



Ayurveda Fall Classes at Sunny Bridge

Ayurveda, a Sanskrit word meaning the “science of life”, is India’s 5000 year old medical system. It is commonly referred to as Yoga's sister science, as both are rooted in the ancient Vedic tradition. Yoga teaches us how to balance our mind, while Ayurveda teaches us how to balance our body through the use of food, herbs, and living in harmony with nature.

TO DETOX OR NOT TO DETOX?

THURSDAY, SEPT. 28TH • 6 – 7 PM

COST • FREE!

Understand detoxification through the lens of Ayurveda. We will discuss the traditional practice of detoxification, known as Pancha Karma, and how we can adapt it to our modern day lives. We will also learn the benefits of regular detoxification and who should or should not detox. Information on group and individual detoxification programs will be provided.

INTRODUCTION TO AYURVEDA

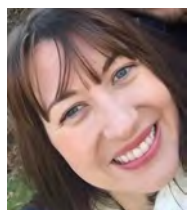
THURSDAY, OCT. 26TH • 6 – 7:30 PM COST • \$20

In this 90 minute workshop, we will explore the foundations of Ayurveda and its unique tri-dosha approach. Students will learn their Ayurvedic constitution (*dosha*) and ways to balance their constitution through food, herbs, and lifestyle modifications. Handouts of class material will be provided.

HAPPY HORMONES, HAPPY HOLIDAYS

WEDNESDAY, NOV. 15TH • 6 – 7:30 PM COST • \$20

Learn the Ayurvedic approach to hormone health and how balanced doshas (metabolic forces) lead to balanced hormones which leads to a balanced life! In perfect time for holiday preparation and stress management. Handouts of class material will be provided.



Classes presented by Molly Culleton. Molly, owner of Turiya Holistic Health, is an Ayurvedic Practitioner and Certified Yoga Teacher. She received her Ayurvedic Practitioner certification from Sai Ayurvedic College in Miami, FL and completed her clinical internship at Vaidhyas Ayurvedic Hospital in Kannur, Kerala (India). She is a professional member of the National Ayurvedic Medical Association.

To register ~

Call 412.667.8901 or email
molly@turiyaholistichealth.com