



Open Sky

# Ayurveda 202

GOING  
DEEPER!

**Christianne Asper-Contant**  
CAS E-RYT500

Christianne received her credentials as a Clinical Ayurveda Specialist in 2003 from the California College of Ayurveda, founded by Dr. Marc Halpern. Additional teachers who have supported her Ayurveda path are Dr. Vasant Lad and Dr. David Frawley. Her Yoga certifications include Ayurvedic Yoga Therapy and Yoga Nidra at the Sivananda Yoga Vedanta Centre, Relax and Renew® with Judith Hanson Lasater Ph.D., and Advanced Teacher Training under François Raoult. Christianne lives in Rochester NY and is the Yoga director at The Assisi Institute.

**MAY 19, 2024**  
9am-1pm (EST)

For those who attended Ayurveda 101  
For all seekers who are already familiar with basic concepts of Ayurveda and wish to deepen their skills.  
For Yoga teachers and students of all Schools of Life!

**Open Sky Yoga Center**  
5 Arnold Park  
(behind Zen Center)

## Christianne Asper-Contant

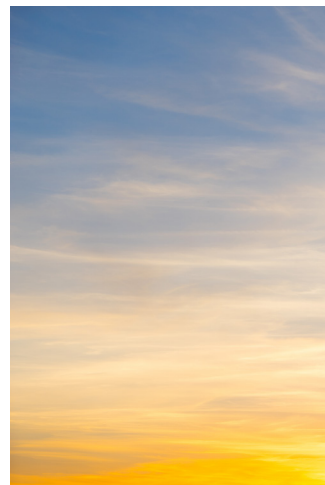
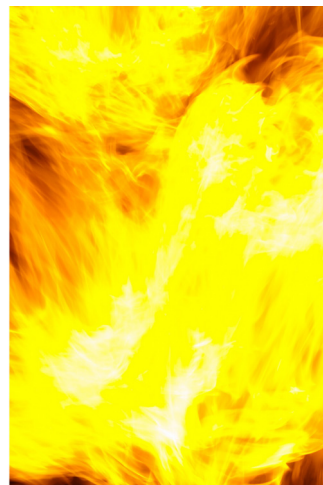
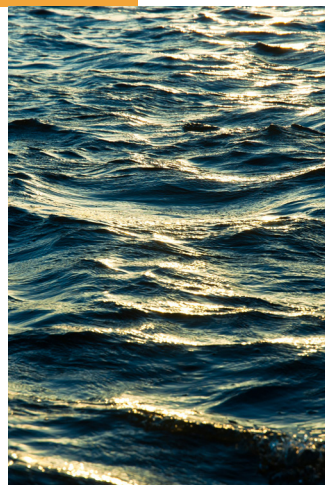
**AYURVEDA AND YOGA ARE SISTERS. They deeply influence each other. In fact, you can look at ayurveda with yogic lenses and vice versa!**

Here are some of the ways this workshop will enhance your experience of Ayurveda:

- Diving deeper into your Prakriti: Reset your list of priorities according to how the 3 Doshas exhibit themselves in you.
- Lifestyle management: Create a plan for restoring your unique balance in this ever-changing environment.
- Disease prevention and optimal health: The therapeutic application of herbs, oils and “magic potions” for detoxification and replenishment.

Guiding material will be provided at the workshop.

**Qualifies for 4 Yoga Alliance CEUs IN PERSON ROCHESTER, NY**



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Please, register online at [www.openskyyoga.com](http://www.openskyyoga.com)