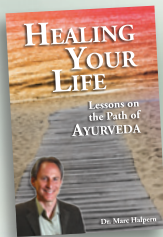


Healing Your Life™ Workshop ~ Enroll Today!

Learn how to take charge of your health, and *Heal your Life* ~ in 6 two hour classes!



Based on the popular book, “Healing Your Life: Lessons on the Path of Ayurveda” by Dr. Marc Halpern, Founder of the California College of Ayurveda

In these fascinating, fun and interactive classes, learn how to bring the ancient teachings of Ayurveda into your life. Ayurveda is the oldest system of medicine in the world, the sister science to Yoga, and addresses healing at the root.

In the six classes you will learn:

- The basic principles of Ayurveda
- Your natural constitution and the nature of any imbalances you may have
- The Cause of Disease
- How to Heal Your Life using five sense therapies, including:
 - Healing Your Life through food, touch (self-massage), aromatherapy, color therapy, music therapy and healthy lifestyle routines
- Healing techniques including meditation, nasal cleansing, pranayama (breathing techniques), and more!



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Teacher:

Workshop Dates:

Location:

Cost:

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