

Ayurveda and Yoga

Intertwining Sister Sciences

with Marisa Laursen

Please join us as we explore the ancient sister sciences of Yoga and Ayurveda. These two sciences evolved alongside each other, and together they address body, mind and soul.

At this workshop you will gain an understanding of yourself in terms of the three doshas (vata, pitta and kapha), the energetic forces which govern the function of your body and mind.

We will explore the interplay between Yoga and Ayurveda, allowing you to discover how to utilize this profound, ancient wisdom to manifest health and harmony within your life.

Saturday, April 28th

1:00 pm - 3:30 pm

\$25 per person

All are welcome!

This workshop does not include a physical asana practice.

Yoga without the knowledge of Ayurveda is incomplete (and vice-versa) ~ please join us for an amazing opportunity to dive into this wisdom, empowering yourself to achieve higher states of health and well-being!

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. She also teaches the Ayurvedic Yoga Therapy program at the Sivananda Ashrams located in the Bahamas and Val Morin, Canada. In addition to multiple advanced certifications in Ayurveda, Marisa is a Certified Yoga Instructor, a Certified Yoga Therapist, Certified in Yoga Nidra, and has a Bachelor of Science degree in Human Services. Marisa maintains an active clinical practice in Chino. For more information, please visit www.ShantiAyurveda.com.

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