

Introduction to the ancient Vedic science of Ayurveda

with modern applications for promoting a healthy, joyful, balanced lifestyle



December 6, 1-4 pm Spokane, WA

Patricia Berger is a Certified Ayurvedic Health Practitioner, consultant and bodyworker who trained at Kerala Ayurvedic Academy in Seattle and New World Ayurveda in Santa Barbara. An educator with over 30 years experience in the healing arts, she supports, teaches and empowers individuals to find balance and radiant energy in their lives through the wisdom of nature.

In her dynamic style, Patricia will present tips and tools to harmonize one's dosha or constitutional energies with the natural cycle of late fall/winter. She will assist you to fine-tune your rhythms (digestion, sleep, exercise, stress management, asana and more) to live your life with EASE, GRACE, and VIGOR!

Questions? Contact Patricia

208.659.9447

Investment: \$45

Hosted by South Perry Yoga

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Refunds: Sorry, no refunds for cancellations 48 hours or less before the workshop. Thank you for understanding.

