



WHISTLER HEALING ARTS

Presents: AYURVEDA IN WHISTLER 2005

Women's Wellness Workshop

Join us to explore the qualities of daily, monthly and yearly cycles to assist our bodies in rebalancing, through diet, lifestyle and yoga! We will explore the imbalances of PMS and peri/menopause that maybe disrupting monthly and yearly cycles. Women of all ages are welcome, to learn how Ayurveda can assist in balancing the cycles of life.

Saturday Morning

Join in to learn the basics of the Ayurvedic bodily constitution and how Ayurveda looks at the systems of the body, focusing on the female reproductive system – Artava. We will also discuss Kala(Time) in the seasons of our life.

Saturday Afternoon

The afternoon we will learn about the imbalances of our cycles and how they are categorized in Ayurveda. The afternoon will end with a yoga session, pertaining to reproductive health.

Sunday Morning

The morning will include discussions of ways to balance thru food choices and lifestyle.

Sunday Afternoon

The closing session will include a review and practice of the yoga poses and pranayama.

Whistler Healing Arts
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