

The California College of Ayurveda is pleased to announce our on-going Seminar Series to acquaint you with, or embellish your knowledge of, Ayurveda.

Each **3rd THURSDAY** of the month, we will present a topic that is both informational and informative to keep you up-to-date on the study of Ayurveda, the Indian Science of Medicine well over 5,000 years old.



Marisa Laursen, C.A.S., P.K.S., A.Y.T. is a faculty member at the California College of Ayurveda and is in clinical practice in Chino Hills, California.

AROMATHERAPY

The sense of smell applied to healing

Through the nose, we are able to inhale our environment and deeply affect body, mind and consciousness. Discover how essential oils and other aromatic compounds have been used effectively to alter mood, cognitive function and health throughout history.

CALIFORNIA COLLEGE OF AYURVEDA



LOS ANGELES AREA CAMPUS

17100 Norwalk Blvd. Suite 108, Cerritos, CA 90703
RSVP: 866-541-6699 x224

From points south, take the 5 north to the 91 west, exit at Norwalk. Go south, take first left on Palm, then pull into the parking lot on your left.

3rd THURSDAY Seminar Series 7:00 – 8:30PM

Date	Presenter	Topic
Mar 17	Marisa Laursen	Aromatherapy: The Sense of Smell Applied to Healing
Apr 21	No Lecture	Please attend National Ayurvedic Medical Association Conference
May 19	Rob Talbert	Balancing the Spring Season
June 16	Devi Mueller	"NAVEL GAZING" – the Guide to Knowing Your Body

Please watch for additional upcoming monthly workshops

All Events are FREE

At every seminar, you'll have an opportunity to meet with our instructors and learn, one-on-one, how to better incorporate Ayurveda into your life.

If you're new to Ayurveda, see how this tried and true life science will help you feel more balanced, energetic, centered, clear, fresh, and calm as well as help you to enjoy an opportunity to increase your longevity and well-being.