

Fall Wellness Workshop

The Wisdom of Yoga and Ayurveda

Saturday, November 2 4:00-6:00 pm

Fall Wellness Workshop

According to Ayurveda, Fall and early winter are VATA season. Certain characteristics predominate this time of year: dry, light, cold, rough, subtle, mobile and clear. As a result, skin, hair, nails and eyes become dry. Feet and hands can become cold. Health wise, we experience constipation, lower back pain and aching joints. Mentally, nervous energy, anxiety and insomnia can increase.

Does this sound familiar?!

In this workshop you will learn:

- How to recognize Vata aggravation
- A simple detox you can do to transition from summer's heat to autumn's coolness
- Why it's important to eat with the seasons and what foods to choose this time of year
- How to prepare for the temptations and stresses of the holiday season
- Daily practices to keep you healthy throughout fall and winter

You *can* lessen Vata's effects through diet, yoga and lifestyle choices so you can feel great this Fall!

Bring your yoga mat or borrow one of ours. Dress for movement and relaxation. All yoga teachers will receive a certificate for 2 hours of continuing education credit.



**\$50 in advance
or
\$60 at the door**

**Cash, check payable
to Janet Parachin
PayPal to
jparachin@cox.net
Venmo to
Janet-Parachin**

Janet Parachin has been following the health guidelines of Yoga and Ayurveda for many years and believes she is healthier for it! She has been teaching Yoga and Ayurveda for over 20 years and is delighted to share what she has learned with others. She presents the information in such a way that it is easy to understand, practical and can be applied immediately. She believes that the body wants to be well and that we can assist it by accessing our own inner healer.



Location and Contact Information:

Tulsa Yoga Meditation Center
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In the Farm Shopping Center at 51st
and Sheridan Rd
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