



Heal Your Life Ayurvedic Wellness Program

Healing Your Life Ayurvedic Wellness Program is a six-week series of Ayurvedic Education Classes that supports each participant to create a sustainable diet and lifestyle in order to prevent disease and promote longevity.

PRESENTED BY:

Betty Brown

B Well Ayurvedic Health Coach

RN and Ayurvedic Health Educator

Intern of The California College of Ayurveda

IN THIS SIX-WEEK PROGRAM LEARN:

- The basic principles of Ayurveda
- Your natural constitution and the nature of any imbalances you may have
- The cause of disease
- How to Heal Your Life through food, touch (self-massage), aromatherapy, color therapy, music therapy, and healthy lifestyle routines
- Healing techniques including meditation, nasal cleansing, pranayama (breathing techniques) and more!
- For more information visit: [www. Healing-Your-Life.com](http://www.Healing-Your-Life.com)



DATES AND TIMES:

- Saturday January 13 from 4PM – 6PM;
- Sundays January 21, 28 from 2PM – 4PM and
- Sundays February 11, 18, 25 from 2PM – 4PM

PLACE:

Bexley Yoga, 547 S Drexel Ave Bexley, OH 43209

COST OF PROGRAM:

\$200. Each class valued at \$35

REGISTER AT: www.bexleyyoga.com

Included for FREE is the Heal Your Life Starter Kit worth \$65:

Healing Your Life book by Dr. Marc Halpern, Banyan Tongue Cleaner, Neti Pot and Salt, Heritage Rose Water, Abhyanga Oil, Plastic Eye Cup, 4oz Spray Bottle, Natural Dry Skin Body Brush

CANCELLATION AND REFUND POLICY: WORKSHOP FEE, LESS \$15 ADMINISTRATION FEE, IS REFUNDABLE IF WORKSHOP ENROLLMENT IS CANCELLED 14 OR MORE DAYS PRIOR TO CLASS. WORKSHOP FEE IS NON-REFUNDABLE IF ATTENDANCE IS CANCELLED FEWER THAN 14 DAYS PRIOR TO CLASS.