

Ayurveda ~ Sharing its secrets to bring balance



Do you want to bring more balance and harmony into your life? Join us at the DRIFTLESS MARKET for a series of sessions exploring the concepts and practices of Ayurveda. Ayurvedic medicine has been practiced in India for over 5000 years with principles to prevent disease, maintain health and bring rejuvenation to the body/mind/spirit. It's about living in harmony with your own nature/constitution.

Join Mary Ann Shultz, Ayurveda Educator

Tuesdays from 5:30 – 7:00pm

Driftless Market lower level - 95 W Main Street, Platteville

Pre-registration is requested. You must attend the Basics session to continue the series.

Dates/Topics:



Tuesday April 2nd ~ Ayurveda Basics - Come learn what VATA, PITTA, KAPHA mean and how they influence your basic nature/constitution. We'll also explore how they manifest in your body in a healthy balanced state and what they look like when you are out of balance. We'll share general/simple ways to bring balance. Cost – **FREE**



Tuesday, April 9th ~ Spring Season - Foods & lifestyle practices to maintain health in the spring months from an Ayurvedic perspective. Cost- \$15



Tuesday May 7th ~ Ayurveda Basics - Come learn what VATA, PITTA, KAPHA mean and how they influence your basic nature/constitution. We'll also explore how they manifest in your body in a healthy balanced state and what they look like when you are out of balance. We'll share general/simple ways to bring balance. Cost – **FREE**



Tuesday, May 14th ~ Summer Balancing - Foods & lifestyle practices to maintain health in the summer months from an Ayurvedic perspective. Cost- \$15

***Presenter: Mary Ann Shultz MS, Massage Therapist, Ayurveda Educator
Studied Ayurveda at Kanyakumari School in Milwaukee, WI (2009)
and Ayurvedic Institute in Albuquerque, NM (2011-2012)***

