

AYURVEDA

WINTER WELLNESS WORKSHOP

with Nikela Owens

Ayurveda, an ancient Indian medical system, is the sister science of yoga. It leads to physical, emotional, and spiritual balance.

- Explore the doshas- biological energy patterns
- Discover what doshas govern your own life
- Discuss which foods are best for your energy pattern
- Learn remedies to cope with the Winter season
- Experience a yoga flow/meditation guided by Ayurvedic principles

Saturday, January 25th 3:30 – 5:30 pm

\$30 pre-registered \$35 at door

Please bring comfortable yoga clothes, mat, pillow, notebook, and pen.



Nikela (Nikki) Owens, Ph.D., ERYT, AYS, is an experienced educator, Registered Yoga Teacher, and a certified Ayurvedic Yoga Specialist, who has completed Healing Touch Level 3. An eternal learner, she is currently pursuing trainings in modalities of healing and wellness.

