

A Workshop on Yoga & Ayurveda for Spring April 3rd, 1-5pm

Taught by Amita Nathwani & Michele Lawrence



Yoga and Ayurveda are considered "sister sciences," both coming from the wisdom of the Vedas. This workshop presents how you can apply the two systems to enhance each other and help you live in balance.

In the first portion of this workshop, you will use the ancient wisdom of Ayurveda -- the science of life -- to determine your basic doshic constitution and then learn techniques to live and eat optimally based on your own unique constitution. We will focus on Ayurvedic practices that promote "spring cleaning" and "eliminating dampness."

During the Yoga portion of the workshop, we will apply an ayurvedic approach to your practice, using yoga poses (asanas), breathing practices (pranayama) and meditation techniques that are best suited for each dosha. You will learn how to apply yoga in a therapeutic manner in harmony with ayurveda, with an emphasis on easing the transition to spring by creating heat, improving joint mobility, aiding digestion and elimination, and increasing circulation.

This workshop will be 50% lecture and 50% practice.

Cost: \$50 (\$40 for students, seniors and yoga instructors)

Location: Yogadurango, 1485 Florida Rd, Durango CO

To Register: Call or email michelelawrence@yahoo.com 970-946-8961



Ayurveda Center of
Durango

Amita Nathwani is of Indian origin and has been brought up in both India and Canada. Having such an upbringing has given her the gift of being true to the purity of Ayurvedic knowledge while understanding its application in the western world. With the support of her two teachers, Dr. Hemant Gupta and Dr. Shirish Nathwani, Amita practices Ayurvedic Medicine in Durango.

Michele Lawrence is a Registered Yoga Teacher and Certified Yoga Therapist and instructs weekly group yoga classes and individual therapeutic sessions at Yogadurango. She has been trained in the ayurvedic approach to yoga by her teachers, Stefani Pappas, Shar Lee and Sarasvati Burhman.

