



Introduction to Ayurveda

By: Dr. Vijay Jain, Integrative and Ayurvedic Physician

www.mindbodywellnessflorida.com

www.iu-ya.org

Free information session covering the basic principles of Ayurveda and to introduce our upcoming Ayurvedic Lifestyle Consultant Certification Program starting August of 2019.

Sunday June 30, 2019: 3:30 PM – 5:30 PM

Concierge Yoga & Wellness

213 S. 2nd St.

Flagler Beach, Florida

Ayurveda is the art of healthy living that enables us to create harmony in daily life by applying self- knowledge and self-care. The word, Ayurveda, is from the ancient Indian language, Sanskrit, and literally means "Knowledge of Life". It is a system of lifestyle. Ayurvedic principles teach us that we are capable of taking charge of our own life and healing. These principles teach us how to stay in balance, prevent disease, and live a happy, healthy and prolonged life.

Ayurveda may come from ancient texts, but these principles are just as applicable today in our society as they were when they were originally recorded in India. Ayurvedic living occurs when we recognize our basic nature and live according to this true self.

The Ayurvedic approach to life involves listening to and addressing the unique needs of our bodies, recognizing and balancing our mental and emotional states and deepening our connection with our spirit our essential self.

Email: Michele at Michele@vijayjainmd.com to register or call 386-627-6075

For more details of the training; please go to our website: www.iu-ya.org