

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 ☞

Wednesday, October 13, 2010

7:00 pm – 8:15 pm

At this free seminar you will be introduced to Ayurveda, "the Science of Life." Ayurveda has brought true health and wellness to millions of individuals throughout the ages with herbs, diet, and 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, meditation, yoga, detoxification/rejuvenation programs, colors, aromas, sound, and many other healing modalities to accomplish this.

PLEASE CALL OR EMAIL TO RESERVE YOUR SPACE TODAY!

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Marisa Laursen, B.S., C.A.S., P.K.S., C.M.T., 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 Ayur-veda in the United States. Additional credentials include: Certification from the American Institute of Vedic Studies, B.S. degree in Human Services, Ayurvedic Yoga Therapist, Certified Massage Therapist, Certified Yoga Instructor and certification in Ayurvedic pulse diagnosis.

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WE HAVE MOVED! Please note our new location in the four-story office building between Chino Hills Pkwy and Eucalyptus Ave., across from JC Penny. The seminar will be held in the conference room on the 4th floor.