

Ever Wondered About Ayurveda?



Join Yoga Therapist, Kellie Codianna, as she explains the basics of this ancient healing tradition in the seminar:

What is Ayurveda?

Sunday, November 23, 2014, 5-7 PM

Thrive Yoga and Fitness; 260 Amity Road; Woodbridge, CT

Cost=\$25 (\$20 for members)

Register by **11/20/14** by calling **203.915.7748** or visiting

www.woodbridgebodyworks.com*

You will learn:

- ✿ Your own personal constitution (dosha) and how to harness its power
- ✿ Practical ways to maintain balance through food, herbs, and yoga
- ✿ How to avoid stress and manage your weight during the holidays

Ayurveda is all about YOU!

*Your Dosha test will be emailed to you upon registration. Fill out, print, and bring to class. Questions? Call or email Kellie **203.675.7155** or **kellie@divinelyrooted.org**

