

Shanti Ayurveda Presents...



A FREE INTRODUCTORY TALK ON AYURVEDA

Presented by Marisa Laursen, Clinical Ayurvedic Specialist

❧ *Everyone Welcome* ❧
Tuesday, June 24, 2008
7:30 pm – 8:45 pm

Ayurveda, "the science of life," has brought true health and wellness to millions of individuals throughout the ages with simple changes in daily living practices. It is the sister science to yoga and has been continuously practiced for over 5,000 years for one very simple reason: it *works*. It is profoundly effective at helping those with health concerns such as:

- ❖ Insomnia
- ❖ High blood pressure
- ❖ Digestive disorders
- ❖ Menstrual and Menopausal issues
- ❖ Skin ailments
- ❖ Most chronic health conditions

Ayurveda is considered by many scholars to be the "Mother of All Health Sciences". This is because it is the wisdom that explains our interrelationship with nature and how the same cycles, rhythms and patterns that affect the rest of nature also affect us. By applying this wisdom to our lives we are able to address disease at its root, eliminating not just symptoms but the actual cause of the disorder. Ayurveda uses herbs, diet, lifestyle recommendations, colors, aromas, sound, yoga, meditation, and many other modalities to accomplish this.

Most importantly, Ayurveda teaches us how to live a balanced life according to our own natural constitution so that optimal health is maintained all the days of our lives.

Please call to make a reservation: (909) 896-2004

Marisa Laursen is a practitioner and teacher of Ayurveda. She works closely with her clients, creating customized treatment programs specifically for each client. In addition, she teaches at the California College of Ayurveda, the Ayurveda College from which she graduated. CCA meets or exceeds the educational guidelines of the National Ayurvedic Medical Association and the California Association of Ayurvedic Medicine. Graduates of CCA are considered the most highly trained practitioners in the field of Ayurveda in the United States. In addition, Marisa has earned certification from the American Institute of Vedic Studies, has a B.S. degree in Human Services, is a certified yoga instructor, practices Reiki (Level III), and has earned certification in pulse diagnosis.

SHANTI AYURVEDA
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*Held at the Yoga and Wellness Center near the 71 freeway and Grand Ave.,
across from the Kirkorian Theater*