



The Big Spring Cleanse

Ayurveda and the "A, B, C,s" of giving one's self an "At Home" Spring Cleanse with Allison Ulan.

Saturdays: March 27 & April 10, 2010 2- 5 pm



\$45 per session or \$80 for both

Support materials and taxes included in the workshop fees.

Let go of the sluggishness of winter with the ultimate interior spa treatment.

Ayurveda, the Indian science of life, has brought true health and wellness to millions of individuals throughout the ages with simple changes in daily living practices from eating to sleeping. Incorporating just a few of these proven methods into your lifestyle can bring about radical changes in your vitality and well-being.

In these two complimentary Ayurvedic workshops the main principles of Ayurveda will be taught and progressive daily practices will be given to each participant in the workshops.

Session 1: Discover your body constitution and how to live in accordance to your constitutions qualities simply through food choices, herbal drinks and lifestyle changes.

Session 2: The Big Spring Cleanse Routine - how to clean out, build up strength and sustain vitality.



From discovering our personal constitutions in the first session, we will go to the next stage and understand the natural rhythms the body needs to evolve throughout a yearly cycle. We will customize routines for each constitution through breathing exercises, yoga asanas and meditation to effectively support inner growth. Plus we will study how well planned fasts and detoxifying exercises aid balanced health, maintain proper weight and support mental clarity. All the key points of when, where, why and how of the detoxifying process will be explained.

'Happiness is not something ready made. It comes from your own actions.'
Dalai Lama



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