

Ayurveda and Yoga Workshop

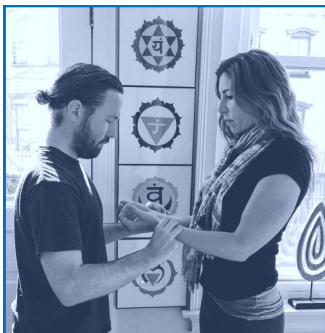
with Kyle Roberts

Saturday, April 22, 2017

1:00-3:00pm / \$30 fee



Ayurveda and Yoga have been practiced simultaneously for thousands of years with successful use both in spirituality and health maintenance. This workshop will focus on developing an understanding of the doshas (vata, pitta, kapha) and simple ayurvedic routines that will support one's journey in yoga. Special emphasis will be given to ayurvedic detoxification, rejuvenation, and daily routines. All are welcome and all can benefit!



Private Ayurvedic Consultations with Kyle

Friday - & Saturday, April 21-22, 2017

By appointment - \$85 fee

Kyle Roberts is a graduate of the Ayurvedic Institute in Albuquerque, NM, where he studied the theoretical and clinical aspects of Ayurveda under Dr. Vsana Lad. Before, during and after his formal ayurvedic training, Kyle has studied Jyotish (classical vedic astrology), Ashtanga Yoga, Sanskrit, and herbology, as well as meditation and pranayama. He has studied throughout the United States and in India, working to integrate eastern and western cultures into digestible forms of practical information. Kyle is also the Ayurveda teacher for all of Sun Dog Yoga's Teacher Trainings. www.krveda.com

Sign up for Kyle today!

Sign up at the front desk or go to the Workshops page online at:

sundogyogastudio.com

17 West State, Doylestown, PA 215-230-4031

