

Jivamaya | YOGA THERAPY

Presents 'It's Ayurveda'!

A delicious 50-hour, 12-week, IAYT compliant online Ayurveda course that will allow the student to both learn AND experience these exquisite teachings.



We will explore together:

The importance of Rta (rhythm)

The 5 Elements, 5 Senses,

Tri-Doshic and Tri-Guna Theory's

How to discern the best foods and lifestyle choices for each constitution

Ayurvedic self-care practices that allow for a deeper sense of Self and assist in finding *the healer within*

How to integrate these teachings into our unique yoga therapy practice.

Taught by: **Abby Abhaya Geyer**, C-IAYT, AWC

For more information, visit: www.jivamaya.com

Or contact: **Abhaya** at jivamayayoga@gmail.com



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