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Balance - Ayurveda Workshop this Fall

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ACHIEVE BALANCE

THIS FALL

WITH AYURVEDA

AT THE INNER CITY
ASHRAM
319-2556 EAST HASTINGS ST.
VANCOUVER

SATURDAY, OCTOBER 26, 2019
9 AM - 12 NOON



Balance mind and body using
ancient tools of **Ayurveda**
our fast-paced modern lives.

We will focus on balancing
Dosha through both yogic
lifestyle modifications.

Delicious chai will be served.

[1]

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Links

[1] <mailto:maggie@yogatherapyinternational.com?subject=Achieve+Balance>