

(ONLINE) AYURVEDA AND IMMUNITY:

An introduction to the ancient art of healthy living and self-healing
Fridays, Jan 15, Feb 5 & 26, March 19, 2021 (14 day Video Access)
10:00 am – 12:30 pm CST

Presented by



5 Koshas
yoga and wellness

In stressful times, what can we do to support and strengthen our immune systems?

In this four-part workshop, you'll learn some of the fundamental concepts of Ayurveda, India's ancient science of health and wellness. With its focus on the unique constitution of each individual, Ayurveda is true personalized medicine, a consciousness-based approach to health based on living in harmony with nature.

Ayurveda emphasizes diet and lifestyle as the primary tools for preventing and healing illness and promotes natural ways to achieve balance in body, mind, and spirit. Discover your unique constitution and learn simple yet powerful and practical tools to create, restore, stabilize, and nurture your health.

Each session contains a lecture, discussion and Q&A and a yoga/somatic movement practice that is accessible for anyone.

Session 1: An introduction to the elements, the doṣas and your unique constitution

Session 2: Kindling digestive fire: strengthening gut health to support immunity

Session 3: An Ayurvedic approach to diet and nutrition

Session 4: Healthy lifestyle: Daily rituals to reduce stress and support good health

Open to anyone who wants to learn more about how to use diet and lifestyle for improving immunity, digestion and overall health. Yoga teachers and Yoga Therapists can use this program for continuing education credits.



Lisa Sack

E-RYT-500, C-IAYT

Certified Viniyoga Teacher & Yoga Therapist, Certified Clinical Somatics Exercise Instructor

Lisa Sack, E-RYT* 500, C-IAYT**, certified Viniyoga™ therapist, is a long-time practitioner, student, and teacher of yoga and meditation in the lineage of T.K.V. Deśikācar, who offered a breath-centered approach to mindful movement, with an emphasis on adapting the practice to suit the individual. She will complete her training as an Ayurvedic Health Counselor in 2021 and looks forward to helping clients achieve balance and ease. She lives in Brooklyn, New York.

"Lisa is a gifted, knowledgeable and skillful yoga and Ayurvedic practitioner. She brings insight, enthusiasm and a passion for knowledge that can be practically applied and easily implemented. I know that you will find her presentations interesting and useful and her practices accessible."

– Mary Hilliker, RDN, E-RYT, C-IAYT

FEE

\$25 early bird 1 week in advance

\$30 regular per session

\$90 for entire series paid by January 9.

TO LEARN MORE & REGISTER:

<https://www.5koshasyoga.com/special-events/online-series-ayurveda-and-immunity-an-introduction-to-the-ancient-art-of-healthy-living-and-self-healing/>

FOR PROGRAM INFORMATION:

Contact <mailto:office@5koshasyoga.com>