

# Ann Arbor Workshop 2014

April 26-27 with Kate O'Donnell

HOSTED BY Ashtanga Yoga: Ann Arbor



## Ayurveda for Spring Saturday April 26

1:00 - 3:00

At The Phoenix Center

This experiential workshop will introduce the fundamentals of Ayurveda, India's ancient healing system, and how to implement them in your own life this spring. Ayurveda follows nature's rhythms- seasonal changes, sunrise to sunset, phases of life, etc. to maintain optimal health. Through eating and acting in accordance with natural rhythms, human beings find balance. Discover food choices, self-care regimens, and lifestyle tips to help you transition with the season.

## Understanding Ayurveda: Individual Constitution and Diet Saturday April 26

3:30-5:30

At The Phoenix Center

This workshop will go beyond the seasonal affect to cover individual constitution. Everyone is made up of a unique combination of elements, which create certain qualities in the body. Recognizing these qualities in the body and understanding the qualities inherent in food choices enables us to balance the constitution with diet to create sound digestion, healthy tissues, and serene mind.

### Rate

\$55 each or \$100 for both workshops

## Ayurvedic Cookery Sunday April 27

1:00 - 3:00

At A Private Residence

Registration limited to 10 people

Rate: \$75

Learn about the staples and spices, their efficacy and how to use them in traditional (as well as speedy) Ayurvedic recipes. We will discuss getting the kitchen flow in place for successfully preparing daily foods, and working with seasonal varieties.

## Spring Cleanse Introductory meeting Sunday April 27

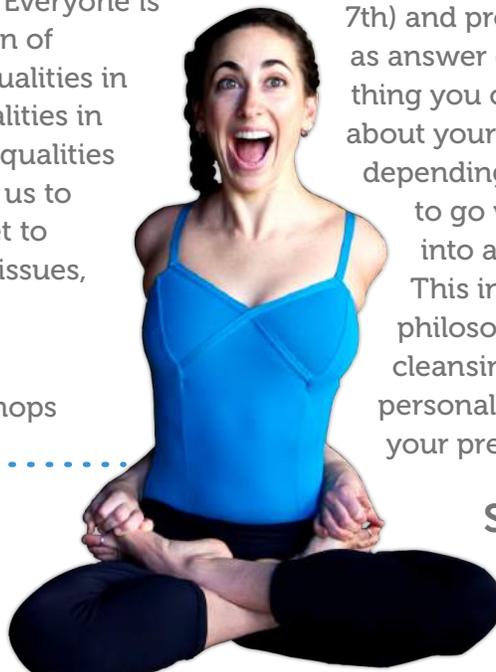
3:00-4:00

At The Phoenix Center

First time participants: \$100

Repeat offenders: \$90

The Ayurvedic approach to cleansing includes 3 meals/day. There are a few days to warm up to it, a 4-5 day main cleanse, and a few days of reintegrating, about a 10-day process. We use only whole foods, teas, and spices- no pills. I will email you clear instructions every day (April 27-May 7th) and provide a manual in PDF form, as well as answer questions on-line. This is something you can do comfortably while going about your daily life. I offer different plans depending on how far (or not far) you want to go with this, a mild cleanse that takes into account other duties is possible. This intro session will introduce the philosophy and process of Ayurvedic cleansing, as well as describe options to personalize your approach according to your present diet and lifestyle.



### Sign-up

Contact Ashtanga Yoga:

Ann Arbor at

[annarborashtanga@gmail.com](mailto:annarborashtanga@gmail.com)