

The Yoga Sanctuary Presents:

Dr. Carrie Demers

March 12 – 14, 2010



The Yoga Sanctuary

Ayurveda Lecture Series

Friday, March 12th

6-8pm

Ayurveda and You

Ayurveda, the science of life, is the ancient medical system of India and the "sister science" of yoga. This workshop is an introduction to basic Ayurvedic principles (Elements, Doshas, Prakriti/Vikriti) and how they apply to your life. This lecture is a good foundation for enjoying the entire workshop.

Saturday, March 13th

10am – 12pm

The Balance of Nourishing and Cleansing

Every day, we need the support of nourishing activities like eating and sleeping. We also need the clearing/stripping actions of exercise and cleansing. We'll look at how to eat according to your constitution and explore various cleansing processes.

Saturday, March 13th

2-4pm

Agni: Understanding the Transformative Power of Fire

Both Ayurveda and Yoga teach that the fire at the navel center is central to good health, vitality, and mental clarity. Experience for yourself the power that lies within you, and how it supports you at all levels.

Sunday, March 14th

10am – 12pm

Aging Gracefully

Learn the Ayurvedic view of the aging process, and what you can do to both halt it and reverse it. We'll discuss such issues as: menopause, insomnia, arthritis, and other health concerns.

As the Director of the Himalayan Institute Total Health Center, Dr. Carrie Demers M.D., lectures nationally on Ayurveda and holistic health. Board-certified in Internal Medicine, Dr. Demers is a holistic physician who blends modern medicine with traditional approaches to health. Widely recognized for her expertise in holistic health, Dr. Demers has been quoted in Time magazine, and is a frequent contributor to *Yoga + Joyful Living* magazine.



Cost: \$40 per workshop or \$125 for all four sessions. No refunds will be given after March 1st.

Registration: Pre-register early as space is limited!

On-line: www.theyogasanctuary.biz

By mail: See back for registration form

By phone: 941.505.YOGA (9642)

Location: Isles Yacht Club, 1780 West Marion Ave, Punta Gorda

More Information:

The Yoga Sanctuary

403 Sullivan Street

Punta Gorda, FL 33950

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Ayurveda Lecture Series Registration Form

I will be attending the following lectures:

- Friday, March 12th
6-8pm, \$40
Ayurveda and You
- Saturday, March 13th
10am – 12pm, \$40
The Balance of Nourishing and
Cleansing
- Saturday, March 13th
2-4pm \$40
Agni: Understanding the
Transformative Power of Fire
- Sunday, March 14th
10am – 12pm, \$40
Aging Gracefully

OR:

- Full Lecture Series, \$125

Name:

Address:

City, State, Zip Code:

Phone #:

E-mail:

How did you hear about this workshop?

Please make checks payable to:
The Yoga Sanctuary

Send registration form & payment to:

The Yoga Sanctuary
403 Sullivan Street
Punta Gorda, FL 33950

www.theyogasanctuary.biz