

AYURVEDA SPRING KITCHARI CLEANSE



Spring Cleaning

7 DAY CLEANSE

Includes information on cleansing foods, herbs and oils. Learn about new ways to think about foods and find ways to balance your life with the 20 attributes in yourself and nature.

- ▶ Intro to Ayurveda
- ▶ Understanding your Constitutions
- ▶ Foods for your Dosha
- ▶ Introduction to oil bath, neti and other Ayurvedic techniques.

When: April 2, 2016

COST: \$54.00

For location and more details

contact: Meghan at meghanroseK@gmail.com

Mary has studied Ayurveda in India and PA and is an Certified Ayurvedic Consultant from the *Institute of Ayurvedic Studies*.

She was Authorized to teach Ashtanga Yoga in 2007 by KPJAYI Pattabhi Jois and Sharath Rangaswami.

She has an MFA from Queens college in Painting and continues to paint and practice and study Shamanism to keep her heart open and close to the Divine.