

J U N E 2 0 1 7

# Yoga Veda

Yoga Sutras for Each Dosha

Friday from 6 - 8 pm

June 9th

049 SW Porter  
Street, Room #305



**Second Fridays from  
6 – 8 pm**

Ayurvedic Practitioner and Yoga therapist and teacher Ann Wagoner will discuss how combining Ayurveda and Yoga Philosophy can lead to better health, happiness, mental clarity. A closer look at the words of Patanjali and Charaka can give us great insight into unconditional love and awareness of each moment.

Do some words of wisdom resonate more for you than others? Discover which studies and practices are best suited for your constitution (Ayurvedic Dosha). Patanjali is the author of the Yoga Sutras. Charaka is the ancient author of the Ayurveda Samhita. Learn about the best approaches for you this summer to move to new levels of bliss. (Based on the teachings of Rama Jyoti Vernon).

## Yoga, Ayurveda and Pranayama

### **Ayurveda**

Sample foods and spices that provide balance in the summer season.

### **Register**

To register, call:  
Ann, 503-890-2105  
or email: [ann@lighthouseayurveda.com](mailto:ann@lighthouseayurveda.com). Walk-ins welcome.

### **Pranayama**

Learn  
breathing  
practices for  
meditation.