



EARTHEN LIVING

presents a workshop on

LIVING AYURVEDA

Join me for an introductory workshop on Ayurveda, an ancient Indian system of healthcare and its relevance to you, today.

Workshop Contents

What is Ayurveda

Know more about the basic principles of Ayurveda



Know your Dosha

Learn more about your own constitution

Living Ayurveda Everyday

Know simple, small ways to incorporate Ayurveda into your daily life for bigger gains in mind and body health.

Apart from this you can also take home with you some simple Ayurvedic recipes and home remedies to common health issues

MARCH 7TH, 2020
11AM – 12:00 PM

HOLLY LODGE
COMMUNITY CENTRE,
30 Makepeace Avenue,
N6 6HL

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