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Intro to Ayurveda for Yoga Practitioners *with Glynnis Osher*

Ayurveda is the sister science to yoga. Are you curious about how this 'Wisdom of Life' philosophy can bring balance to your personal daily routine and enhance your yoga practice?

Join Ayurvedic practitioner and author Glynnis Osher for a 3 hour intensive and begin to incorporate simple Ayurvedic practices directly into your life.

- Discover your Dosha/unique mind-body type
- Learn Ayurvedic Nutrition for your daily well-being
- Incorporate Ayurvedic daily practices for well-being
- Experience Ayurvedic Aromatherapy for your dosha

Workshop fee: \$75

When: Sunday March 8th 2.30-5.30pm

Where: YogaCāra, 3381 Fraser Street, Vancouver 604.568.3334

REGISTER: [WWW.VANCOUVERYOGACARA.COM/WORKSHOPS/](http://www.vancouveriyogacara.com/workshops/)

Glynnis Osher is a certified Ayurvedic practitioner (CAP), passionate teacher, and author with over 16 years experience in Ayurveda. She is on faculty at the Vancouver School of Bodywork and Massage teaching aromatherapy and Indian head massage.

Glynnis is founder and CEO of The Mystic Masala Ayurvedic Aromatherapy and Thousand Petal Lotus Indian Head Massage. Glynnis designs exquisite Ayurvedic aromatherapy products, partnering with Wild Earth Nepal, a women's herbal cooperative in Kathmandu.

Glynnis has co-authored with Madhuri Phillips

Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda and Yoga practices That Work