

# Introduction to Ayurveda

## with Deva Khalsa

Ayurveda is considered the healing side of Yoga. Likewise, Yoga is the spiritual side of Ayurveda. Both Ayurveda and Yoga strive to **help a person reconnect to their true nature through direct experience**. Together they encompass a complete approach to wellness of the body, mind and spirit.

According to Ayurveda, we create and recreate our state of health each day based upon how we interact with the world, in terms of our beliefs, perceptions, thoughts, feelings which then ultimately determine our actions.

Come learn the basics of this 5000 year old science. Learn about the doshas: Vata, Pitta and Kapha and what you are. Learn some tips and tools to begin living an Ayurvedic lifestyle.



*Deva is an Ayurvedic Health Practitioner and a 25 year veteran of teaching Kundalini Yoga. She currently teaches two weekly yoga class at High Desert Yoga and has a detox/cleansing and Ayurvedic business in Albuquerque and Santa Fe. [deva@devahealth.com](mailto:deva@devahealth.com)*

**Sunday, November 12, 2017 2-5pm**

**\$54 + tax (58.05) registered by Nov. 10 | \$60 + tax (64.50) after Nov. 10**

**Register [www.highdesertyoga.com](http://www.highdesertyoga.com)**



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