Introducing Ayurveda
January 31, February 7, 14 & 21

Saturday afternoons
4:30-6:00pm
$40 per class
OR
$150 for all four
Sign up in advance for all four and receive three bonuses:
-notebook to hold handouts ($8 value)
-an Ayurvedic pulse reading ($50 value)
-free admission to Spring Wellness Workshop on March 7 ($50 value)

Tulsa Yoga Meditation Center
5319 S. Sheridan Rd
In the Farm Office Building, 51st and Sheridan Rd
www.TulsaYogaMeditationCenter.com
918-261-9786

Ayurveda is "the science of life," also known as traditional Indian medicine or the diet and lifestyle component of Yoga. Every person has their own unique constitution. By knowing one's constitution and making health decisions based on the constitution, one can experience good health and happiness at every stage of life. In these workshops you'll learn not only the basics of Ayurveda but also receive practical guidance in using this information to be healthy in your body and mind.

January 31 ***The Dance of the Three Doshas***
Everything in the world is comprised of the three doshas—vata, pitta, kapha. Your unique combination=your unique constitution.

February 7 ***Three Gunas Describe the Mind***
Three energies—rajas, tamas, sattva—guide our thoughts, feelings and moods. Understand them and you can shift them!

February 14 ***Eating for the Three Seasons***
Three doshas=three seasons. Learn how to make the right food choices to optimize excellent health throughout the year.

February 21 ***Putting It All Together***
Simple ways to live the Ayurvedic lifestyle to be healthy into your 100s.

Janet Parachin took her first Ayurveda training in 2013 and has sought to live an ayurvedic lifestyle ever since. She is a Yoga and Ayurveda Wellness Consultant with over 2100 hours of training in yoga therapy, Ayurveda and Reiki. She is the Director of Tulsa Yoga Meditation Center and she teaches so that all may find freedom in body, mind, heart and spirit.

How to register:
Contact Janet at jparachin@cox.net or 918-261-9786

$40 per workshop or $150 for all four (includes three bonuses)

Cash, check payable to Janet Parachin, Venmo to Janet-Parachin, PayPal to jparachin@cox.net, Zelle to 918-261-9786