

Ancient Ayurvedic Wisdom for Modern Life (2 parts)

**1. Nutrition/Food as Medicine Sat.
Jan. 6th, 1-4pm**

**2. Five Keys to Breaking Habits
Sat. Feb 24th, 1-4pm**

Community Room, Crazy Wisdom, AA



Nutrition/Food as Medicine - Jan. 6th

- Why Ayurvedic medicine is the key in understanding the causes of disease and symptoms and how to heal from inside out.
- Learn how to navigate the nutrition/food maze with time-tested knowledge and wisdom
- Eat right for your constitution and imbalances
- Curve the cravings by adding 6 different tastes in your food
- Gain an insight into the weight imbalance and cravings
- Learn the food combinations, timing of meals
- The must haves in your kitchen to turn your kitchen into a pharmacy.

5 Keys to Breaking Habit Patterns - Feb. 25th

- The hidden causes of repeating habit patterns
- Discovering your deep beliefs that are operating in your life
- Learn how to become aware of the patterns
- How to identify the blockages and become more aware
- Learning how to shatter the old paradigm and create a new one
- Healing at the subconscious chakra energetic level.

Cost: \$47 per workshop or \$77 for both (includes all handouts/worksheets)

Confirm your spot by emailing/calling and mailing your payment.



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