

Memory in Yoga & Ayurveda

Pat Layton & Kathleen Wright

Sunday, August 18

9 – 10 am: Asana

10:15 am – 1 pm: Lecture

1 pm: Samosas & chai

Full workshop: \$72

Asana only: \$20



Modern science defines many different types of memory depending on different types of brain functions and based in neuronal connections. Yoga and Ayurveda define memory as less physical and more psycho-spiritual as memory is located in the subtle body according to the sages.



In this workshop we will examine memory from both the scientific and Vedic perspectives. We will then look at how to maintain and improve our memory according to Yoga and Ayurveda as well as holistic modalities from the western perspective. These modalities will include diet, lifestyle, and herbal preparations.

Join Kathleen for asanas to refresh the mind prior to Pat's lecture.

Pat Layton has been an initiate of the Himalayan Tradition since 1974. She recently spent six months at SRSG Ashram in India as a Seva Sadhaka, doing service and practice. Before retiring she taught Ayurveda Practitioners for 20 years in California and Milwaukee and Garden of Yoga/Bhavana Institute for Yoga and Ayurveda.



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