



NEW AYURVEDA SEMINAR RANGE.

HELD WEEKLY AT
AYURVEDA VILLAGE

SATURDAYS

Time: 9.30 am - 12.30 pm

Lunch: 12.45 pm: Kitchari

***Cost: \$65 per person per
seminar***



AYURVEDA VILLAGE

P: 08 8110 4300 E: enquiries@ayurvedavillage.com.au



Over nine weeks enjoy our extensive, dynamic range of Ayurvedic seminars which bring together ancient, holistic knowledge, seasoned philosophies and traditional Ayurvedic practice.

Through one of our world's oldest surviving medical systems learn to follow the path of deep wisdom by embracing this enriching Science Of Life for improved health, healing and happiness.

April 27:

Ayurvedic lifestyle - structure to harness balance & prevent disease

May 4:

Food as medicine - empowering health through key nutrition principles

May 11:

Power of Agni: improving digestion, digestive disorders, vegetarianism

May 18:

The Art of Ayurvedic Spices: healing with Ayurveda

May 25:

All about beans, dahls, lentils

June 1:

Guidelines for food and healing: seasonal foods, eating for your dosha, fruit/vegetables & cereals

June 15:

Self-care and the power of self-massage (Abhyanga)

June 22:

Incorporate Sun's energy with Sun Salutations

June 29:

Indian head massage: relief from insomnia, headaches with highly effective, non-invasive techniques