



Ayurveda Wellness ~WEEKEND~

with **Maria Garre**



DATE: February 26-28, 2016
COST: \$275- Full Weekend
\$235- Early Registration
17 YA CEU's

~ Ayurveda ~

Ayurveda, the sister science to Yoga, supports the art of living a balanced and harmonious life. Join Maria as she explores this Vedic science through lifestyle and nutrition workshops along with Ayurvedic Yoga practices. Become inspired through the wisdom of Ayurveda in this fun, hands-on wellness weekend!

Maria E Garré
M.Ed, ERYT 500

*Ayurvedic Yoga Therapist + Ayurvedic Practitioner
+ Prana Vinyasa Instructor*

A sought after teacher, educator and innovator in the field of yoga + ayurveda, Maria delivers practical and inspirational information that is accessible to all. She brings together over 20 years of experience in biomedical sciences, philosophy, yoga and ayurveda to not only train yoga and ayurvedic practitioners world-wide, but to also lead workshops and rejuvenating retreats. She has been on faculty for the world renowned Ayurvedic Institute, is an Ambassador for Banyan Botanicals, serves on the standards committee for NAMA and is a guest instructor for several certification programs worldwide. Devoting more than 10 years of study with her root teachers Vasant Lad and Shiva Rea, Maria has created transformational programs through her Live in Balance courses and wellness consultations. For more information you can find her at www.mariagarre.com.

SEE REVERSE
For the details and complete weekend schedule!



Any questions? 760-937-3937
flyer design: www.nilsdavisdesign.com

Ayurveda Wellness Weekend

with Maria Garre

February 26-28, 2016

Friday: 4:00pm – 8:00pm

Saturday: 11:00am – 5:00pm

Sunday: 9:00am – 4:00pm

~FRIDAY~

Elemental Flow: Awaken To The Rhythm Within | 4:00-5:30pm (\$25 ER/\$30)

The entire universe, including our body, is made up the five essential elements: ether, air, fire, water and earth. Rooted in the ancient teaching of the Vedas, Ayurveda and Yoga this class will offer a full-spectrum, holistic experience of the natural flow of life. Embrace the rhythm of each element through a seamless, whole-body experience to bring union and clarification to the mind, body and spirit.

Ayurveda 101: A Basic Introduction | 6:00-8:00pm (\$35 ER/ \$40)

Ayurveda, literally translated as “science of life” is the oldest, uninterrupted system of healing/medicine. The sister science of Yoga, this is the practice that cultivates vitality, health and longevity. Understand what it means to live according to your prakriti or “constitution” and learn how to adapt this ancient art of healing to fit your life. This workshop will highlight basic Ayurvedic concepts and principles for vibrant living in harmony and balance.

~SATURDAY~

Meditation in Motion: Follow Your Internal Rhythm | 11:00-12:30pm (\$25 ER/\$30)

Learn the art of relaxation and meditation as a dynamic expression of Yoga to release and let go. Blending simple Ayurvedic principles and Yoga, the class will integrate pranayama and asana practices to invite inner and outer surrender. Learn how the art of subtle pauses and introspection yield and open the lotus blossom of the mind.

A Closer Look At The Doshas | 1:00-3:00pm (\$35 ER/\$40)

The three Doshas are the hallmark of Ayurveda guiding us to understand how we function on both a physical and mental level. Yoga offers practices to help us resolve mental conflict and confusion so that we can find a peaceful state, Samadhi. Merging the profound teachings of these two great sciences will support our path to health and happiness. Learn how to apply and utilize the vast knowledge of both Yoga and Ayurveda to transform and support

Simple Practices For Balance & Perfect Health | 3:30-5:00pm (\$30 ER/ \$35)

Ayurveda helps and supports the art of living a balanced and harmonious life. This workshop will teach the basic tenets of Ayurveda and how they can help you choose daily routines/practices that support a life of balance and longevity. Understand the ancient teachings of Dinacharya (daily routine), which offer an awakened approach to living out each day!

~SUNDAY~

A Class for All: Exploring Vata, Pitta and Kapha | 9:00-11:00am (\$30 ER/\$35)

Integrating the teachings of both Ayurveda and Yoga, this balancing and harmonizing Hatha Yoga class will bring peace and vitality. Beginning with pranayama and progressing to Surya Namaskar and a tri-doshic asana including meditation, you will walk away feeling stable, balanced and energized in all the right ways.

Yoga of Nutrition | 12:30-4:00pm (\$55 ER/\$60)

Ayurveda offers us a complete simple and practical way to determine which foods are best not just for each constitution but also for each season. What is nectar in the Spring maybe our poison in the Fall. Based upon our constitution, Prakriti, and what is not in balance, Vikruti, you learn to make wise dietary choices to support and balance where you are and maintain balanced health. Understand and lock the mystery of menu planning, spices and foods that heal, nourish and fortify.

Any questions? 760-937-3937