

with matthew remski Simple Applied Ayurveda

your constitutional analysis and questions workshopped in real time

JANUARY 16, 2011 | 10:00AM - 5:00PM | \$95+HST BEFORE JANUARY 10 | \$108+HST AFTER JANUARY 10

Join Matthew Remski for a day
of Ayurvedic theory, practice,
life perspective and integration.

The day will interweave lecture,
dialogue as well as constitution
and age appropriate advice
about diet, herbs, exercise,
spiritual practice, family
and daily routine.

Registrants will be asked to provide
birth data prior to the workshop
and whatever health details they
are comfortable sharing in a safe
collective workshop space.



Matthew Remski is a certified Ayurvedic Health Educator (Advanced) through the American Institute of Vedic Studies, under Dr. David Frawley. He is also a graduate of the Rocky Mountain Institute of Yoga and Ayurveda's Yoga Therapy Certification Programme, under the directorship of Sarasvati Buhman, Ph.D. He serves as adjunct faculty member for many of the Yoga Teacher Training Programmes in Toronto, teaching Ayurvedic theory and practice. He is director of the Ayurvedic Health Education Certification Programme, the first programme of its kind in Canada. He has used Ayurveda, Yoga Therapy, and more recently Jyotisha to help hundreds of clients regain balance and self-nurturance.

kristin
honey
Yoga

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