

The California College of Ayurveda is pleased to announce our new Seminar Series to acquaint you with, or embellish your knowledge of Ayurveda.

Each 3<sup>rd</sup> THURSDAY of the month, we will present a topic that is both informational and informative to keep you up-to-date on the study of Ayurveda, the Indian Science of Medicine well over 5,000 years old.

## 3<sup>rd</sup> THURSDAY Seminar Series 7:00 – 8:30PM

**CERRITOS CAMPUS**  
17100 Norwalk Blvd. Suite  
108, Cerritos, CA 90703  
RSVP: 866-541-6699 x224

***From points south, take the 5 north to the 91 west, exit at Norwalk. Go south, take first left on Palm, then pull into the parking lot on your left.***

At every seminar, you'll have an opportunity to meet with our instructors and learn, one-on-one, how to better incorporate Ayurveda into your life.

If you're new to Ayurveda see how this tried and true life science will help you feel more balanced, energetic, centered, clear, fresh, and calm as well as help you to enjoy an opportunity to increase your longevity and well-being.



*Should you be interested in studying Ayurveda, classes are held here in Cerritos, or you may choose to learn in our Distance Learning Program or through our VedaWeb Live Internet Classroom.*

## CALIFORNIA COLLEGE OF AYURVEDA



Date	Presenter	Topic
July 15	Eleni Tsikrikas	Herbs as Medicine-Food as Fuel. Learn the art of eating seasonally.
Aug 19	Devi Mueller	The Process of Disease; Getting to the Root of Imbalance
Sept 16	Mary-Alice Quinn	INTRO: Self Healing: An Introduction to Ayurveda
Oct 21	Rob Talbert	Cold and flu: Prevention and natural remedies
Nov 18	Eleni Tsikrikas	Ayurvedic practices: herbs and foods to maintain optimal health & energy throughout winter.
Dec 16	Rob Talbert	Common spices and their therapeutic properties and usages

# All Events are FREE