

AYURVEDA and YOGA

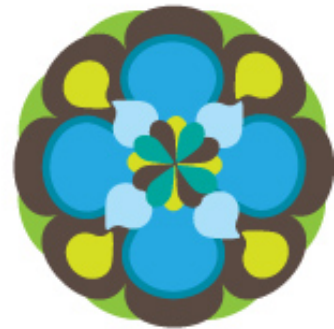
Ancient healing for Modern living



vata



pitta



kapha

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A half-day workshop

Sunday 19th May 2019

2.00pm to 5.00pm

Janet Evans (Yoga) & Sandeep Garg (Ayurveda)
The Goose Green Clinic, 57/9 East Dulwich Road, London SE22 9AP

Ayurveda and Yoga

Ancient Indian systems of wellbeing, thousands of years old yet still very relevant for keeping us balanced and well in body, mind, energy and emotion. Their combination can offer many tools for self-healing that help us maintain good health & tremendous wellbeing.

Ayurveda:

Looks at each person as a unique individual & combines lifestyle, diet & herbal medicine in its healthcare.

Yoga:

Has tremendous power to stabilise the mind and emotions also giving spiritual support.

In this workshop we shall offer you two Yoga practices as well as an introduction to Ayurveda. We hope to show how Yoga & Ayurveda can offer each of us the means to good health and great happiness, recognising that we can all be responsible for our health and wellbeing and showing us ways to rebalance when things go out of sorts and physical & mental discomfort and illness arise.

Janet Evans

has been teaching yoga and offering workshops for over 20 years in the Viniyoga style which places particular importance on the individual and 1:1 teaching.

Sandeep Garg

is an Ayurvedic Practitioner who studied here in the UK and in India with the renowned Dr. Vasant Lad.

Cost £30

Contact jevans238@hotmail.co.uk
www.yogajanam.com