

The California College of Ayurveda is pleased to announce our new 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.

3rd THURSDAY Seminar Series 2012 7:00 – 8:30PM

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.

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.

Should you be interested in studying Ayurveda, classes are held here in Cerritos, or you may choose to learn in our Distance Learning Program or through our VedaWeb Live Internet Classroom.

<http://www.ayurvedacollege.com/>

CALIFORNIA COLLEGE OF AYURVEDA



Date	Presenter	Topic
Jan 19	Rob Talbert	Balancing the Winter Season
Feb 16	Sandhiya Ramaswamy	OJAS - Building immunity through Ayurveda
Mar 15	Vidya Venkatesh	Using Ayurvedic Remedies to Beat Spring Maladies
May 17	Marisa Laursen	Visualizations and Affirmations: How to Create the Life you Choose
Jun 21	Devi Muller	Healthy Hints for Keeping Pitta Cool in the Summer

All Events are FREE

No class in April due to NAMA conference

<http://ayurvedanama.org/conferences/>