



Ayurveda made Easy

Discover your Dosha

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Welcome to Ayurveda!
(The sister science to yoga)

The doshas are 3 energies that are made from 5 great elements: space, air, fire, water, earth. We have all three of the doshas in us, but one or two will be most dominant. When we understand which dosha governs our body-minds the most, we can craft our diet & lifestyle to suit our individual needs. When our doshas are balanced for who we are as unique individuals, we will enjoy optimal health!

Join Kimberly for a light hearted lecture of self discovery!

Sat. May 14, 2:00-3:30

\$35

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