

An Introduction to Ayurveda: Yoga and the Wisdom of Life



The ancient system of Ayurveda (“Ayuh” *life* and “Veda” *knowledge*) maintains that knowledge of life comes through observing the wisdom of Nature. The first and most fundamental precept of Ayurveda is that everything that exists in the external universe has its counterpart in the internal universe of the human body. As such, just as Nature is a composition of the five elements: Earth, Water, Fire, Air, and Ether, so are we. The specific ways in which these elements pattern and permutate in us, gives us our unique constitution or *dosha*. Once we discover our dosha and connect with the source balance and wellbeing, we can learn to care for ourselves through this system of mind-body medicine that weaves beautifully with the multidimensionality of our yoga practice. In this workshop we will explore:

- * What is Ayurveda and what are the fundamental axioms of this mind-body medicine.
- * Determine your individual constitution, both mentally and physically.
- * Explore self-care according to your dosha:
 - What are your tendencies for imbalance and where do they show up.
 - Daily/seasonal routine of diet, exercise, and yoga practice.
- * The perfect marriage: Ayurveda for self-healing and Yoga for self-realization.

Saturday March 20th
Enso Yoga Studio,
Half Moon Bay
1-4:30 pm
Investment \$55
Contact:
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Natalie discovered yoga in 2001 just after completing her Bachelors degree in Neurobiology and Physiology from the University of California, Davis. Yoga was an immediate fit, a coming home; it satiated her scientific fascinations with the body and provided a container in which to explore the subtler realms of being. She has travelled and studied with various teachers across the U.S. and internationally, including the late Sri K. Pattabhi Jois in Mysore, India. Until this day, Natalie continues to study under the tutelage of her primary teacher, Bhavani Maki in Kauai, Hawaii. She has been a Registered Yoga Teacher (RYT) since 2003 upon completion of her training with Greenpath Yoga and in 2009, she received a certificate in Yoga Philosophy from the California Institute of Integral Studies. Natalie's challenging yet compassionate classes range from fun and playful vinyasa flow sequences to more refined and exacting explorations into the depths of body and being that faithfully reflect her passion for life and commitment to transformation.