

# YOGA LOKA

34 Bridge Street, 2nd floor Frenchtown, NJ 08825  
908-268-7430 [www.Yoga-Loka.com](http://www.Yoga-Loka.com)

## Ayurveda for Yoga Practitioners

WITH SALLY MILLER

Explore the ancient alchemical science of Ayurveda from a Tantric Yoga perspective. Learn ways to continually deepen your awareness of your body/mind, as well as assist yoga students in accessing their own body awareness. These practices and understanding is best accessible to those with a regular yoga practice and interest in Ayurveda.

We will discuss how Ayurveda is uniquely capable of preparing and supporting the body to do spiritual practice (yoga). We will review the definition of health according to Ayurveda, address the distinctions between symptom-based medicine and holistic medicine, and learn an effective method of modifying diet and lifestyle, that is accessible to the modern lifestyle. Discussion of the three doshas will be included, but is not the main focus.

Saturday, April 11th  
10:30-1:30 p.m.

(There will be a short break during the session)

Registration required by  
April 8th  
\$40 if pre-registered by  
March 10th. \$55 after



*Sally Miller is a full-time Ayurvedic Practitioner and Yoga Teacher living in Philadelphia. She is a graduate of the Ayurvedic Institute in Albuquerque, NM, where she studied under the tutelage of Dr. Vasant Lad. Sally's primary yoga teacher is Parvathi Nanda Nath Saraswati. Sally offers private Ayurvedic consultations, as well as teacher trainings and workshops. You can read more about Sally at [www.tulsiayurveda.com](http://www.tulsiayurveda.com)*

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Name:

Phone Number:

Email Address:

Mailing Address

Please send a check for Ayurveda for Yoga Practitioners made out to Yoga Loka.

Registration fees are non-refundable. Yoga Loka reserves the right to cancel workshops at any time. All fees will be returned if a workshop is cancelled.

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