

FREE

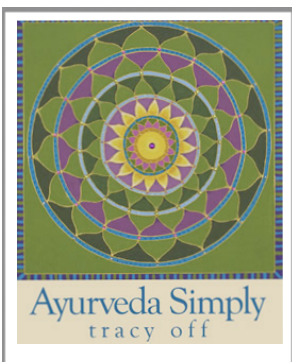
AYURVEDIC CLASSES WITH TRACY OFF

AYURVEDIC COUNSELOR

At Massage Center



*ANCIENT
MEDICINE FOR
MODERN
TIMES*



Massage Center
171 E. Thousand Oaks Blvd
#206
Thousand Oaks, CA 91360
805-495-1353

Thursday January 10th from 6:00pm-7:30pm
Ayurveda: Balancing our Elemental Nature
Learn the basic principles of Ayurveda.
Understand how and why imbalance manifests in
the mind and body and how to help yourself
rebalance and harmonize yourself for inspired
living.

Thursday March 7th from 6:00pm-7:30pm
The Tastes of Ayurveda
Learn the elemental nature of food. Which foods
are helpful or harmful depending on your dosha,
as well as the time of day/season/life.

Thursday May 9th from 6:00pm-7:30pm
Digestion and Ayurveda
Learn about the digestion of not only food, but
anything coming in through your senses, how it
effects your mind and body, how to balance it for
daily health and happiness.