

AYURVEDA ON THE LAKE

Ayur = Life, Veda = Science

**Ayurveda is the traditional Hindu system of medicine;
100% natural and over 5,000 years old.**

**Join Marlee Osbron, in this workshop, where we will
dip our toes into Ayurveda and learn:**

- How the elements interact around and within us.
- About your personal Dosha... constitution; how much of each element YOU were born with.
- Individualized tools to balance the elements so you can be one step closer to living in perfect health.
- The history of Ayurveda, key words, and nutritional guidelines.
- How to incorporate this knowledge into your asana (poses) and pranayama (breathwork) practices.

This workshop also includes tri-doshic snacks & recipes, one kitchari kit, and a lovely ride aboard a TriToon on Lake Charlevoix.*

SATURDAY, SEPTEMBER 21st

1:30 – 3:30 p.m.

***Workshop may be held at the studio; depending on the weather.**

**\$30 per person or \$50 for two people
(because everything is better with friends!)**

**Register at the studio or on-line at
www.balancedlivingyogastudio.com**

**Contact Leslie @ (231) 675-9202 or
leslie@baliinspiredliving.com
if you have any questions.**