

Ayurveda—the key to healthy and balanced living *workshop*



WHAT DO YOU LEARN AT THE WORKSHOPS?

- **BAISIC CONCEPT OF TRIDOSHA**
- **KNOW YOUR CONSTITUTION**
- **LEARN ABOUT DIFFERENT HERBS AND SPICES**
- **AYURVEDA HERBAL REMEDIES FOR COMMON AILMENTS**
- **AYURVEDIC COOKING FOR SELF HEALING**

The healing system of Ayurveda, literally translated as the science of life, is one of the oldest medical systems in the world. It is a source of profound knowledge for promoting and maintaining good health, curing disease and increasing longevity. This workshop will provide an introduction and overview of the basic principles of Ayurveda with practical techniques for applying them in daily life.

All the workshops are very informative and literature will be handed over at the end.

CONTACT ME TO BOOK A PLACE FOR NEXT AVAILBLE WORKSHOP AS AN INDIVIDUAL OR AS A GROUP.

FEE— £ 20 + RECIPE BOOKLET

 www.ayurvedaheaven.com

 <http://ayurvedaheaven.blogspot.co.uk>

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 <https://www.facebook.com/Livewithayurveda>

Dr.(Vaidya) Kanchan Sharma is a qualified Ayurveda consultant, practicing in the field for past 14 years. She has arranged several seminars, workshops on Ayurveda and she loves to continue her passion to spread the Knowledge of this beautiful Science of life



called AYURVEDA.

“Kanchan makes her classes interesting and fun in a professional way” - J.STERLING

“Our ladies club has enjoyed her class, it was nice group activity at the end of workshop” -MRS.D .RAJGORE

