

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 **Saturday** 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 Saturday
2013 Seminar Series
11:00 am – 12:30 pm

**LOS ANGELES / ORANGE
 COUNTY
 AREA CAMPUS**
 17100 Norwalk Blvd. Suite 108,
 Cerritos, CA 90703

RSVP:
sandhiya@ayurvedacollege.com
 949.391.7504

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.

Interested in pursuing an education in Ayurveda? Talk to the faculty member to learn more and visit the college website. Spring classes begin in March (weekend) and April (weekday) 2013

<http://www.ayurvedacollege.com/>

Date	Presenter	Topic
Feb 16	Sandhiya Ramaswamy	The Chakras – Balance your energy centers and heal your life
Mar 16	Rob Talbert	Understanding your Tongue - Basics of Ayurvedic Tongue Diagnosis
May 19	Vidya Venkatesh	Ten Essential Herbs for every Family
June 15	Marisa Laursen	The Use of Mantra for Health and Well-Being

*No seminar in April - Attend the NAMA conference
<http://ayurvedanama.org/conferences/>*

All Seminars are FREE

Come for the informative talk and join the faculty and seminar participants for a delicious lunch in Little India following the seminar