

SUSQUEHANNA YOGA  Presents

Ayurvedic Workshop

With

Diane Finlayson, E-RYT 500, Integrative Yoga Therapy

Ayus– life Veda– related to knowledge or science

Ayurveda is a system of traditional medicine native to the Indian sub-continent and practiced elsewhere as a form of alternative medicine.

We will discuss the prevention of all types of disease and the restructuring of lifestyle to align with nature and the seasons. We will also do a Sense Cleansing to prepare for Spring.



Date– Sat. March 13 / Time– 2:00-4:00pm / Cost- 40.00

Location- Susquehanna Yoga Studio

12-A W. Aylesbury Rd., Timonium MD 21093

***Sign up in the office or online or by
calling 410-308-9950***

See www.Syoga.com