

Introduction to Ayurveda

For the Yoga Practitioner

Saturday, October 13, 2018 2:30-5:30pm

\$55 + tax pre-registered

\$60 + tax at the door

This workshop will include the following:

- Ayurvedic theory based on the 5 elements
- Gunas, or the 20 qualities of our material world
- Doshas – Understanding your unique constitution of Vata, Pitta, & Kapha
- Agni – Our digestive intelligence
- Ama – Accumulated toxins
- The importance of your dinacharya – daily routine



Ayurveda means the “science of life.” This workshop will give you a general overview of Ayurvedic principles and how to apply them to the whole of your own life, as well as your Yoga practice. We will review the theory of the elements, as well as the gunas (or qualities) of these elements and apply them to your environment, diet, lifestyle, and Yoga asanas. This will then lead us into an understanding our own unique constitution (or dosha). The doshas will be described, as well as ways that will create balance or imbalance. Within our understanding of Ayurveda it is important to have some knowledge about agni (our digestive intelligence) and ama (accumulated toxins). We will learn the basics of how our own agni and ama really determines our state of health and well-being within our physical make-up based on doshic balance.



Melissa Spamer, M.A. ERYT, C. Ay. has been practicing Yoga for more than twenty five years and consistently teaching Yoga for twenty years. Melissa is a graduate of the renowned Ayurvedic Institute in Albuquerque, New Mexico. She has been teaching on the principles of Ayurveda for the past 13 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 very intuitive and organic. 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

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