



workshop

# Ayurvedic Weight Management

with **Patrizia Faggi**

Saturday, April 18th, 2009

1:00-4:00pm

## LOCATION

Westside Studio

## PRICE

\$45 in advance

\$55 at the door

## REGISTER

212.647.9642

**Spring is the perfect time to nourish your body and spirit with the healing principles of ancient Ayurvedic wisdom.**

The Ayurvedic approach to weight management goes far beyond the simple “diet plan” or the “weight loss pill”. *The approach to managing weight should take into consideration everyone's uniqueness, not only by choosing the appropriate foods but by re-connecting with our true Nature. By “re”-learning how to choose activities, sounds, daily routines, foods, etc. that will enhance our physical as well as spiritual/mental well being, we will naturally move closer to a life of balance.*

In this workshop we'll explore the Nature of the 3 doshas (Ayurvedic body types), and the difference of weight gain/management for these 3 (Vata, Pitta, Kapha). All are welcome.



37 W. 65th St. Subway: 1 to 66th St. 212.769.9642 [yogaworks.com](http://yogaworks.com)



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