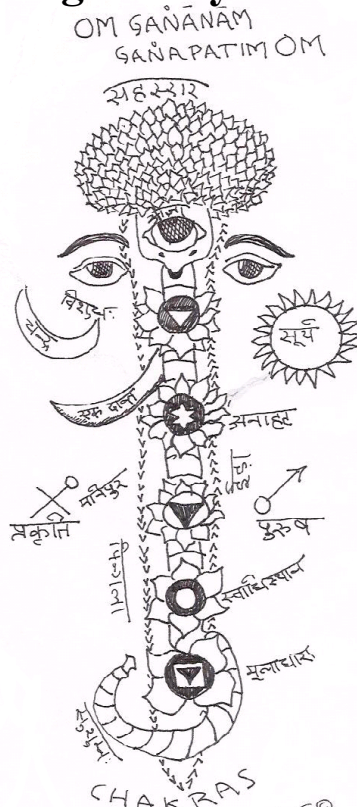




Presents:

Healing Consciousness:

**An Exploration Of The Koshas, Chakras, Nadis and Marmas of
Yoga & Ayurveda**



When: July 25th, 12 noon -8pm

**Where: In Balance Yoga studio
3060 Roundup Circle
Thousand Oaks, Ca 91360
Tel.: 805-277-7219
Cell: 818-631-7301**

Using the tools of Yoga and Ayurveda, we will explore consciousness as it descends into matter through five sheathes known as *Koshas*. Embodied in emotional, mental and physical being, this consciousness is carried in channels of energy called *Nadis*. These are intimately and functionally connected to the *Chakra* system from which they originate. They, as well as all other systems in the five sheathes, are accessible on the surface of our skin through energy points known as *Marmas* (similar to acupuncture meridians). They are the pathways to the “inner pharmacy” of healing.

In this workshop we will enter this “inner galaxy” to explore what we really are made of elementally and vibrationally.

We will then talk about herbs, gems, *mantras*, *asanas*, *pranayamas*, aromatherapy and other modalities to bring healing to each plane of consciousness. Finally, we will create a powerful practice using these tools to experience positive transformations in our consciousness.

Detailed handouts will be provided.



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

Please send your check in the amount of \$85 payable to: Katlen Ebert