Managing

Hypothyroidism

With Ayurveda

Ajita Patel C.A.S. has been teaching Pranayam for the past 2 years and is in private practice as an Ayurveda Consultant in Orange County. She has received her training from the California College of Ayurveda, American Vedic Institute, Swami Ramdev Patanjali Yog Peeth, Poonthotum Ayurveda ashram in Kerala and AVP hospital in Coimbatore, India and with Dr. Vasant Lad. and many other masters.

Gain a better understanding of how thyroid disease directly impacts all aspects of one's physical and emotional well being. Learn how an integrative approach using Ayurveda and conventional medicine can address the root cause and symptoms with a customized treatment plan that uses food as medicine, Yoga Asanas, Pranayam and herbs to strengthen your entire body. Come to this workshop if you suffer from:

- *Fatigue and need for more sleep.*
- *Moderate weight gain or inability to lose weight.*
- *Cold intolerance.*
- *Dry skin, hair loss.*
- *Joint and muscle pain.*
- *Constipation.*
- *Heavy or irregular or painful menstrual periods.*
- *Depression and irritability.*
- *Slow movement, fuzzy thinking or poor memory.*
- *Yellowish or pale skin or dull expression.*
- *Slow or irregular heart rate.*

April 30th 2011 1-3 PM

Lotus 7 Yoga

29941 Aventura, Suite. F,
Rancho Santa Margarita, CA 92688

Call: (949**) 460-0163** or email: **ajita@healingwithayurveda.com**

Cost $15 (Pre-registered) or $20 at the door

REGISTRATION Required