ayurveda, yoga & the mind

with master practitioner, arun deva december 5 - 11





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 &

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:

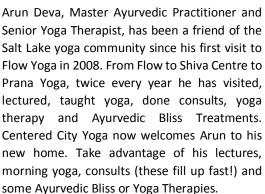
Monday, Dec. 8: 8-9:30am Wednesday, Dec. 10: 8-9:30am

Strong Vinyasa Krama:

Tuesday, Dec. 9: 7-8:30am Thursday, Dec. 11: 7-8:30am

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

about arun deva



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 different publications 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

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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