

# Ayurveda & Yoga

## 5-week Workshop Series

*Mondays at The Seed House, Chestertown, MD,  
September 11 - October 9, 2017 - 9:00 - 10:30am*



Ayurveda, which literally means, "The Science of Life" has traditionally been taught alongside of yoga to those seeking to understand how to live a healthy and balanced life by seeking daily habits of eating and exercising that benefits each individual lifestyle, to dealing with the obstacles of life such as disease and stress in a way that actually are symptoms of imbalance.

Ayurveda is considered an ancient approach to treating each person on an individual level, understanding each person's imbalance and unique makeup that was determined by birth as well as our habits that we develop through life.

In this 5-week course you will learn basics of Ayurveda, and how yoga can you can effectively paired for balancing the mind and body. Each week we will focus on a different Ayurvedic topic for 30 minutes, followed by a yoga practice that will complement what you learn.

This is an all levels class for beginners as well as long-time enthusiasts of yoga and healthy living.

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**Week 1: Learn Your Dosha** – Each person has a body type that affects their mental and physical attributes. Learning your Dosha will give you insight about yourself and your good and bad habits. **Yoga: Learn how yoga practice can benefit your dosha.**

**Week 2: Rhythms of the Day & Season as they relate to Doshas** – Each time of the day, and every season is represented by a dosha. Learn why and how good habits during these times can keep you balanced. **Yoga: Calm the Vata, a practice to harmonize your body and mind during the fall changes.**

**Week 3: Building & Balancing Prana, Ojas and Tejas** - The Subtle Energies of the Doshas. Your personal energy can determine your quality of life – whether you are feeling lethargic, burnt out, tired or stressed. Learn how to balance your energy though good habits and an effective yoga practice.

**Yoga: Rigor & Release, a practice to build strength in the body and calm the mind.**

**Week 4: Building & Maintaining Agni - the fire of Digestive Power.** What and when you eat, as well as your dosha, can determine your ability to digest your food and your perceptions. Learn how to build your digestive fire through proper food, pranayama and yoga. **Yoga: How to build a fire, a practice to build and support Agni. (Dosha Tea Party following class)**

**Week 5: Ayurvedic Aromatherapy for the Doshas.** Our senses leave us with subconscious reminders of the world around us, likewise, aromas can trigger calming, healing and energizing responses for our mind and body. Each Dosha is also affected differently by scents of essential oils. Learn which ones benefit your Dosha. **Yoga: Aromatherpy Yoga with Essential Oils (Class will feature a scented room using oils that balance every dosha).**

### About

*Julie Phillips-Turner, RYT, AYS*

Julie is a long-time student of practicing yoga, with over 500 hours of yoga teacher training in many modalities of yoga. From an early age Julie was drawn to using food, spices and herbs as natural cures for her own illness and pain rather than reaching for the medicine cabinet. When she discovered the practice of Ayurveda in 2009 while taking her first teacher training, it seemed only natural to study the science of life deeper, and became a Certified Ayurvedic Yoga Specialist (AYS) in 2011 through the Himalayan Institute tradition. As a teacher of yoga and Ayurveda, Julie has a deep understanding of individual student's needs and developing classes and sequences that will help balance, and challenge, the mind and body. Julie's alignment-based style focuses on developing each student's mindfulness though body and breath awareness.



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