

# Ayurvedic Nutrition Workshop

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*Cooking to Nurture your spirit within*

**The first level of well being is a healthy digestive system**

**What you eat and when you eat is important to your vitality**

**Ayurveda offers simple guidelines to produce and maintain  
a healthily state of being through nutritional choices**

**Begin to make food choices from an energetic perspective**

**Discover how the energetic qualities of food and herbal choices affect your  
vitality and well being.**

**Acquire the knowledge you need to attain wellness for yourself and your  
family by understanding your Ayurvedic Constitution (Prakruti)  
and Imbalance (Vikruti).**

Ayurveda is an Ancient method of natural healing originating in India. The very basic teachings of Ayurveda are simple. The simple rule of opposites apply, if something is hot, balance it with cold, too dry balance it with moisture, too cold, balance it with hot. When one expands this principle to food, climates, relationships, personal constitutions a whole new perspective of how to live in harmony emerges.

If we begin to understand our physical, emotional and spiritual constitution (dosha) as seen from the Ayurvedic perspective we will have a very powerful tool in supporting our true nature. Food is one of our strongest allies in creating an environment that our body/mind can thrive in the abundance of harmony, grace and vitality.

*~Recipes, essential oils, herbs, home remedies and more~*

**November 14, 2009 10a -2p \$75.00 Lunch Provided (Ayurvedic Buffet)**

**Or**

**January 30, 2009 10a-2p \$75.00 Lunch Provided (Ayurvedic Buffet)**

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**Location: The Healing Space 78683 Avenue 42 #A, Bermuda Dunes, California**

**Instructor, Kathleen Shyptycki, Clinical Ayurvedic Specialist**

**Reservation - 760-831-5841 (Seating Limited) \$25.00 non refundable deposit**

**[www.kathleenswellnessctr.com](http://www.kathleenswellnessctr.com)**