



An Introduction to Ayurveda

Free Informational Talk!

Timeless wisdom for modern, healthy living.

Come dive in and learn about the basic principles of Ayurveda including the forces that make us who we are, which diet and lifestyle practices are best for your unique constitution, and how you can utilize diet, colors, aromas, sounds and touch to restore balance in the body, mind, and soul.

"Nothing is right for everyone, but everything is right for someone. Ayurveda is the path of understanding what is right for you."

Ayurvedic refreshments and snacks will be provided!

By: Kayla Miller, A.H.C. Intern

Saturday, April 7th, 2:00 p.m.

Library Technology Lab



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