



SRIANDA

Women's Health Workshop

Ayurveda - Ayu means life & Veda means knowledge

"knowledge for long life"

Outline:

In this interactive workshop we explore wisdoms from Yogic & Ayurvedic philosophies focusing on maintaining GOOD HEALTH and WELLBEING.

We will explore:

- ***The Doshas - Ayurveda describes 3 characteristics of our constitution***
- ***Lymphatic Massage, Neti & Uddiyana***
- ***Ekadasi special fast days***
- ***Herbs & Spices for Medicinal Purposes from Swami Durgananda's book 'Feed the Temple with Love'***

This workshop is run regularly for dates and details call me on P: 0403 229 521

Thank you for your interest, I look forward to supporting you in achieving a greater sense of wellbeing.

Regards, Amanda

Amanda Carlton

Wellbeing Consultant

SRIANDA - supporting your wellbeing

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