

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 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.

CALIFORNIA COLLEGE OF AYURVEDA



Date	Presenter	Topic
Sept 16	Mary-Alice Quinn	INTRO: Self Healing: An Introduction to Ayurveda
Oct 21	Rob Talbert	Cold and flu: Prevention and natural remedies
Nov 18	Eleni Tsirikas	Ayurvedic practices: herbs and foods to maintain optimal health & energy throughout winter.
Dec 16	Rob Talbert	Common spices and their therapeutic properties and usages
Jan 20, 2011	Eleni Tsirikas	How to manage stress using Ayurvedic remedies
Feb 17	Mary-Alice Quinn	Ayurveda for the Home: Creating Your Own Healing Environment
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

All Events are FREE