



Evergreen

Ayurveda & Yoga

Susan@JourneyYoga.com

Ann@LighthouseAyurveda.com



4 Sessions:

January 25

February 22

March 29

April 26

\$300 for all 4 days

The Bodhi Tree Studio
3430 SE Belmont Street

10 am to 5pm

Yoga Alliance CE
credits available

Integrate Yoga & Ayurveda in four Sunday sessions. Learn to use yoga, the breath and daily routines for seasonal (Dosha) balance. Expand your Yoga practice with a deeper understanding of Ayurveda. First learn an overview of Ayurveda and Yoga. Each of the next three classes will focus on each of the Doshas: Vata, Pitta and Kapha. Yoga Alliance Continuing Education credits available.

Class
Size
Limited

To Register, Call
Susan: 503-206-8135

To Register, Call
Ann: 503-890-2105

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Susan: [503-206-8135](tel:503-206-8135)

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Lorem Ipsum Dolor
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