



Spring into Life! ***Ayurvedic Guidelines for the*** ***“Kapha” Season***

Nature shows her changing ways each season. As we are a part of the whole, the **seasonal changes reflect in our entire being** – body, mind and spirit.

While spring brings with it blossoming flowers and a sense of renewal during this “Kapha” time of year, many of us also experience everything from a few extra winter pounds to allergies and colds, along with leftover lethargy from winter.

Considered the healing side of yoga, Ayurveda shows just how necessary it is to *change along with the seasons for optimal health and well-being.*



Clinical Ayurvedic Specialist Holly Padove will provide time-tested **Ayurvedic tips on renewing for spring** and balancing the effects of Kapha.

If you are interested in yoga or holistic forms of well-being, learning about Ayurveda can help deepen your knowledge *and bring this life-enhancing wisdom into everyday life.*

For those who have attended previous Ayurvedic workshops, this is the opportunity to learn the Ayurvedic principles that apply to spring.

This informative and experiential workshop will **mark an end to your winter hibernation and wake up your senses to spring!**

“Spring into Life” will address the following seasonal choices:

- **Diet** – Proper spring food choices for weight management, digestion and cleansing the body
- **Lifestyle** - From sleep to daily habits, optimal routines for balance this spring.
- **Herbs** – Spring-based herbs that purify your system, sharpening your mind and cleansing your body after a long indulgent winter.
- **Exercise/Yoga** – Types of exercise and yoga best for spring

What: Ayurvedic Workshop offering Guidelines for Spring

Where: Om On the Range; 1598 Old Oak Park Road, Arroyo Grande

When: Saturday, March 27; 9:30-11:30 am

Instructor: Clinical Ayurvedic Specialist Holly Padove

Cost: \$15

Must Pre-Register to holly@balancedlivingayurveda.com or (805) 440-4561

