

Shanti Ayurveda Presents:

“ANCIENT HEALING WISDOM FOR OUR MODERN WORLD”

FREE SEMINAR: AN INTRODUCTION TO ALTERNATIVE MEDICINE



Presented by Marisa Laursen, Clinical Ayurvedic Specialist

❧ EVERYONE WELCOME ❧

Tuesday, May 4, 2010

7:30 pm

Ayurveda literally means “the science of life” and is the oldest system of medicine in the world. It is the sister science to yoga and utilizes diet, herbs, lifestyle changes, meditation, yoga, cleansing/ rejuvenation, aromas, and much more to bring about healing. In fact, Ayurveda addresses the root cause of disease, effecting changes at the very deepest level of body, mind and soul.



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Please call or email to reserve your space. Held at the Yoga & Wellness Center near the 71 Freeway and Grand Ave.