

# Eating For Your Dosha Workshop

*Presented By Leilani Beaubien*  
*R.N., B.S.N., Certified Chopra Center Instructor*



**Saturday, January 26**

**1:00PM – 5:00PM**

**\$99 per person (\$110 at door)**

Nourishment is not limited only to the actual foods we eat, but includes everything we take in through our five senses. This can include what we read, watch on TV, conversations we listen to or engage in, the atmosphere and odors we are surrounded by, things we touch, and foods that are nourishing or not according to our body/mind personality type, or Dosha.

All we take in through our senses needs processing in our bodies, and if we continually take in things that aren't appropriate for our Dosha it can cause imbalances. This classes teaches individuals how to make choices that are nourishing or "yummy" for our Dosha and how to notice what may be causing any imbalances.

Experienced Ayurveda practitioner, Leilani Beaubien, will help you discover the nourishment you need according to your Body, Mind Personality to help bring you more joy and healthy living!

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

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



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