

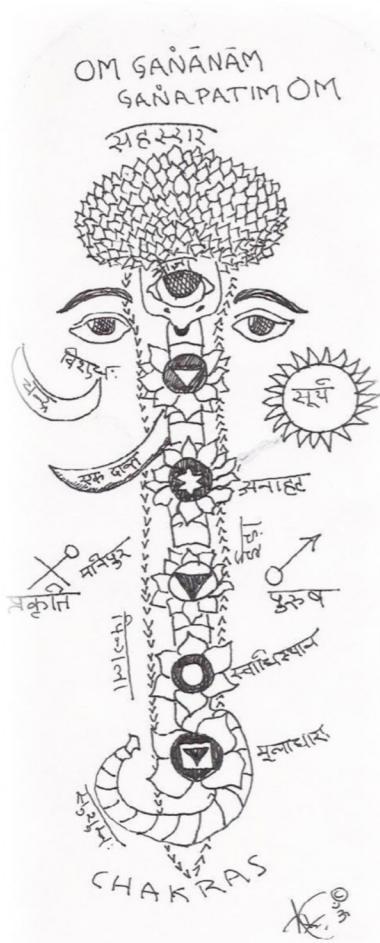
# Ayurveda

Indian's ancient holistic medical system

Saturday, August 8th, 2009

1 – 4 PM

At Living Yoga Center



## **The Inner Galaxy:**

*Exploration of the Yogic Body:*

*Entering the Kosha, Nadi, Marma and Chakra systems.*

In this workshop we explore our deepest nature with its 3 bodies, 5 sheaths, innumerable subtle energy channels, their access "trigger" points on our skin and the whirling wheels of consciousness known as chakras! Understanding our inner landscape opens the door to deep healing at the causal, subtle and physical levels. We will utilize the ancient, tried and true therapies of yoga, Ayurveda and Tantra to create a new pathway to Perfect Health.

**Cost: \$45/advance \$50/door**



**register**

**Living Yoga Center 951.676.2206**

**yoga@living-yoga.com**



Arun Deva has a DASc. in Ayurvedic Sciences and serves on the Board of the California Association of Ayurvedic Medicine (CAAM) He is also certified in Vinyasa Krama Yoga and Ayur\*yoga (Ayurvedic Institute, NM). . Both a longtime Ayurvedic practitioner/lecturer and yoga therapist, Arun bases his work on ancient Ayurvedic and yogic teachings. He has a clinical practice in West Hollywood as well as Dana Point, where he sees his clients and teaches yoga privately. He can also be found teaching classes at Liberation Yoga, Pacific Ashtanga Shala 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. For more information please visit his site: [www.yogarasayana.wordpress.com](http://www.yogarasayana.wordpress.com)