

About the Instructors:

Avani Sukhadia: Ayurvedic Practitioner (Ayurveda Institute Certified)

Avani grew up in the Vedic tradition in a family of healers. For more than 10 years she's studied, practiced, and taught Ayurveda. A graduate of NYU, The School of Healing Arts, and the International Vedic Institute's School of Ayurveda, Avani is now the owner of Authentic Ayurveda in Sedona where she sees patients and offers traditional Ayurvedic purification therapies.

Sarah McLean: Meditation Instructor and Ayurveda Consultant (Chopra Center Certified)

Sarah served as the founding program director of Dr. Deepak Chopra's mind-body health center, trained with Ayurvedic physician Dr. Vasant Lad, and has been teaching meditation and mind/body health since the early 90's. She's the director of the Sedona Meditation Training Company and has facilitated the Ayurvedic Immersion retreats at the Miraval Spa.

Anita Rangaswami: Ayurveda Consultant, Yoga, & Meditation Instructor (Chopra Center Certified)

Originally from Bangalore, India, Anita has been practicing Bhakti yoga, the yoga of love and devotion, for over 30 years. She's the founder of Prana Gyana Holistic Health Center in Tempe, dedicated to improving client's health, quality of life and consciousness, by harnessing the Life Force energy (prana). She's studied with Dr. Deepak Chopra and other Spiritual teachers in India and the US, She's a Yoga Alliance registered, Chopra Center certified yoga teacher.

Alisa Gray, Certified Anusara Yoga Teacher

Alisa is a long-time student and explorer of yoga, tarot, Buddhism/Eastern Philosophy and various healing modalities. She's a certified Anusara yoga teacher and trained at Desert Song. A full time attorney, mother and wife, she's also the founder of Santosha, where she teaches people how to cultivate compassion for themselves and others through yoga and self-awareness.

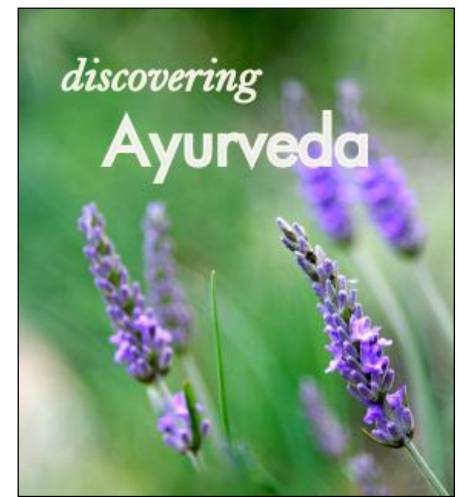
Meghana Thanki, NMD: Naturopath, specializing in Ayurvedic Medicine

Dr. Thanki is passionate about natural healing and the mind/body connection. She practices at AyurZona, an Integrative Wellness Center in Scottsdale where she addresses symptoms and the underlying causes of dis-ease with Ayurvedic wisdom. She offers consultations, herbal remedies and Ayurvedic treatments, called Panchakarma, to support her patient's quest for vitality and wellness.

**Health is not just the absence
of disease; it's feeling vibrant,
balanced & integrated
physically, mentally,
emotionally & spiritually.**

Ayurveda translates as "the science of life and longevity" and is one of the oldest traditions in natural health care, originating over 5,000 years ago in ancient India. Learn from the Arizona's leading ayurvedic experts how to:

- **Identify your mind/body type – called your *dosha* – and imbalances which might be present.**
- **Recreate balance using specific aromas, herbs, tastes, sounds, color, and touch therapies.**
- **Choose foods as medicine to restore even more balance.**
- **Maximize nourishment and digestion.**
- **Explore the benefits of an Ayurvedic self-massage.**
- **Purify your nervous system with easy yoga poses – even in a chair and breath exercises – called *pranayama***
- **Find out which exercise is best for you and when to do it for the best results for your mind/body type**
- **Realign your lifestyle with the rhythms of nature to create an optimal daily and seasonal routine.**



When: Saturday, March 5

9:30 – 4:30 pm

Where: El Pedregal at The Boulders

www.elpedregal.com

Tuition: \$65 early bird by Feb 10

\$75 by March 1

\$85 at the Door

Includes an Ayurvedic lunch!

Register: Call (928) 204-0067 or email

sedonameditation@gmail.com

Visit www.DiscoveringAyurveda.com