

# *Ayurveda and Yoga Workshop*



*“We Are the Pain and What Cures it*

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

Ayurveda and Yoga share the same roots in the rich, vast and profound Vedic tradition and knowledge. In this workshop we will explore the phenomenon of body/mind/consciousness in the context of Ayurveda and Yoga anatomy and physiology. We will then take those perspectives onto the yoga mat in an aim to experience a deeper awareness and peacefulness in our practice. By sharpening the sensitivity of our body and mind, we will be able to bring that sense of liveliness to our daily life.

26 April 2008

Saturday 10:00 - 13:00

HK\$390.00

Rachel completed her studies of Ayurveda as well as Yoga (Therapy) with Wellpark College of Natural Therapies. Rachel currently teaches and conducts workshops and courses in the context of Ayurveda, Yoga and Yoga Philosophy. She also offers Ayurveda Lifestyle Consultation as well as Ayurvedic Pranic Healing Massage.

*Dip.* Ayurveda Lifestyle Management (NZQA)

*Dip.* Yoga (Therapy) Yoga Alliance 200/500 hours (NZQA)

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