

A Workshop at The Old Gallery of Allenspark, CO:

Healing Ourselves, Healing Our World

Tools for Life and Health from Ayurvedic Medicine and Yoga

(SAT JUNE 17) 11:00-1:00 and 2:00-5:00

Taught by Sarasvati Buhrman, Ph.D.

Human Life, as understood through the different classical traditions of Yoga, involves physical, mental, spiritual, and social dimensions of existence. A balanced life is one which addresses all of these.

Specific practices of the different branches of Yoga, as well as the dietary and lifestyle practices of Ayurvedic medicine, are designed to address these different aspects of our being, to help us achieve physical, mental, emotional, spiritual, and social health.

In this one day workshop, we will touch upon each of the following aspects of Yoga:

- Yogic breath and various meditation practices
- Relating to our world: the ethical precepts of Yama and Niyama
- Asana (yoga postures) and deep relaxation practices for healing
- Ayurvedic Healthy diet and Lifestyle practices

Cost: \$35 or donation (no one will be turned away due to financial constraints)

Location: The Old Gallery, Highway 7, Allenspark, Co is approximately 45 minutes from Boulder and 20 minutes from Lyons and Estes Park. Please bring a Yoga mat and meditation pillow if you have one. Leave a message at Dr. Buhrman's office [303 443 6923](tel:3034436923) if you would like to attend.

Sarasvati Buhrman is an Ayurvedic Medicine Practitioner and Teacher, Classical Yoga Therapist in practice in Colorado since 1987; RYT-E 500; C-IAYT; Practitioner member of the National Ayurvedic Medical Association; World Council of Yoga member, member of the Vairagi Yogic monastic order.

