

Ayurveda



An Introduction to the Traditional System of Ayurveda, the ancient sister of Yoga

From the Sanskrit: *Ayur* (Life) and *Veda* (Knowledge)

A 6 class series on how to live in harmony with your constitution

Topics covered will include

- ❖ A brief history of Ayurveda
- ❖ What makes Ayurveda relevant today
- ❖ Doshas: What they are and what they're not. How to determine your predominate dosha.
- ❖ Living in balance with your dosha. What to do when you're out of balance.
- ❖ Food for Your Fire – eating for harmony
- ❖ Ayurvedic herbs - tonics and rejuvenatives
- ❖ Ayurvedic practices – things to do at home

This is an engaging series of topics; you are encouraged to bring questions and experiences for discussion.

The Instructor: Sallie Dixon is an Advanced Student with the East West School of Herbology studying Traditional Chinese, Ayurvedic and Western Systems. Her Ayurvedic instructors include Michael Tierra, Karta Purkh Singh Khalsa, Jai Dev Singh and Todd Caldecott.

Cost: \$55 in advance, \$70 at first class

Wednesdays, 7 – 8:30 pm, Sept 26 – Oct 31 (last class may be moved by class consensus)

Location: Abundance Wellness

325 John Knox Road, Building T, Suite 1, Tallahassee, Florida 32303

Directions: www.awc-tallahassee.com

Payments may be mailed or left at AWC.

For More Information or to Register contact: Sallie Dixon

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