

Intro To |

Ayurveda Workshop

Presented By Leilani Beaubien

R.N., B.S.N., Certified Chopra Center Instructor

Experience Wellness. Naturally.

Maintain Inner Balance with the Wisdom of Ayurveda

Saturday, November 17

1:00PM – 5:00PM

\$125 per person

In this Introductory workshop, you'll learn that you have an individualized pattern of energy comprised of the Five Elements ~ Air, Space, Fire, Water and Earth. Just as everyone has a unique fingerprint, each person has a particular pattern of energy—an individual combination of physical, mental and emotional characteristics. **Ayurveda refers to the combination of the energies as Doshas.**

Ayurveda is considered to be one of the oldest healing sciences, and places it's emphasis on Balance and Prevention of disease. It means "The Science of Life," and is often called the "Mother of All Healing."

As you understand your individualized Body-Mind Personality or Dosha, you'll learn why you make choices and react differently to things, and that maintaining health and balance is also individualized. You'll also begin to learn how meditation, nutrition, herbs and more will bring you more joy and healthy living.



Leilani Beaubien Ware is a full-time Registered Nurse, a Chopra Center Certified Instructor, and a practitioner of Ayurveda for over 15 years.

Pre-register online at: <https://www.updogyoga.com/workshops/workshops-rochester>



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