



Ayurveda: Principles for Holistic Living

Saturday, September 26, 2015
9 a.m. – 5 p.m.

\$145 before Sept 1

\$155 after Sept 1

(includes an Ayurvedic lunch)

** Advanced registration required by Sept 22*

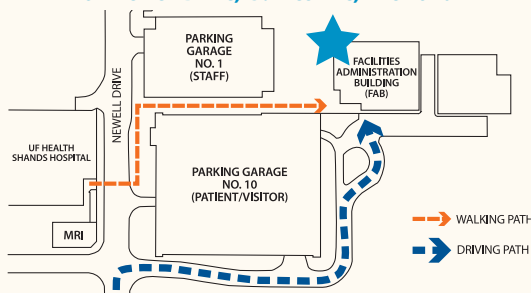
- ▶ Learn to apply Ayurvedic theory to set personalized goals and make positive lifestyle and nutritional changes.
- ▶ Calm your mind and balance your body with gentle movement, breathing exercises and guided relaxation.
- ▶ Develop a productive and peaceful daily routine for greater health and happiness.

Tools and techniques to transform:

- ▶ Digestive issues
- ▶ Cravings
- ▶ Chronic pain
- ▶ Mood swings
- ▶ Stress
- ▶ Relationships
- ▶ Fatigue
- ▶ And more
- ▶ Weight concerns

** 7 CEUs available for yoga teachers.*

*Located in the Facilities Administration Building
1281 Newell Drive, Gainesville, FL 32610*



Presented by:

Chaya~Sharon Heller, BA, CAP, LMT, E-RYT500

UF Health Integrative Medicine Practitioner



**UF HEALTH INTEGRATIVE
MEDICINE PROGRAM**

Supporting people on their journey to realizing wholeness.

For more information or to register, please email UFHITM@shands.ufl.edu or call 352.733.0881.