



Ayurvedic Medicine & Yoga



Asana & Philosophy
With Beth Marik
Ayurvedic Health Counselor,
E-RYT-500, NCTMB, LMT

Ayurveda Immersion Ayurvedic Medicine & Yoga

Dates: Friday October 25 -
Sunday October 27

Times: 6 pm - 9 pm Friday
9 am - 6 pm Sat & Sun

Cost: \$299 thru October 10
\$325 After

Where: Yoga Shala Charlotte
2205 Park Road 28203

Info: www.yogaclub.us
(Under Teacher Training)

24 Hrs YA CEC's or towards
your 200 HR, 500 HR, or
Therapeutic Yoga Teaching
Certifications

Ayurvedic Medicine & Teaching Ayurvedic Yoga with Beth Marik

- * Explore the "sister science" to yoga
- * Learn principals & practices of Ayurveda
- * Ayurvedic History, Cosmology and Paths
- * Eight steps to Clinical Examination
- * The Doshas and their sub-doshas
(location and function)
- * Goals of an Ayurvedic Yoga Teacher
- * Ayurvedic Nutrition ~ Refine your diet
- * Address imbalances in both mind & body
- * Explore dynamic asanas for fall season
- * Practical Ayurveda for Yoga Teachers