

A person is sitting on a large rock, looking out over a vast valley. The scene is bathed in the warm, golden light of a sunset or sunrise, with mountains visible in the distance. The overall mood is peaceful and contemplative.

Ayurveda Basics

Jan 12, Sat 2-4pm

My Old Ky Om Studio

Learning
balance

Ayurveda is the most sacred science of healing and wisdom of life. Join us to learn Ayurveda basics and find out your own dosha (Vata, Pitta, Kapha). We'll explain how our own body clocks work with the traditional clock and our how our bodies are made up and affected by the 5 elements of water, air, space, earth, and fire.

There will be plenty of time to practice asanas (yoga postures) and learn other harmonious ways to calm Vata (air), cool Pitta (fire) and release Kapha (earth & water).

As a bonus, we'll also perform a yoga kriya to release the winter blues often associated with SAD (seasonal affective disorder) and depression.

Pre-register at h3grace@gmail.com or register at the studio. Space is limited
cash or check accepted

MY OLD KY OM STUDIO, FRANKORT

\$25 / PERSON

SPECIAL GUESTS

SUSAN ARVIN-HANVEY, TODAY'S CLOUD 9

REBECCA BOWMAN, H3GRACE