Yoga for Your Doshas with Neve Deol

5 Day Clinic

April 30 - May 4, 2012

Monday - Friday

9:00 - 10:30 am

$80 (members $75)

Join Neve on a 5 day journey into **Ayurveda**, an **ancient Indian Science,** and discover how it may **compliment your Yoga Practice**. Understanding your Dosha: Vata, Pitta or Kapha may help you see your emotions, habits and patterns in a different light.

Day 1: Find your Dosha or Essential Flaw (Imbalance) by taking a simple quiz; followed by 75 Minute Vinyasa Yoga Class

Day 2: Diet for Your Dosha: Learn basic Ayurvedic diet principles and how to apply them to your lifestyle; followed by Vata Pacifying Yoga Class

Day 3: Schedule for your Dosha: Understand how different seasons and time of day affect your Dosha; Followed by Pitta Pacifying Yoga Class

Day 4: Learn the 6 Kriyas or cleansing techniques of Yoga. Demonstration and practice of Neti Pot included, so bring your neti pot if you have one; Followed by Kapha Pacifying Yoga Class

Day 5: Time for reflection and Questions; followed by 75 Minute Vinyasa Yoga Class

Register:

780-416-4211

www.yogafortoday.ca

Yoga for Today