



# AYURVEDA AND ASANA

Sunday, April 4th 2-5pm Coastal Bliss Yoga, Tofino

Meaning “science of life”, Ayurveda is a vast system of preventative and curative healing that comes from the ancient scriptures of India, dating to about B.C. 1500. According to Ayurveda, everything in the universe is made up of five elements: air, ether, fire, water and earth, all of which are pervaded by breath. Together, these elements make up who and what we are. Essentially, Ayurveda teaches us that “human nature” is nature. We are, very simply, a reflection of the natural world and our surroundings. There is an organic, harmonious balance that exists between the elements within our bodies, however, sometimes they become unbalanced due to illness, poor diet and lifestyle choices, and stress. In this workshop, we will learn how the five elements present themselves in the body, mind and spirit through the doshas (physiological forces which are often referred to as “Ayurvedic body types”), as well as how and why they become unbalanced. Through the integration of conscious breathing and movement, we will explore how the practice of Yoga can be used to restore and maintain balance in order to cultivate a graceful body, centered mind, radiant spirit, and life of sustained optimum health.

Workshop Fee is \$65. Please register by March 28th with Pacific Elements Yoga: (250) 725-8363.



## KIMBERLY LOEB

is a certified Sivananda Yoga instructor, Yanumojia Yoga therapist and Wise Earth Ayurveda practitioner who has been practicing, studying and teaching Ayurveda and Yoga since 2001. She holds a minor in the philosophy and practice of Ayurveda and Yoga from Prescott College in northern Arizona and is currently deepening her studies in Ayurvedic massage and Marmatherapy through the Samya School of Ayurveda on Salt Spring Island and the Three Winds Academy in Victoria, British Columbia.

