

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, C.A.S. is a Clinical Ayurvedic Specialist in Chino Hills and faculty member at CCA.

Topic Description: Yoga and Ayurveda address both sides of the same coin. Just what does this mean? Find out what the relationship is between these two ancient sister sciences, and how together they address all aspects of body, mind and soul!



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.

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.

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

Date	Presenter	Topic
May 20	Marisa Laursen	Yoga & Ayurveda Intertwining Sister Sciences
June 17	Devi Mueller	INTRO: "What does each dosha look like?"
July 15	Eleni Tsirikas	Herbs as Medicine-Food as Fuel. Learn the art of eating seasonally.
Aug 19	Devi Mueller	The Process of Disease; Getting to the Root of Imbalance
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.

All Events are FREE