

# Ayurveda & Yoga

with Patricia Berger

An introduction to the ancient Vedic science of Ayurveda & modern applications for promoting a healthy, joyful, balanced lifestyle.



**Saturday, November 8**  
**at Shakti Soul in Troy, MT**

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.

**9 am to 12 pm . Presenting Ayurvedic Teachings and Wisdom**

**2 pm to 5 pm . An afternoon all levels Yoga Practice to balance your dosha.**

Workshop Fee: \$50 for both sessions or \$30 for one.

To register contact [shaktisoulstudio@gmail.com](mailto:shaktisoulstudio@gmail.com) or 406.293.1304

Patricia coaches individuals according to their unique constitutions to skillfully customize food & lifestyle choices for maximum energy, minimum inflammation, improved digestion, sleep, emotional equanimity and mental clarity. With the ancient and evolving wisdom of Ayurveda, Nature's medicine, Patricia assists clients to identify and prepare whole food combinations with simple kitchen spices and herbs which not only support radiant health but taste outrageously delicious too. For more information contact Patricia at 208.659.9447 or [wisdomlotus60@gmail.com](mailto:wisdomlotus60@gmail.com)

**Shakti Soul**

PO Box 755

301 E Missoula Ave

Troy, MT

