

Ayurveda & Yoga Therapy Clinic

Return to Balance ~ Maintain Wellness

Affordable and private Ayurveda & Yoga Therapy Sessions

With RYT-300 hour interns:

Rachel Owen, LMT, Certified Ayurveda and Yoga Teacher

Elyssia Schaeffer, Nutritionist, Certified Ayurveda and Yoga Teacher

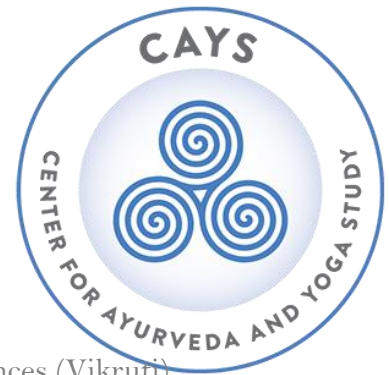
Supervised by:

Ann Wagoner, Certified Ayurvedic Practitioner, E-RYT-500*

One 2-hour Initial Consult
+
Two 60 Minute Follow-ups



For
only
\$120!***



Includes:

- Detailed history intake
- Ayurvedic evaluation of pulse, tongue, eyes, skin and nails
- Assessment of Ayurvedic mind-body type (Prakruti) and imbalances (Vikruti)
- Personalized Ayurvedic plan for diet, health routines, Yoga, breath work & meditation

Saturday October 21st, 2017

Openings at 10am, 1pm and 2:30pm

The Nest

2153 SW Main Street Suite 202, Portland

Call or email Ann by Saturday Oct 15th to schedule

503.890.2105

ann@lighthouseayurveda.com

Ayurveda is the 5,000 year old wisdom of healthy living. It is a way of natural healing and emphasizes maintaining the harmony of body-mind-spirit through diet, life style and natural herbs. Student interns and supervisors are not licensed physicians, nor are Ayurvedic services licensed by the state. In Ayurveda the emphasis is not on disease diagnosis but on maintaining the balance of the individual's constitutional nature, or Dosha, so Ayurvedic treatments are never one size fits all, but custom tailored for each individual.

*Your visit is closely supervised by Center for Ayurveda and Yoga Study faculty, Ann Wagoner. Ann is an Ayurvedic Practitioner, CAP, from Mount Madonna Institute and an E-RYT-500 Yoga Alliance certified yoga instructor.

**This special is only valid through October 21st, 2017. Sessions can be paid for separately.