

# Ayurveda and Kundalini Yoga

with Helena Raghbir

Saturday, May 18th  
1:00 - 5:00 pm



Ayurveda means "life science". An ancient sister science to yoga, this 5,000 year old tradition of healing and wellness utilizes herbs, yoga, meditation, lifestyle changes, diet, and spiritual practices as its medicine. The aim of Ayurveda is not to treat the disease, but to remove the cause of the disease.

In this workshop, you'll discover what combination of the three doshas describe you best. The three doshas relate to the elements, and clue you in to how you can find balance in body, mind, and spirit. According to Ayurveda, each person has a unique makeup of these three doshas. You'll learn your personal constitution, as well as, Kundalini yoga practices, meditations, lifestyle changes, diet, herbs, and more that will strike a balance for you.

- Special focus on how Kundalini yoga relates to the science of Ayurveda
- What practices balance what doshas
- How to create a Kundalini lifestyle that fits your dosha
- Lecture, handouts, experiential learning, yoga, meditation
- And more!

When diet is wrong medicine is of no use. When diet is correct medicine is of no need.  
~Ayurvedic Proverb



The cost for this workshop is \$79

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1121 Town Center Drive, Suite 100 • Eagan, MN

