

Art of Mindful Eating Through the Year - Ayurveda Workshop

Ayurveda, an ancient science of healing means 'the knowledge of life' or 'the science of life'. It is a philosophy of holistic healing which recognizes that we are all an inherent part of nature. The recognition and practice of the natural principles of Ayurvedic system help people maintain health by bringing them in harmony with nature and leading them into equilibrium with their true self.

Diet is an important part of living healthy. As we enter a new year, here is a simple but proven way to keep ourselves healthy and in balance.

- Ayurvedic Nutritional guidelines for year around
- Learn to eat what is right for different seasons through the year
- Learn to make balanced meal choices even with busy schedules
- Sample ayurvedic kitchari and soup will be served.
- POTLUCK! Welcome to bring a vegetarian dish of your choice (drop us an email if you are bringing one)
- **50% off your Ayurvedic Consultation**

Saturday Jan 28th 2012

Time: 1:30 – 3:30 pm

Cost: \$40.00

Speaker

Ritu Bhalla B.A.M.S, LMTi

Ritu has studied Bachelor of Ayurvedic Medicine and Surgery degree from India. She specializes in helping clients manage asthma, allergies, arthritis, diabetes etc. through consultation, simple ayurvedic supplements & ayurvedic therapies.



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