

Ayurveda for Today

May 21-22, 2010

Tamarack Wellness Center - 3575 Donald Street, Eugene

SARITA SHRESTHA, M.D. Ayurveda

Friday, May 21st

BODY/MIND CONSTITUTION

Learn the characteristics of the 3 basic body types & how to nourish your own constitution with diet and daily routines.

6:00 - 9:00 pm

Saturday, May 22nd

HEALTHY FAMILIES

Discover Ayurveda's secrets for enjoying balance, vitality and mental clarity through all stages of family life.

10 am - 1 pm

WOMEN'S HEALTH: MENARCHE THROUGH MENOPAUSE

Explore Ayurvedic strategies for navigating the female journey from fertility through graceful aging.

2:30 - 5:30 pm

Sliding Scale for Classes:

1 class: \$15/25/35

2+ classes: \$10/20/30 each

Proceeds support Devi Ma Rural Ayurveda Hospital in Sidapole, Nepal.



Dr. Shrestha is a classically trained Ayurvedic physician, well versed in modern medicine, with over 25 years of clinical experience. She is renowned as Nepal's first female Ayurvedic physician and first Ayurvedic OB/GYN specialist. Teaching throughout the US and worldwide, Dr. Shrestha brings a delightful blend of ancient and modern wisdom.

PRIVATE CONSULTATIONS

Discover your body's unique constitution and how to achieve balance and health with diet, herbs, yoga and other lifestyle choices.

May 20, 21, 23, 24
40 minutes/\$75

Call Judith (Sumitra) Burton at (541) 485-8559 or
email: judith.burton@comcast.net to schedule a consultation.