

Support new growth

on your healing journey

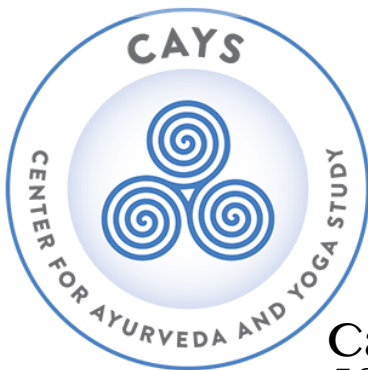
with affordable and private

Ayurveda & Yoga Therapy Sessions

3 VISITS FOR ONLY \$145!

Nutrition • Yoga Therapy • Meditation
Breath Work • Herbal Medicine
Daily Self Care Routines

Saturday June 9th, 2018 @ The Nest*
2153 SW Main Street Suite 202 Portland, Oregon



Hosted by

Center for Ayurveda and Yoga Study teachers:
Ann Wagoner, Certified Ayurvedic Practitioner
Rachel Owen, LMT, Ayurveda & Yoga Teacher
Elyssia Schaeffer, Ayurveda & Yoga Teacher

Call or email Ann for details and registration
503 890 2105 ann@lighthouseayurveda.com

*This is a monthly offering, please contact Ann to schedule future dates!