

The California College of Ayurveda is pleased to announce our on-going 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., P.K.S., A.Y.T. is a faculty member at the California College of Ayurveda and has a clinical practice in Chino, California.
www.ShantiAyurveda.com

**VISUALIZATIONS & AFFIRMATIONS:
HOW TO CREATE THE LIFE YOU CHOOSE**

Are your actions, thoughts, feelings, perceptions and beliefs all in alignment with the reality you wish to create? You demonstrate success or failure according to your habitual trend of thought.

In this experiential seminar, you will learn simple tools for creating the life you choose. Please bring pen and paper or journal.

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.

CALIFORNIA COLLEGE OF AYURVEDA



LOS ANGELES AREA 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
Feb 16	Sandhiya Ramaswamy	OJAS - Building immunity through Ayurveda
Mar 15	Vidya Venkatesh	Using Ayurvedic Remedies to Beat Spring Maladies
May 17	Marisa Laursen	Visualizations and Affirmations: How to Create the Life you Choose
Jun 21	Devi Muller	Healthy Hints for Keeping Pitta Cool in the Summer

All Events are FREE

No class in April due to NAMA conference

<http://ayurvedanama.org/conferences/>