

YHEALTH & WELLNESS

Nutrition Lecture

Ajita Patel

Ajita is a certified Ayurveda Specialist and offers Ayurvedic consultations, teaches Pranayam, Meditation and cooking classes. She also conducts workshops to promote wellness and a balanced lifestyle. Ajita graduated from the California College of Ayurveda and practices at the Medical Ayurveda Rejuvenation Center in Newport Beach.

Introduction to Ayurveda

Ayurveda is a holistic system of healing with a track record of over 5000 years. It's goal is to maintain good health and to heal disease in order to connect with our true divine nature and live in harmony with the laws of nature. Using a variety of natural therapies such as appropriate diet, yoga, meditation, herbs and body therapies, Ayurveda guides us on the path of greater self awareness and self healing. Scientific research now validates the effectiveness of Ayurveda with weight loss, chronic diseases, pain management as well stress related health issues. Come and learn how this sister science to yoga can improve your health.

Topics covered:

- Origins, philosophy and tools of Ayurveda.
- Recognizing your natural constitution and signs of imbalance.
- Understanding and addressing the root cause of disease.
- Daily practices to increase vitality and to stay healthy.

Lecture	Details
Date:	Thursday August 12 th 2010
Time:	6 to 7:30 PM
Place:	Saddleback Valley Conf. Room

FREE to YMCA facility members

\$10 for guests and program members

*all proceeds will benefit the YMCA Partner's Fundraising Campaign

R.S.V.P. is not necessary but it is appreciated.



FREE LECTURE!

RSVP to Elise Ho
eho@ymcaoc.org

Saddleback Valley YMCA
27341 Trabuco Circle
Mission Viejo, CA 92692
(949) 705-8867 • www.ymcaoc.org

