

Health and Wellness Classes

“Everyday Ayurveda”

Experience a fascinating journey into the vast, profound wisdom of Ayurveda, and learn how to apply it to your daily life!

Ayurveda, which literally means "the knowledge of life," is the oldest system of healthcare in the world. It has been practiced continuously for over 5,000 years, and addresses all aspects of body, mind and consciousness. Ayurveda is the sister science to yoga, and it utilizes the inherent principles of nature to maintain health and reverse disease. This amazing body of knowledge encompasses all aspects of life. As you learn the principles of Ayurveda, you are empowered to take control of your own health and well-being and to become your own self-aware healer!

Presented by Marisa Laursen, C.A.S.

Clinical Ayurvedic Specialist
Pancha Karma Specialist
Ayurvedic Yoga Therapist

All class times are 10:00 to 11:15 am
\$20.00 per class. Package of 5 classes - \$90
Drop-ins are welcome, but RSVP is appreciated

JUNE CLASS SCHEDULE

Friday, June 4

Who am I? How to understand yourself through the Ayurvedic eye

Friday, June 11

Quieting the Mind — the first step in disease prevention and mental harmony. But how to do it?

Friday, June 18

How to have a restful night's sleep (every night)

Friday, June 25

Tongue examination. What your tongue reveals about your health, and what to do about it.



SHANTI AYURVEDA

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JULY & AUGUST CLASS SCHEDULE



Friday, July 9

Aromatherapy: Custom design your own special fragrance blend to help you stay cool during the warm summer months!

Friday, July 23

Yoga & Ayurveda: Intertwining Sister Sciences. Find out what the relationship is between these two ancient sciences, and how together they address all aspects of body, mind and soul!

Friday, July 30

Ayurvedic Nutrition: Food as Medicine. Food is your first and most important medicine. Learn what this means and how to make healthful food choices based on the laws of nature.

Friday, August 20

Sankhya & Vedanta Philosophy
These two philosophies form the bedrock upon which Yoga and Ayurveda are built. Find out how they answer basic life questions such as why are we here? and where are we going?

Friday, August 27

Depression & Anxiety: Our lives are stressful, overwhelming, and at times even depressing. How to handle this without medications?

To learn more, please visit our website

PLEASE NOTE NEW LOCATION: (All classes held in new location)

14726 Ramona Ave., Suite 410-510, Chino, CA 91710 (classes held in 4th floor conference room)

Near Chino Hills Pkwy, across the street from JC Penny and Home Depot, next to Inland Hills Church