

Santa Cruz Ayurveda

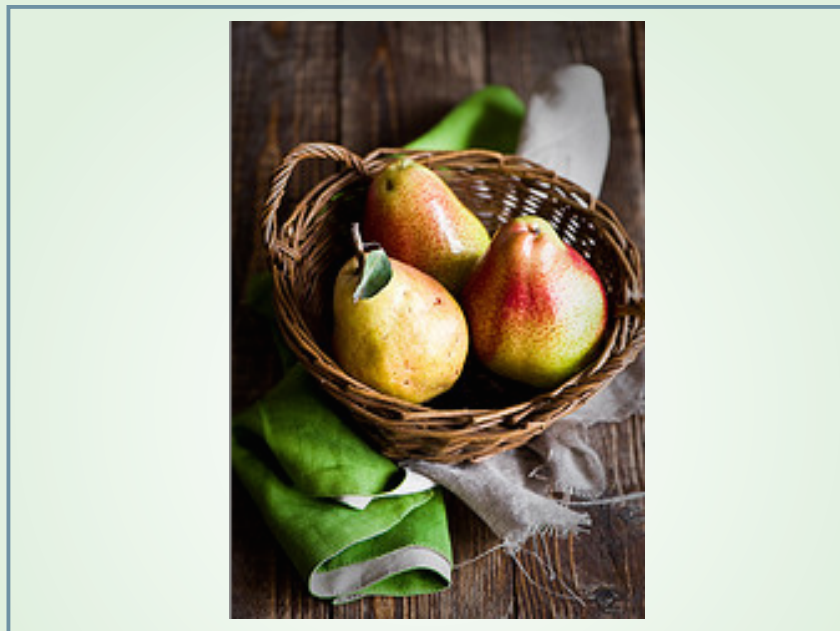
Ayurvedic Fall Workshop & Lunch

Presented by Manish Chandra (Santa Cruz Ayurveda)

At the West Side New Leaf Market :: 1101 Fair Ave, Santa Cruz, CA

Cost: \$30 (Includes workshop & lunch)

SATURDAY NOVEMBER 15th (10am-1pm)



For further information or to sign up for the workshop please contact 831.295.6279

or go to www.SantaCruzAyurveda.com



FALL SEASONAL TIPS

In this workshop we will discuss an Ayurvedic approach to health and healing, highlighting seasonal tips to keep you in balance & harmony. This workshop will include body type assessment, diet, lifestyle and seasonal tips based on individual constitution. A freshly prepared Ayurvedic lunch will be shared at the end while we talk about the properties of some of common herbs and spices that can help to nourish and balance. Take a step towards empowerment in your healing. Come join us!