

Prasad Yoga Presents

Ayurvedic Medicine & Anusara Yoga

March 5-7

with Cate Stillman

Friday March 5

5:30-8 pm ~ Intro to Ayurveda Delve into the origins of Ayurveda and 5 element and 3 dosha theory. Learn about your constitution and key points for balancing each constitution. We will delve into the gunas as well as how disease develops according to Ayurveda, and the disease tendencies of different constitutions.

Saturday March 6

9-12 pm ~ Anusara and Ayurveda The 5 Elements & the 5 Principles in Aṣana. Learn how the elements present themselves on the mat, and how to deepen your yoga practice through understanding your constitution, imbalances that commonly arise, and constitutional tendencies in the practice. Great for yoga students and teachers alike.

Saturday March 6

2-5 pm Living in Pulsation with Nature Learn how the human being can attune to nature's daily, monthly, & seasonal rhythms to evolve into ecstatic health.

Sunday March 7

9-12 pm Yoga & Ayurvedic Practices for a healthy

Spring Half asana, half discussion. As we move into Spring season we want to empty the heaviness and stagnant energy of winter out of our bodies and minds. Join me for a practical overview of a Spring Cleanse, and specific uses of foods, spices, herbs, pranayama and yoga.



Cate Stillman began leading yoga students through cleanse courses in 2003. She is an Ayurvedic Practitioner, and certified in Anusara Yoga. Her primary teachers have been John Friend, Vasant Lad, California College of Ayurveda staff. She offers a 9 month Ayurvedic Living Course. More info at www.yogahealer.com

Entire Weekend: \$200 (\$180 if paid by March 3)

Individual Classes: \$50

Register at Prasad Yoga or info@prasadyoga.com

Consultations available Friday March 5. \$100/ 1 hr. session

Email cate@YOGAHEALER.com to schedule



Evolve
your
Health!