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# INTRODUCTION TO AYURVEDIC MEDICINE

JOIN AYURVEDIC DOCTOR HEIDI NORDLUND FOR THIS 2 HOURS INTRODUCTION TO AYURVEDA AND LEARN HOW TO GENERALLY BALANCE ALL THREE DOSHAS. BECOME FAMILIAR WITH AYURVEDA, THE SISTER SCIENCE TO YOGA AND TRANSLATES TO "LIFE KNOWLEDGE." AYURVEDA IS A MEDICAL SCIENCE THAT TEACHES YOU HOW TO LIVE IN BALANCE, HEALTH AND HAPPINESS. AYURVEDA OFFERS UNIQUE INSIGHT INTO CREATING BALANCE AMONG ALL REALMS OF WELLNESS, PHYSICAL, INTELLECTUAL, EMOTIONAL AND SPIRITUAL, USING TOOLS LIKE DIET AND LIFESTYLE PRACTICES, HERBAL REMEDIES, CLEANSING, YOGA AND MEDITATION TO CREATE HARMONY. UNDERSTAND THE 5 ELEMENTS (ETHER/SPACE, AIR, FIRE, WATER, EARTH), THE 3 DOSHAS (VATA, PITTA, KAPHA) AND HOW THEY SHAPE YOUR BODY AND MIND. DISCOVER HOW PHYSIOLOGICAL IMBALANCES DEVELOP AND HOW THEY CAN BE IDENTIFIED, ELIMINATED AND PREVENTED IN THE FUTURE. ENJOY A GUIDED RELAXATION TECHNIQUE AT THE END SO YOU WILL LEAVE FEELING REFRESHED, BALANCED, RENEWED AND ENERGIZED. 3/12/20 7-9PM INVESTMENT \$30

