

Ayurveda & Yoga

with Margo Uma Gal at Paia Yoga

Introduction to Ayurveda & Yoga

Friday, October 23rd

6 – 7:15 p.m. \$10.

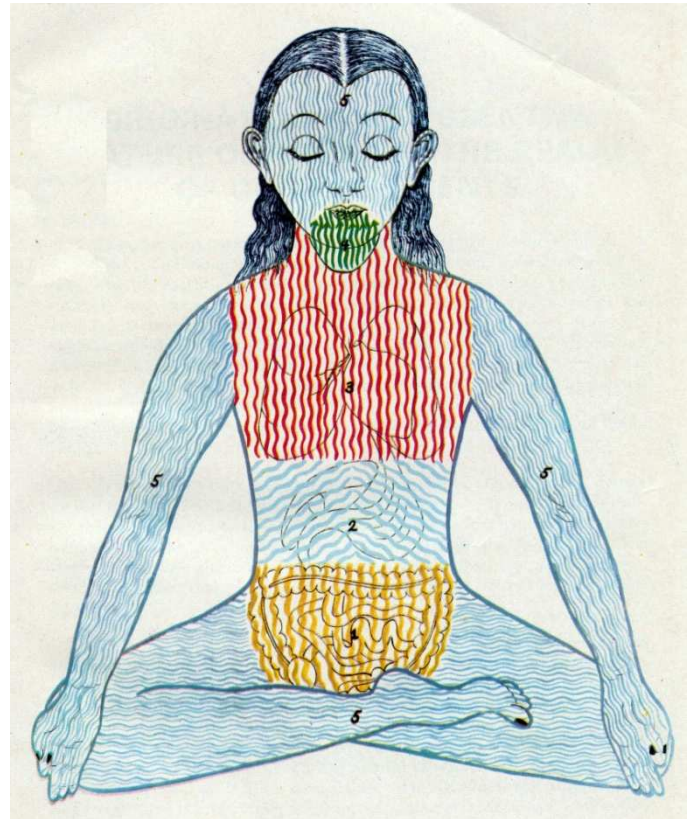
Learn the basics of two sister sciences, their relationship to each other and the 5 great elements which live inside of us called: Panchamaha Bhutas.

Ayurveda, Yoga & The 5 Pranic Breaths

Sat. Oct. 24th 8:30 – 11:00 AM

\$35 in advance \$40 at door

In Ayurveda, Vata is the most important dosha consisting of ether and air. Vata is what moves our minds and body in and out of balance. Explore the 5 subtle breaths of Vata and how we can apply these breaths energetically in Yoga Practice, allowing for deeper peace & balance to arise within.



Margo Uma Gal, certified Ayurvedic Practitioner since 1987 under Dr. V. Lad and also Dr. S. Joshi in India. Margo spent many years in India exploring ancient spiritual sciences including Yoga, Ayurveda and Meditation. She was founder and director of Yoga Mandir in Santa Fe N.M. for 7 years and presently resides in Haiku.

For more info. 250-7161. Paia Yoga: 161 Hana Hwy. www.paiayoga.com

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www.mauiayurvedichealing.com