

ayurveda, yoga & the mind

with master practitioner, arun deva
december 5 - 11



about arun deva

Arun Deva, Master Ayurvedic Practitioner and Senior Yoga Therapist, has been a friend of the Salt Lake yoga community since his first visit to Flow Yoga in 2008. From Flow to Shiva Centre to Prana Yoga, twice every year he has visited, lectured, taught yoga, done consults, yoga therapy and Ayurvedic Bliss Treatments. Centered City Yoga now welcomes Arun to his new home. Take advantage of his lectures, morning yoga, consults (these fill up fast!) and some Ayurvedic Bliss or Yoga Therapies.

Arun Deva, Diploma Ayurveda, Yoga Therapist (IAYT), E-RYT/500, YTRx practices yoga and Ayurveda in Los Angeles. Having started his studies as a child growing up in India, he has made his home in Los Angeles for the past 35+ years. Arun teaches Ayurvedic & Yogic lifestyle workshops, leads international retreats, is faculty for yogic studies at LMU, writes articles for different publications and offers consultations and various treatments including panchakarma. He currently chairs the NAMA (National Association of Ayurvedic Medicine) Standards Sub-Committee for Ayurvedic Yoga Therapy. www.yogarasayana.com

lectures

Introduction to Ayurveda: Highly recommended before Weekend Workshops

Friday, Dec. 5: 7:30-9pm

FREE

Understanding and Treating the Subtle

Body: The Original Anatomy of Yoga - Energy Channels, Vortexes, Sheaths & Layers

Saturday, Dec. 6: 2-4:30pm

Healing Emotional Trauma: Connecting the Physical, Mental and Spiritual Realms, Releasing the Maya Pattern

Sunday, Dec. 7: 2-4:30pm

Cost: Pay in advance: \$60 for the weekend/\$35 each.

After Nov 1: \$70 for weekend/\$40 each

vinyasa krama yoga

Vinyasa Yoga means to flow in a sequential manner within set parameters and with a preset goal. Knowing the purpose or goal of our practice allows us to proceed safely, joyously, creatively into a deepening experience within our own yogic journeys. A complete class includes asana (postures), pranayama (breathwork), japa (mantra) and meditation. Each class will progressively flow from one to the next for a cumulative blissful experience.

Therapeutic Vinyasa Krama:

Monday, Dec. 8: 8-9:30am

Wednesday, Dec. 10: 8-9:30am

Strong Vinyasa Krama:

Tuesday, Dec. 9: 7-8:30am

Thursday, Dec. 11: 7-8:30am

Cost: \$15 per class/\$45 for all four

ayurvedic consultations, treatments, yoga therapy: december 3-11

Ayurvedic Consultation: **Initial Consult \$160: 1.25 hrs** **Follow-Up \$85: 45 minutes**

Yoga Therapy One on One: **\$108: 1hr**

Ayurvedic Bliss Treatment*: **\$225: 2hrs**

* An Ayurvedic Bliss Treatment includes:

Abhyanga: warm herbalized oil is synchronously massaged into the body, creating a deep state of relaxation and allowing for deep cleansing.

Shirodhara: Warm herbalized oil is rhythmically poured across the forehead in a steady stream. Said to help with all neurological and psychosomatic issues. Stress Buster.



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962 E 900 S, Salt Lake City, UT 84105
801.521.9642

www.centeredcityyoga.com