

# Winning the Battle Against Stress and Illness with Yoga and Ayurvedic Remedies

with Vasantha

Join us for an enjoyable journey of holistic health and wellness with Ayurveda!

Ayurveda and Yoga are sister sciences that are primarily sciences of Self-healing.

Combat illnesses involving methods inclusive of diet, herbs, exercise, yogic practices and meditation.

Use Your Class pass or \$18 Drop In

'When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need.'



~ Ancient Ayurvedic Proverb



1121 Town Centre Drive  
651-452-5789

● Suite 100

● Eagan, MN 55123  
info@yogasoul-center.com