

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.



Marisa Laursen, CAS

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.

CALIFORNIA COLLEGE OF AYURVEDA



CERRITOS 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.

November 19, 2009
7:00 to 8:30 pm

SANKHYA PHILOSOPHY: *The Foundation for Ayurveda and Yoga*

3rd THURSDAY Seminar Series

Date	Presenter	Topic
November 19	Marisa Laursen	<i>Sankhya Philosophy: The Foundation for Ayurveda & Yoga</i>
December 17	Rob Talbert	Intro: <i>Introduction to the Science of Life</i>

All Events are FREE