



High Desert Yoga presents

# Yoga for Your Dosha

with **Melissa Spamer, MA, ERYT, C.Ay.**

Yoga and Ayurveda are sister sciences that, when practiced together, create a complete method for self-transformation and harmonious living. According to Ayurvedic principles, a Hatha Yoga practice ideally complements a person's inherent constitution or dosha. Every yoga asana affects the delicate elemental and energetic balance which is at the heart of Ayurvedic medicine. This workshop will explore a variety of yoga asanas by virtue of how they may affect the three doshas—Vata, Pitta, and Kapha. We will look at which elements are embodied, their corresponding directional energy (the prana vayus), and the gunas or qualities that are evoked through the practice. We will also discuss daily and seasonal rhythms that can have an effect on our practice. You will take away a better understanding of which asanas may be more balancing for your individual constitution and peace of mind.

**Saturday, September 7, 2019      2:00–6:00 PM**



*Vata*



*Pitta*

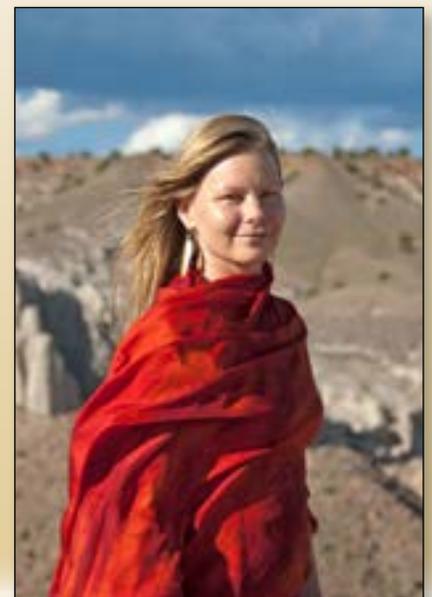


*Kapha*

**\$55 plus tax pre-registered • \$65 plus tax at the door**

Melissa Spamer, MA, C. Ay., has been practicing yoga for more than 25 years and consistently teaching for more than 20. Melissa is a graduate of the renowned Ayurvedic Institute in Albuquerque, New Mexico. She has been teaching the principles of Ayurveda for the past 14 years and offers both Ayurvedic consultations and treatments to bring balance to the body, mind, and spirit. She has completed extensive yoga studies and trainings in the US, Greece, India, and Bali. Her approach to yoga is based on the foundational principles of Ayurveda. Melissa incorporates the principles of Ayurveda in her teaching of yoga asana, merging the two sister sciences. She maintains a private yoga therapy, Ayurveda, and counseling practice in Santa Fe.

To learn more, visit her website: [www.melissa-spamer.com](http://www.melissa-spamer.com).



**High Desert Yoga**

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