

# INTRO to AYURVEDA



## 1-Day Workshop: Intro to Ayurveda ayus•veda: life-science

Explore the fundamentals of India's 5000-year old holistic health system, Ayurveda, known as the "sister science of yoga." In this workshop, you'll learn to identify your mind-body constitution to determine specific wellness practices that bring balance to your mind and body. Movement, breath, and meditation are incorporated throughout. Workshop fee is \$60/person via Venmo or PayPal to Simple Soul Yoga. Space is limited to 7 people, so pre-registration is required. Questions: Michelle 603.769.1491 or [michelle@simplesoulyoga.com](mailto:michelle@simplesoulyoga.com)



venmo

**Sunday, April 19**  
**1:00-4:00pm**  
at Simple Soul Yoga in Amherst, NH

**Katie Acerbi** has been a student of Yoga since 2012 when she serendipitously found herself in a yoga class for college credit. She was immediately engrossed by the spiritual and physical coalescence. Over the past ten years, she has become a RYT - 200 hour Kripalu Yoga Teacher, a RYT - 300 hour Advanced Teacher of Therapeutic Yoga with specialization in Ayurveda, and a certified personal trainer and nutrition coach. She lives by Kripalu's foundational teaching, "the highest form of spiritual practice is self-observation without judgement."



