

THE PHILOSOPHY OF YOGA

with **MARISA LAURSEN**

An Introduction to the Sankhya and Vedanta Traditions of India

Come learn about the principles that gave rise to our modern Yoga practice.

As a teacher, Marisa has an unrivaled gift for bringing the traditions of India to life in a vibrant and relevant way. This workshop is a MUST for Yoga Teachers, students of the Yoga Sutras, and all who would like a deeper understanding and appreciation of the philosophical seeds of our practice.

Saturday, October 15th

1:00 p.m.—4:00 p.m.

\$25 per person

All are welcome! This workshop does not include a physical asana practice.

Marisa Laursen, C.A.S., P.K.S., A.Y.T., C.M.T., is a senior faculty member with the California College of Ayurveda and also teaches Ayurvedic principles to students in the Teacher Training Course at the Sivananda Yoga Retreat, Bahamas. In addition to multiple advanced certifications in Ayurveda, Marisa is a Certified Yoga Instructor, a Certified Ayurvedic Yoga Therapist and has received certification in Yoga Nidra.

Marisa also has a Bachelor of Science degree in Human Services. For more information on Marisa and her clinical Ayurveda practice, please see www.ShantiAyurveda.com.



Just Yoga is located at 163 W. Ontario Ave., Suite 102, Corona
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