Yoga Workshop Series

***Deeper Connection to Personal Health and Well-Being Through***

***Ayurvedic Yoga Balancing***

*October 16th, 23rd, 30th 1:30pm-5:30pm (with breaks)*

*Sliding Scale Donations $60-$120 per day*

*Amma Center of Michigan, 4201 Ann Arbor-Saline Rd., Ann Arbor*

***By Jennifer Lenders, Yoga Therapist,*** *17 years teaching experience-C-IAYT, E-RYT500*

***Registration and payment: Please email Jennifer@Softstoneyogatherapy.com***

***What is Ayurveda?*** *Ayurveda is the ancient science of healthy living brought to us from the subcontinent of India. The Sanskrit word Ayurveda translates as the science or threads of wisdom of life or longevity.*

***What is Ayurvedic yoga?*** *provides the tools to balance based on your personal constitution, time of day, or seasonal change in order to approach a more sattvic (with a calm illuminated potential) state of being aligned with the universal principles of nature.*

***How does it help?*** *Maybe you have noticed that at times you need more energizing to feel your best, and other times you need more winding down and calm. Perhaps you find that too much meditation or restorative yoga leaves you lethargic rather than a sense of vitality- or the opposite- where excessive and vigorous movement leaves you feeling overstimulated and unable to settle down mentally or physically. Sometimes rigidity keeps us in old patterns or habits, or too much fluidity blurs our boundaries, and/or we push too far.*

*I have personally discovered through Ayurveda that the bridge to a greater sense of well-being includes specifically chosen poses, movement, breathing practices, and meditative focus that encourages the balance of qualities found in nature such as stability, fluidity, transformational energy, mobility, and expansiveness to name just a few.* ***We each need different qualities at different times to find a sense of well-being or sattva.***

***What will you discover?*** *Join us in this informational and experiential series to discover how to balance your innate health more effectively in your yoga practice-and if you teach yoga, understand how to better structure your class for your students.* ***ALL FITNESS LEVELS, YOGA PRACTITIONERS WITH 2+ YEARS INCLUDING YOGA TEACHERS ARE ENCOURAGED TO ATTEND.***

***“The link between yoga and Ayurveda is prana, or the life force. Yoga is the intelligence of prana seeking greater evolutionary transformations, while Ayurveda is its healing power, seeking to consolidate the life-systems it has already developed.”* David Frawley, Yoga and Ayurveda (1999)**