

Ayurveda and Yoga Workshop



“We Are the Pain and What Cures it

We Are the Sweet Water and the Jar that Pours” - Rumi

We will explore the body / mind phenomenon in the Ayurvedic and Yogic context. We will also look at how Ashtanga Vinyasa Yoga Practice serves as a platform of self-investigation. By understanding Prakriti, your unique Ayurvedic constitution, you be able to continue to assess and develop new insight into your yoga and daily personal practice.

Rachel completed her studies of Ayurveda as well as Yoga (Therapy) with Wellpark College of Natural Therapies, a leading education establishment dedicated to the science of natural healing. She is currently the teacher of Yoga Philosophy and Ayurveda on the faculty of Yogasana’s Teacher Training Programme. For more information on Rachel’s background, please refer to www.matipatha.com

January 14th and 21st 2008

Mondays 7:00 - 9:00pm

HK\$640 (early bird HK\$575)



Tel: 2511 8892 email: booking@yogasana.com.hk www.yogasana.com.hk