

*"KNOW THYSELF..."*

# Introduction to Ayurveda

a FUN workshop to learn about YOU!

Ayurveda is the ancient practice of medicine from India.

In this workshop you will discover your basic body/personality type based on the three doshas--which dosha are you?

By learning your dosha, you will understand why you feel, act, and react the ways you do and how to balance those practices in your daily lifestyle choices--everything from food and exercise styles, to when to sleep, work, and take vacations.



- When: Tuesday, November 23rd, 6:30 - 8:00 p.m.  
Where: 450 Napa Ave., between Olive & Anchor, Morro Bay  
Cost: suggested \$12 donation/offering, materials included  
RSVP: 805.234.7279, Jenny B., or call with questions, etc.



Jenny Brantlee is a certified yoga instructor with over 10 years of teaching the ancient art of yoga asana and philosophy. She holds a Bachelor's Degree from Smith College and is the author of the yoga-therapy DVD series "10-Minutes to Pain Free" viewable at [www.10minutestopainfree.com](http://www.10minutestopainfree.com)