

Kai Yoga Arts presents



Ayurveda – The Yoga of Life

Venue: Kai Yoga Arts Studio
Dates: Saturday, October 2, 2010 / 8:30am – 4:30pm
Sunday, October 3, 2010 / 2:00pm – 8:00 pm
Fee: \$250.00
Instructor: Karen

AYUR' in Sanskrit means 'Life' or 'Longevity' and 'VEDA' means 'Science' or 'Knowing'.
Ayurveda can be described as 'The Science of Life or Longevity' or 'The Yoga of Life'.
Ayurveda and Siddha, provide the knowledge and the tools to allow you to experience your
'life-span' to its fullest extent for very specific purposes.

In this workshop you will learn:

- How and Why we are Different and Unique
- The Goal and Purpose of Ayurveda
- The Five Great Elements & Their Attributes
- The Tri Dosha – Vata; Pitta and Kapha
- Ayurvedic Dietetics & Treatment
- Ayurveda and Yoga - A Video Screening
 - Recognizing the Constitution
 - How to Manage our Constitution
 - The Ego
 - The Various Types of Yoga
 - How to use Information to Help Your Life
 - Karma
 - How Ayurveda Determines Your Dosha
 - Prana
- Ayuryoga and Sankyha Philosophy

In 2002 Karen completed Yoga Teacher's Training course at VYASA-Vivekananda Yoga Anusandhana Samsthana (Research Foundation) in Singapore where she conducted Hatha Yoga classes for beginners. In 2006 she was awarded the Yoga Teacher Training Certificate from Vasishtha Yoga Research Foundation (Kerala, India) after undertaking individual study directly under Saji. She was a director and co-founder of Ancient's Wisdom Pte Ltd Ayurvedic Treatment Centre, which was located in Singapore and holds a Certificate in Abhyanga-Ayurvedic Massage from Ancient's Best Clinic & Study Center of Ayurveda, Singapore & International Academy of Ayurveda, Pune, India. Karen trained as an apprentice under the direct tutelage of Vaidyar of Ancient's Best and has extensive hands on experience in treating patients undergoing Ayurvedic treatments including Snehana Ayurvedic oil massage, Panchakarma treatment, Ayurvedic food preparation, cooking and nutrition, and Yoga therapy for individual Doshas. Kai Yoga Arts, LLC 629 North Westover Blvd, Albany Ga. 31707 (229) 888-2435 Email: namaste@kaiyoga.net www.kaiyoga.net