



Ayurveda 101

PRAGMATIC
& CREATIVE
INTRODUCTION

Christianne Asper-Contant
CAS 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.

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

DECEMBER 10, 2023 9am-1pm (EST)

For yoga teachers and students of all schools of Life!

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!

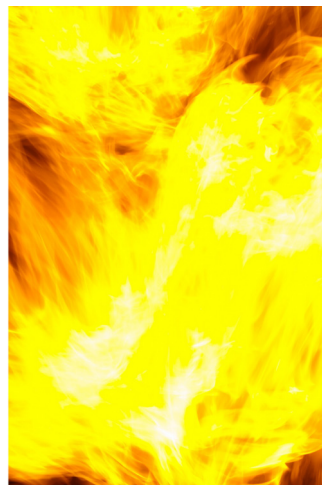
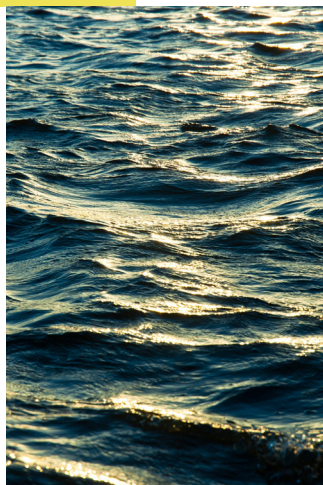
Here are some of the ways this workshop will help you get to know Ayurveda:

- Navigate your environment more harmoniously by understanding how to restore your Prakruti
- Explore how to access the antidote to any disease via The Five Great Elements.
- Experiment with various Dinacharya (daily routines) to support long-lasting healing.

Guiding material and worksheets will be available for download before the workshop.

Qualifies for 4 Yoga Alliance CEUs IN PERSON ROCHESTER, NY

www.openskyyoga.com yogawave108@gmail.com



Please, register online at www.openskyyoga.com