



healing with

Pranayam



Ajita Patel is a qualified Ayurveda Health Educator who is very passionate about the wisdom and knowledge of Ayurveda.

She has been teaching Pranayam & Ayurvedic cooking classes and is currently completing her Ayurvedic Health Practitioner degree at the California College Of Ayurveda.

A carefully guided on-going class that explores the powerful techniques of Pranayam and Meditation to bring more clarity, calm and health benefits. Learn the knowledge of Yogic breathing integrated with Ayurveda and Chakra meditation to tap into your own healing powers.

These sessions will motivate you to start your own practice at home and reap the tremendous benefits of daily practice to ...

- ॐ increase lung capacity
- ॐ reduce toxins in your body
- ॐ improve digestion and elimination
- ॐ improve concentration and memory
- ॐ relieve stress and quieten the mind
- ॐ improve self control and anger management
- ॐ learn to meditate effectively

Learn how to harness your life force and revitalize your body and mind.

Come join us for classes on Saturday morning from 6:30 to 7:30 AM at 26524 Avenida Veronica, Mission Viejo, CA 92691.

(Please do not eat breakfast before the class)

For more information and to register, please contact Ajita Patel at (949) 460-0163 or email niramaya@cox.net

All are welcome! From beginners to Yoga students.

No COST *(Registration required)*