

AYURVEDA AND THE ELEMENTS

UNDERSTANDING AND CARING FOR YOUR BODYTYPE

STH HOBART FULL-DAY INTENSIVE COURSE, SAT 25 NOV 2017

"Finally a medical science that deeply resonates in every way!" - Lissie

At this full-day intensive course you'll gain a deep understanding of the Ayurvedic view of the elements. You'll learn about your elemental constitution, how it can go out of balance and measures you can take through diet and lifestyle to rebalance it. You'll learn the integral role the elements play in the body as physiological intelligences and how you can help facilitate their smooth functioning. You'll also discover how the elements ebb and flow in nature and how we can simply adjust our daily, monthly and seasonal routines to work with them, rather than against them. This talk is perfect for anyone interested in really understanding their traits and tendencies in a way that makes so much sense.....from total Ayurvedic newbies to Ayurvedic students.



Kester Marshall is an Ayurvedic Practitioner, Naturopath and Herbalist with over 20 years of clinical experience. He has studied Ayurveda through the American Institute of Vedic Studies, the Australasian Institute of Ayurvedic Studies

and Equals International. He spent six months gaining clinical experience at the Ayurvedic Research Institute and with private doctors in Pune, India and several years studying pulse and prescribing with Ayushakti Ayurveda. He is Clinical Director at the Mudita Clinic in Mullumbimby and a well known speaker on Ayurveda.

WHEN: Sat 25 November 2017, 9.30am-4.30pm

LOCATION: Hara Studio, 25 Weld St, Sth Hobart

COST: \$140/\$125 concession

Morning & afternoon tea provided. Please bring lunch.

BOOKINGS: Contact Madeleine Goodwolf on
info@harayoga.com.au or 0408 257 751



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