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Institute of Holistic Nutrition

PRESENTS:

FACE READING ACCORDING TO AYURVEDA

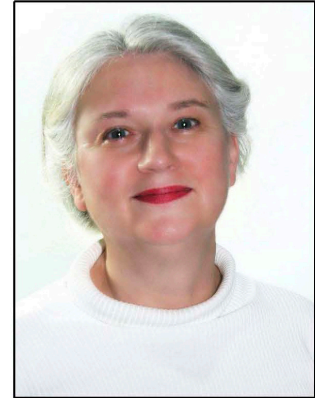
GATEWAY TO THE ANCIENT PRAKRUTI/VIKRUTI PARADIGM: KEY TO BALANCE

with Jaisri M. Lambert, Ayurveda Practitioner & Consultant

www.ayurveda-seminars.com

Join us for a fun, life-changing class to discover more of yourself in a safe, nurturing environment from the Ayurvedic perspective. Ayurveda is the more than 10,000 year old Science of Life from ancient India, relevant in today's world for health of each individual, family and community.

You'll understand how to read the eyes, facial lines & markings, subtle colorations and more, along with their relationships to your genetics and habitual behaviours. These insights help you enhance your health choices and implement your doshically balancing program.



Age 12 and above welcome. For younger participants, please enquire with the instructor.

- *Learn the shapes, lines, markings, colors and qualities of the regions above the clavicles
- *Learn the functional reflex relationships of the regions
- *Recognize your strengths and weaknesses

When: Friday, June 25, 2014 from 7pm – 9pm.

Where: Institute of Holistic Nutrition, 604 W. Broadway #300

Tuition: \$15 advanced registration; \$20 at the door space permitting

Contact: Anna Cahill at 604-723-9772 or email AnnaCahill.com@telus.net



Jaisri M. Lambert, Ayurveda Practitioner, Consultant and Teacher of Ayurveda, has been practicing and teaching holistic health since 1983. She became specialized in Ayurveda over a classical 12- year apprenticeship with Vaidya Vasant D. Lad, M.A.Sc., widely recognized as a living master teacher of ancient Ayurveda. She has authored many presentations, articles and books on various topics of Ayurveda, including women's health, marma (energy point) therapy, pulse assessment, panchakarma, specific disease management, etc.